



### Schedule of Dates for Workshops 2016/2017

#### Workshops 1 – 8

<u>Number/Facilitator</u>	<u>Title</u>	<u>Date</u>
1. Paddy Logan	<b>Reading the Bodyshapes</b>	Saturday 24 <sup>th</sup> September 2016
2. Maeve Dooley & Brendan Harding	<b>Jungian Sandplay: A Method Worth Considering</b>	Saturday 1 <sup>st</sup> October 2016
3. Anne Colgan	<b>Music and Wellness: Healing Trauma with Voice</b>	Saturday 15 <sup>th</sup> October 2016
4. Jude Fay	<b>The Business of Therapy: Starting a Therapy Practice</b>	Saturday 12 <sup>th</sup> November 2016
5. Bernadette Divilly	<b>Authentic Movement &amp; The Nervous System</b>	Saturday 26 <sup>th</sup> November 2016
6. Karen Shorten	<b>Supervision From a Gestalt Perspective</b>	Sunday 4 <sup>th</sup> December 2016
7. Iseult White	<b>An Integrative Approach to Healing Trauma</b>	Saturday 14 <sup>th</sup> January 2017
8. Liz Gleeson	<b>Bereavement and Loss</b>	Sunday 15 <sup>th</sup> January 2017



**Paddy Logan – Reading the Bodyshapes**

**Saturday 24<sup>th</sup> September 2016**

**10.00a.m. – 4.30p.m.**

**IAHIP Office, 40 Northumberland Avenue, Dun  
Laoghaire, Co Dublin**

**Workshop 1 – Reading the Bodyshapes**

We will take a one day tour of the world of Wilhelm Reich and Alexander Lowen – whose ideas and theory have influenced the development of many current therapeutic approaches to the body in therapy and contributed hugely to an understanding of the relevance of a client’s physical aspects in the therapeutic process.

- \*You will be introduced to the theory and practice of including a body aware approach.
- \*You will learn how to recognise what the physical form of the client reveals.
- \*We will explore these ideas through discussion, experiential learning and demonstration.
- \*You can expect to be surprised and hopefully intrigued by what you learn and also to laugh.
- \*All experiential aspects are simple and easy to participate in.
- \*No previous experience is required to participate.

Please wear comfortable clothes. Hand outs will be provided on relevant points – a notebook may also be useful to have with you.

**Paddy Logan**, MIAHIP, MIACP trained in Humanistic & Integrative psychotherapy and provides individual and group psychotherapy, supervision and consultancy services. As a trainer and facilitator he has extensive experience with group process work throughout Ireland. Formerly on the staff of the Institute for Creative Counselling and Psychotherapy, the Tivoli Institute Dun Laoghaire, the Irish Institute of Counselling and Psychotherapy Studies at Turning Point and the Dublin Business School. He is a partner at the Integrative Psychotherapy Practice in Dublin.

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**Workshop (1) Saturday 24<sup>th</sup> September 2016 – Reading the Bodyshapes**

<b>Fees: €70.00</b>	<b>IAHIP Accredited Members and Pre-Accredited Associates</b>	<b>Payable to IAHIP</b>
<b>Fees: €90.00</b>	<b>Qualified Psychotherapists of other Professional Organisations/Bodies</b>	<b>Payable to IAHIP</b>
<b>Fees: €50.00</b>	<b>Psychotherapy Students</b>	<b>Payable to IAHIP</b>

Name: \_\_\_\_\_

Address \_\_\_\_\_

Contact Number: \_\_\_\_\_ Max No. of delegates is **14**.

Accredited Member /Pre-Accredited Associate of IAHIP:  €70.00 Student  €50.00

Other professional organisation:  €90.00 Please provide name of Prof. Org. here: \_\_\_\_\_

Please enclose fee payable to **IAHIP**.

