

Continuing Professional Development Workshop

Shame

Led by: John Baxendale, MSc, PTSTA

Tuesday 10 March 2020 (9.30 to 4.30)

This workshop will enable participants to gain further understanding of the sense of utter worthlessness that we call shame. It will look at the roots of shame in early life experience and subsequent traumatic events. Approaches to treatment will be explored along with associated skills practice.

This workshop will use concepts from Transactional Analysis to explore the origins of shame, and using Berne's energy theory to propose a model of therapy. Some therapeutic techniques will be explained as well as an opportunity for skills practise.

About the Workshop leader

John is a UKCP accredited psychotherapist, a Provisional Teaching and Supervising Transactional Analyst, and accredited EMDR Practitioner and a LENS Neurofeedback practitioner. John has many years of experience in the caring professions in Western and Eastern Europe. He has a clinical practice at the Wealden Institute. He has an Advanced Diploma in Forensic Counselling and Psychotherapy and has an interest in working with survivors and perpetrators of abuse, and with survivors of religious abuse.

This Workshop is recognised as 6 hours Continuing Professional Development - Cost: £ 115	
Venue: Wealden Institute Crowborough	
Workshop Entry requirements: All levels post TA101	
I would like to book a place on the 'Shame' Workshop On Tuesday 10 March 2020 at Wealden Institute Crowborough (9.30 to 4.30)	
TITLE:	FULL NAME:
ORGANISATION:	
ADDRESS:	
	POSTCODE:
TELEPHONE(S):	
EMAIL:	
I AGREE TO WEALDEN INSTITUTE CONTACTING ME BY EMAIL IN FUTURE, PLEASE TICK HERE:	
DIPLoma IN COUNSELLING STUDENTS PLEASE TICK HERE IF THIS IS ONE OF YOUR PREPAID WORKSHOPS:	
SIGNATURE:	I AGREE TO PAYING THE FEE OF £ 115
Our preferred payment method is by online Bank transfer to (please reference with your name): Account number: 91275682. Sort Code:40-18-39 NB. Your booking will not be accepted payment until payment is confirmed and is <u>non-refundable within three weeks of the Workshop date.</u>	