

“My client is
stuck—there
must be

something I
can do! *I'm*

scared
about what
my client
might do
next

My
client won't
be able to
cope if I
can't do
a session *I*

can help
any client
with any
problem

I
have to be
available at
all times
to help
my clients”

Exploring 12 Irrational Beliefs about Therapy

This one day experiential workshop will explore the common irrational beliefs counsellors can hold about the therapeutic process and how this can sometimes create difficulties when working with clients, and lead to a considerable amount of stress. Participation in the day will allow you to:

- identify the most common irrational beliefs
- Consider how these might emerge, and be maintained, in personal, professional and societal contexts
- Evaluate their impact on therapeutic work
- Explore how these beliefs can be experienced in a more rational and less stressful way

Each group is limited to a maximum of 6 participants to allow opportunities for personal exploration

Course Information

Trainer:	Steven Wells, BACP (Accred.) and UKCP Registered Psychotherapist, supervisor and trainer—with over 25 years' experience of training counsellors and facilitating personal development groups
Venue:	South-east London / Croydon— 5 minutes from Selhurst Station
Dates and Times	Sunday 19th November 2017, 11:00am—5:00pm 6 hours CPD, certificates provided
Costs	£75.00 Payable at time of booking and subject to cancellation policy
Additional Information:	Light refreshments provided. Please provide your own lunch, which can be eaten on-site
Enquiries and Bookings:	Email: counsellorsteven@gmail.com Telephone: 020 8683 0116 Website: www.stevenwellscounselling.co.uk