**Workshops cannot be booked without payment & fees are non-refundable**

**Send to: Workshop Group, IAHIP, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin**



**Maeve Dooley & Brendan Harding**  
**Jungian Sandplay: A Method Worth Considering**

**Saturday 1<sup>st</sup> October 2016**  
**10.00a.m. – 4.30p.m.**

**IAHIP Office, 40 Northumberland Avenue, Dun  
 Laoghaire, Co Dublin**

**Workshop 2 – Jungian Sandplay: A Method Worth Considering**

As a result of findings emerging from neuroscience, there is increasing interest being focused towards non-verbal, sensory methods of psychotherapy such as Sandplay. Sandplay as developed by Dora Kalff, applies the psychology of Carl Jung to hands on image making using sand, miniatures and water. Symbolic language and its expression are at the heart of Sandplay. Drawing from sources both fact and fiction, we will explore the symbolic nature of this method, using illustration from the journey of the heroic young feminine. Dora Kalff placed much emphasis on what she termed the ‘free and protected space’ in therapy. We will look at its different presentations in the Sandplay setting, including why and how it holds primacy of place. Carl Jung was strong about the alchemical vessel. .... the container in which the therapist and client engage. In depth work both client and therapist change. Brendan will give an outline of this theory which is applicable to any psychic discipline and will illustrate this with examples from his practice in particular with reference to some of his surgical patients.

**Maeve Dooley** is a psychotherapist, jungian sandplay therapist and clinical supervisor and has worked in private practice for over 21 years. A member of IAHIP she is also a member of the International Society for Sandplay Therapy (ISST) and the British and Irish Society for Sandplay (BISS). She has been instrumental in supporting the development of a BISS Sandplay grouping in Ireland. For more information see [www.jungiansandplay.ie](http://www.jungiansandplay.ie).

**Brendan Harding** is a Consultant General Surgeon and Adj Senior Clinical Lecturer in surgery at the University of Limerick. He is a founding member of the Canadian Association of Sandplay therapy and a teaching member of ISST since 1989. He has been seeing clients in private practice for the last 30 years.

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**Workshop (2) Saturday 1<sup>st</sup> October 2016 – Jungian Sandplay: A Method Worth Considering**

<b>Fees: €70.00</b>	<b>IAHIP Accredited Members and Pre-Accredited Associates</b>	<b>Payable to IAHIP</b>
<b>Fees: €90.00</b>	<b>Qualified Psychotherapists of other Professional Organisations/Bodies</b>	<b>Payable to IAHIP</b>
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Contact Number: \_\_\_\_\_ Max No. of delegates is **20**.

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**Anne Colgan**  
**Music and Wellness: Healing Trauma with Voice**

**Saturday 15<sup>th</sup> October 2016**  
**10.00a.m. – 4.30p.m.**  
**IAHIP Office, 40 Northumberland Avenue, Dun**  
**Laoghaire, Co Dublin**

**Workshop 3 – Anne Colgan – Music and Wellness: Healing Trauma with Voice**

This workshop is experiential and invites you to explore the depths of your vulnerability and spirituality. The work is deep and creative. We will be covering the following:

1. Breath, the breath of life and your voice
2. Experiential breath and sound
3. Discovering/rediscovering your sound
4. Sound and Emotions
5. Sound and Trauma
6. Communication through sound
7. Sharing Sound and voice
8. Creativity
9. Future Plans with voice and sound

Musical knowledge or experience of any kind is not necessary. Anne meets you where you are. She believes that if you can speak you can sing. It is often down to being heard, someone listening and feeding back in a gentle and encouraging way.

Anne has been working with voice and sound in the healing and spiritual context since 1998. She trained as a singer and music teacher before becoming a Psychotherapist. Her albums are Courage and Croí. Anne can be contacted at: 0862501452 and anneshealingmusic.com

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**Workshop (3) Saturday 15<sup>th</sup> October 2016 – Music and Wellness: Healing Trauma with Voice**

<b>Fees: €70.00</b>	<b>IAHIP Accredited Members and Pre-Accredited Associates</b>	<b>Payable to IAHIP</b>
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Name: \_\_\_\_\_

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Contact Number: \_\_\_\_\_ Max No. of delegates is **15**.

