

**South West Therapy**

# **Counselling Skills for the Caring Professions**

**AN INTRODUCTORY WORKSHOP**

Saturday 1<sup>st</sup> November 2008, 2-5 PM.

The Margaret Jackson Centre, 4 Barnfield Hill, Exeter EX1

Are you a Massage therapist, Shiatsu or Reiki practitioner, Osteopath, Healer, Aromatherapist, Reflexologist, Chiropractor, Physiotherapist, Nurse or Doctor, or do you work in the complementary or alternative health professions? Do you worry about what to do when your clients present emotional issues during their physical treatment? Do you feel confused about when and how to offer appropriate support to them?

This workshop, specially devised for physical therapists and other caring practitioners, will introduce you to the fundamental skills of counselling: listening, feedback, self-attunement and therapeutic boundaries, enabling you to work more confidently and effectively with your clients.

Tickets cost £30

Contact Flora Cruft MA, AdvDipExPsych, MBACP

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