



FORUM
for COUNSELLORS & PSYCHOTHERAPISTS
Ar gyfer CWSELWYR a SEICOTHERAPYDDION

ForumFest

Friday 17th October, 10am – 4pm

£10 **including** lunch and refreshments

Barnabas Church, Longden Coleham, Shrewsbury

We invite you to a subsidised full day workshop to celebrate Forum's 31st birthday! The varied programme aims to showcase the best of Forum. There will be thought provoking group discussions, dilemmas, practical exercises, creative exploration of counselling topics and plenty of time for socialising, networking and fun with your Forum counselling community. There will definitely be cake!

On the day

Morning: After coffee, refreshments and introductions we will have larger group discussions on counselling topics, smaller group consideration of ethical dilemmas and work in pairs to map out how we resource ourselves for the demands of our work as therapists. We will spend some time before lunch learning about stress management and preventing burnout.

Lunch: a leisurely lunch break is scheduled to allow members time to connect and we will begin the afternoon with a seated yin yoga session.

Afternoon: the main afternoon session will take a single topic (such as the life stages of your career or a particular client issue) and we will explore it in a range of different ways including creative, theoretical and relational. We will finish the afternoon off with tea and cake before coming together for a final time to reflect on the day.

Workshop aims:

- Learn skills that can be used for self and clients
- Connect with fellow Forum members
- Professional development through discussion and experiential exercises
- Influence future Forum events
- Feel professionally invigorated
- Celebrate the counselling community that Forum offers
- Receive 6 hours CPD

To book a place contact Anna Harlow, Forum Membership Secretary,
forum4counsellorsmembership@gmail.com

About your Facilitators:

ForumFest will be delivered by members of Forum – we are a community with a wealth of experience, knowledge and enthusiasm – we have a lot to celebrate!