Accredited Member /Pre-Accredited Associate of IAHIP:  €70.00 Student  €50.00

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**Jude Fay –The Business of Therapy  
Starting a Psychotherapy Practice**

**Saturday 12<sup>th</sup> November 2016  
10.00a.m. – 4.30p.m.  
IAHIP Office, 40 Northumberland Avenue, Dun  
Laoghaire, Co Dublin**

**Workshop 4 - Jude Fay –The Business of Therapy - Starting a Psychotherapy Practice**

Therapists are trained to work with their clients, but often, the training gives little or no direction about how to earn a living from their newly acquired skills. If you have little experience of self-employment or running a business, you will need to develop the skills and mindset of being self-employed to create a private therapy practice. Establishing and developing a therapy practice is a process, and, like any process, it can evoke old wounds and hurts from the past. We come to working as therapists with an intention to help those in need. Sometimes that objective can seem to be at odds with earning a reasonable living. This and other challenges face the newly and newly qualified therapist when first setting up their practice. This workshop is designed to provide information and support to therapists and counsellors who are setting up or have recently set up in private practice. It is also an opportunity to network with other practitioners who are starting out. We will explore the practicalities of starting a practice, the practice you would like to create and the services you can provide. You can begin to identify your preferred clients and the channels through which to attract them.

**Course content includes:** What’s involved in being self-employed. Practicalities, pros and cons, legal and professional requirements. Clarifying your profile. What services are you providing? Who are your preferred clients? Financial goals. How much do you hope to earn from your practice? Typical costs and expenses. Pricing and charging for your work. Finding work. Marketing your services. Getting your name known. Self-care, support and work-life balance. Valuing your time and expertise. Challenges and dilemmas. What gets in the way? The format of the workshop is informal, with presentations in the large group, smaller group discussion, and exercises. Anyone interested in starting or developing a therapy or counselling practice is welcome.

**Presenter:** Jude Fay, MIAHIP, is an accredited counsellor and psychotherapist, practicing in Naas and Celbridge, Co Kildare. In addition to her private practice work, Jude works with therapists in relation to developing and managing their practices. For some time now, she has been providing information and support through articles on her website [www.thisbusinessoftherapy.com](http://www.thisbusinessoftherapy.com), through a regular e-newsletter, through workshops and in one to one work. Her work spans both the practical business aspects of therapy practice and the emotional and psychological issues that get in the way of creating a financially viable practice.

**Workshop (4) Saturday 12<sup>th</sup> November 2016 – The Business of Therapy: Starting a Psychotherapy Practice.**

<b>Fees: €70.00</b>	<b>IAHIP Accredited Members and Pre-Accredited Associates</b>	<b>Payable to IAHIP</b>
<b>Fees: €90.00</b>	<b>Qualified Psychotherapists of other Professional Organisations/Bodies</b>	<b>Payable to IAHIP</b>
<b>Fees: €50.00</b>	<b>Psychotherapy Students</b>	<b>Payable to IAHIP</b>

Name: \_\_\_\_\_

Address \_\_\_\_\_

Contact Number: \_\_\_\_\_ Max No. of delegates is **25**.

Accredited Member /Pre-Accredited Associate of IAHIP:  €70.00 Student  €50.00

Other professional organisation:  €90.00 Please provide name of Prof. Org. here: \_\_\_\_\_

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**Bernadette Divilly – Authentic Movement  
& The Nervous System**  
**Saturday 26<sup>th</sup> November 2016**  
**10.00a.m. – 4.30p.m.**  
**IAHIP Office, 40 Northumberland Avenue, Dun  
Laoghaire, Co Dublin**

**Workshop 5 - Bernadette Divilly - Authentic Movement & The Nervous System**

The practice of Authentic Movement cultivates awareness of relationship with self, other and the whole. The ground form involves two roles, that of a mover and a witness. The witness practices the art of clear sensing and ownership of direct experience. The mover learns to allow movement emerge from deep within and witness takes responsibility for being present and giving unconditional attention to the actions of the mover and what gets evoked.

This workshop focuses on regulation of the nervous system, through engaging with 3 of the many different maps of the nervous systems. These maps were developed during my training with Mark Taylor USA BODYMINDMOVEMENT (<http://www.bodymindmovement.com/faculty.html>)

**Facilitator: Bernadette Divilly**

MA Somatic Psyche - Dance Movement Psychotherapist, Choreographer, Professional Accredited Member IAHIP & IACAT, Professional member of Dance Ireland

Bernadette Divilly is a Humanistic Integrative Psychotherapist and a Choreographer. She is also a Dance Movement Psychotherapist & Dancer with an MA in Somatic Psychology & Dance Movement Therapy from Naropa University Boulder CO and Hons BA in Psychology from NUI Galway. She has an extensive background in Health Education and Community Dance.

