

**Sunday 16<sup>th</sup> September 2018**

**10.00a.m. – 4.30p.m.**

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

**Workshop 1 - Self Care for Psychotherapist through 5 Rhythms a Movement Meditation**

**Facilitator:** Paula McHugh

This offering “Self Care for Psychotherapist through 5 Rhythms a Movement Meditation Practise” is an introduction to supporting yourself with movement.

In this workshop we will explore how the 5 Rhythms of Flowing Staccato Chaos Lyrical and Stillness

Can support Self Care while you Care for Others. This practise helps the body to let go of what may not be yours, releasing stresses and tensions from the body.

As we move towards Stillness we will find ways of coming back to the Self so that we can nourish ourselves before, during and after our Psychotherapy Sessions.

No experience necessary. All welcome.

**Facilitator Bio:**

Paula McHugh is an Accredited Psychotherapist with IAHIP She is also 5 Rhythms Teacher Licensed by 5 Rhythms Global and a Member of 5RTA. Paula trained with Turning Point and spent part of her training and post training in St. James Hospital. She is in private practise in Ranelagh.

Using both her training as a Psychotherapist and her skills as a 5 Rhythms Teacher of Movement Meditation she has designed workshops around regulation and attachment theory.

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**Workshop 1 - Self Care for Psychotherapist through 5 Rhythms – Paula McHugh**

<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: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

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

Max No. of delegates is 20 - 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**