

**Sunday 23<sup>rd</sup> September 2018**

**10.00a.m. – 4.30p.m.**

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

**Workshop 3 - Purely Elemental**

**Facilitator:** Patricia Chalmers

**Workshop Suitable for:** Student Associates, Pre-Accredited Associates, Full Members and Other Qualified Therapists

Purely Elemental aims to explore the subtle qualities of the elements and their influence on the way we think, feel and act. The workshop offers some input, guided meditation and an opportunity for reflective enquiry and interactive participation to understand the ways the elements express themselves in our life. Further it offers tools from different disciplines including Tai Chi and breathwork that enable us to regulate and balance these influences, so we may become co creative agents with Earth, Air, Fire and Water rather than subject to their random effects.

The workshop is intended as a time for nurture and is not primarily psychotherapeutic. However professional psychotherapists may glean some info or tools that they can apply discerningly and as appropriate in their practice.

The workshop was well received last year. I have taken the feedback on board and am redesigning the day to offer more time for interactive participation than last year.

**Patricia Chalmers Bio**

I am a retired psychotherapist with an interest in eco psychology and now teach Tai Chi and offer workshops on the elements Earth Air Fire and Water. The psychotherapy modality I practiced is mindfulness based. I also have a background in medicine and practiced Anesthesia for several years and am currently a part time assistant lecturer at UCC.

**Workshop 3 - Purely Elemental – Patricia Chalmers**

<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: \_\_\_\_\_

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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 12 - 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**