Specialisations include: Socially Engaged Choreography, Contemplative Dance, Dance Movement Therapy, Somatic Psychology, Humanistic Integrative Psychotherapy and Urban Design.

Website: <http://bernadettedivilly.com>

**Workshop (5) Saturday 26<sup>th</sup> November 2016 – Authentic Movement & The Nervous System**

<b>Fees: €70.00</b>	<b>IAHIP Accredited Members and Pre-Accredited Associates</b>	<b>Payable to IAHIP</b>
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<b>Fees: €50.00</b>	<b>Psychotherapy Students</b>	<b>Payable to IAHIP</b>

Name: \_\_\_\_\_

Address \_\_\_\_\_

Contact Number: \_\_\_\_\_ Max No. of delegates is **12**.

Accredited Member /Pre-Accredited Associate of IAHIP:  €70.00 Student  €50.00

Other professional organisation:  €90.00 Please provide name of Prof. Org. here: \_\_\_\_\_

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**Karen Shorten - Supervision from a Gestalt Perspective**

**Sunday 4<sup>th</sup> December 2016**

**10.00a.m. – 4.30p.m.**

**IAHIP Office, 40 Northumberland Avenue, Dun  
Laoghaire, Co Dublin**

**Workshop 6 – Karen Shorten – Supervision from a Gestalt Perspective**

The workshop gives participants the opportunity and space in which to explore awareness, contact, process, incorporating transference and counter-transference from a Gestalt perspective.

We work collaboratively and creatively in an experiential process exploring the relational, to understand the dynamics between the person as a therapist and the client, paying particular attention to the “now”.

**Karen Ilean Shorten M.I.A.H.I.P. M.E.A.P. M.ICP. MI.A.C.P. S.I.A.H.I.P.**

Karen trained in Humanistic, Integrative Psychotherapy and clinical supervision and then went on to train and specialise in Gestalt Therapy. She has a successful clinical supervision practice for the past 25 years as well as dealing with individuals, groups and families.

Karen is involved with the Irish Gestalt Centre and has for the last 15 years been running the Personal Development programme which is an Intensive residential workshop.

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**Workshop (6) Sunday 4<sup>th</sup> December 2016 - Supervision From a Gestalt Perspective**

<b>Fees: €70.00</b>	<b>IAHIP Accredited Members and Pre-Accredited Associates</b>	<b>Payable to IAHIP</b>
<b>Fees: €90.00</b>	<b>Qualified Psychotherapists of other Professional Organisations/Bodies</b>	<b>Payable to IAHIP</b>

Name: \_\_\_\_\_

Address \_\_\_\_\_

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Contact Number: \_\_\_\_\_ Max No. of delegates is **12**.

Accredited Member /Pre-Accredited Associate of IAHIP:  €70.00

Other professional organisation:  €90.00 Please provide name of Prof. Org. here: \_\_\_\_\_

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**Iseult White – An Integrative Approach to Healing Trauma**

**Saturday 14<sup>th</sup> January 2017  
10.00a.m. – 4.30p.m.**

**IAHIP Office, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin**

**Workshop 7 - Iseult White – An Integrative Approach to Healing Trauma**

The symptoms of traumatic stress have proven remarkably resistant to talk therapy and many practitioners have discovered the importance of integrating mind/body approaches. The goal of this workshop is support practitioners in developing an integrative approach to working with trauma through exploring the neurobiology of trauma and examining the common factors in a variety of treatment modalities. The learning goals for this workshop include:

- Identify the symptoms of traumatic stress
- Understand the social, psychological, neurological, and physiological factors that contribute to and maintain symptoms of traumatic stress
- Explore the experience of traumatic stress through experiential exercises
- Explore the relationship between PTSD, complex PTSD, dissociation, and attachment trauma, and understand the implications for psychotherapy
- Explore the common factors in a variety of treatment approaches for trauma (EMDR, sensorimotor, narrative exposure therapy, energy psychology, somatic experiencing)
- Experiment with a number of simple interventions that support clients who are living with traumatic stress

*“Iseult has a deep understanding of trauma and it’s impact. She has a gift for turning complex concepts into simple and practical interventions, and brings an intuitive understanding, and deep respect for the individual, to her practice.”* **Professor Ivor Browne (2011)**

**Iseult White** MIAHIP, MA(Psychotherapy), MSc, BA (Mod), DT.AOM [www.takecare.ie](http://www.takecare.ie)

Iseult is a psychotherapist, mindfulness teacher, and advocate for trauma informed approaches to health. For her Masters research she studied the impact of energy psychology on the lives and work of experienced psychotherapists who work with trauma. She has delivered sessions based on her research at the 6<sup>th</sup> International Research Symposium on Energy Psychology, Society for Exploration of Psychotherapy Integration Annual Conference 2016, and the 2<sup>nd</sup> International Conference on Spirituality in Healthcare. She has 25 years of professional experience in facilitating workshops and groups.

**Workshop (7) Saturday 14<sup>th</sup> January 2017 – An Integrative Approach to Healing Trauma**

<b>Fees: €70.00</b>	<b>IAHIP Accredited Members and Pre-Accredited Associates</b>	<b>Payable to IAHIP</b>
<b>Fees: €90.00</b>	<b>Qualified Psychotherapists of other Professional Organisations/Bodies</b>	<b>Payable to IAHIP</b>
<b>Fees: €50.00</b>	<b>Psychotherapy Students</b>	<b>Payable to IAHIP</b>

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Contact Number: \_\_\_\_\_ Max No. of delegates is **20**.

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**Liz Gleeson – Grief and Loss**

**Sunday 15<sup>th</sup> January 2017**

**10.00a.m. – 4.30p.m.**

**IAHIP Office, 40 Northumberland Avenue, Dun  
Laoghaire, Co Dublin**

**Workshop 8 – Liz Gleeson - Grief and Loss**

In this workshop, we will look at some of the theories and models of grief and explore their relevance to bereaved clients that we may be working with. In particular, we will explore contemporary models such as the dual process model and continuous bonds. We will meet some of the research that informs best practice for working with bereaved individuals as well as understanding what ‘normal’ grief is and be able to identify complicated grief. We will spend time looking at how to identify complicated grief and gaining insight as to how to support clients with complicated/prolonged grief or those who have bereavement overload. We will do some exercises that will help us to reflect on our own losses and broaden our understanding of what loss is from a variety of different perspectives (LGB, special needs, children, anticipatory grief and disenfranchised grief). We will also explore the use of ritual, symbol and metaphor and how they can be employed to support bereaved individuals, families and communities. There are no pre-requisites except a willingness to turn-up and be open to the experience. This workshop is **NOT** suitable for someone who has been bereaved in the past 12 months.

**Liz Gleeson Biography** - In June 2015, Liz achieved a Post Graduate Diploma in Bereavement Studies with the Irish Hospice Foundation and the RCSI (1<sup>st</sup> Class Hons. TBC end June 2015). She has also completed training in Complicated Grief with Kathy Shear. Liz works in private practice offering bereavement support to individuals and also runs bereavement support groups in the Wicklow area. She is currently undertaking research on how grief is stored in the body. Liz is also a dramatherapist qualified since 2004. She has been facilitating groups since 2001 and is experienced and professional in her approach. She has brought dramatherapy to a variety of community groups including work with the elderly, primary schools, adults with mental health issues and children with special needs. Her work has brought her as far away as Chennai, India where she worked with 16 young people in an orphanage for children with special needs. Liz regularly taught on the MA Dramatherapy programme in NUI Maynooth, as tutor and as Playback Theatre facilitator after graduating with first class honours in 2004. She also developed and delivered a module for the Social Care Degree programme in IT Tallaght: ‘Creative Approaches to Social Care’ from 2008 – 2010. She is currently a student of Open Floor Movement Therapy.

**Workshop (8) Sunday 15<sup>th</sup> January 2017 – Grief and Loss**

<b>Fees: €70.00</b>	<b>IAHIP Accredited Members and Pre-Accredited Associates</b>	<b>Payable to IAHIP</b>
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Address \_\_\_\_\_

Contact Number: \_\_\_\_\_ Max No. of delegates is **16**.

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