



2012

TRAINING PROGRAMME



Deep Release Ltd
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Brentwood Essex CM15 8PG

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Email: info@deeprelease.org.uk
www.deeprelease.org.uk

ABOUT DEEP RELEASE

We are a group of counsellors, psychotherapists, psychiatrists, doctors and other associated professionals who share both a Christian faith and a desire to bring the highest levels of training and understanding to the work we do. We work holistically, looking at how childhood pain can affect us, body, mind and spirit. We have an integrative base for the work we do, looking at each person who comes for counselling as an individual, and not wanting to impose a *one-size-fits-all* approach on clients. All the Deep Release counsellors listed on our website are trained to a minimum of Diploma level and many are graduates in Integrative Psychotherapy, some at Master level. This is because we want to be the best we can be. In addition we run a wide range of training courses, as described in this brochure, which are available for counsellors who share that desire to keep up to date with the latest research and understanding in areas such as Attachment, Creative Counselling, Trauma and Dissociation, as well as Relationships, Conflict and Personal Growth. We also run Deep Release Ministry Weekends for both counsellors and clients. In addition, we have a wide range of booklets, available from our website shop, which cover many relevant issues for both counsellors and clients (*see pages 16-17*).

Our sister company, **Barnabas Counselling Training**, also offers training in integrative counselling at Levels 2, 3 and 4, plus a Diploma in Supervision (*see page 19*).

Directors Chris and Pauline Andrew



Dr Chris Andrew trained as a medical doctor and practised in the fields of General Medicine, Anaesthetics, General Practice, Child Psychiatry and Adult Psychiatry before setting up a private practice in London and Essex. He has a BSc in Integrative Counselling and has been until recently a Consultant Psychotherapist within the NHS. He is a Supervisor (Diploma) and qualified Life Coach. A very experienced communicator and trainer, Chris has formulated the *Integrative Cyclical Dynamic Model* which draws on

medical, psychological and spiritual approaches to healing and wholeness.

Pauline Andrew has a Masters in Counselling & Psychotherapy and a Diploma in Supervision. She is an accredited Counsellor and Supervisor with the Association of Christian Counsellors and is a member of BACP and the European Society for the Study of Trauma & Dissociation. With the Training Team, Pauline teaches the Deep Release courses both in Essex and around the UK. She is also Managing Director of Barnabas Counselling Training, where she teaches the Level 4 course in Integrative Counselling and Level 5 Diploma in Supervision. She is a popular and inspirational trainer across the UK and Europe and is author of many of the booklets we produce.

**IMPORTANT ANNOUNCEMENT
FROM DEEP RELEASE!**

We are delighted to bring you the news that we have managed to reduce the cost of day courses at the Sion Community significantly by negotiating a deal where participants are now able to bring their own lunches.

As a result, the cost of most day courses at Sion is now just **£59 per person.**

This means that our high quality training courses are now even more affordable! And of course there is still the Bursary Fund and payment by instalments to help when finances are tight. *We are so pleased to be able to pass these savings on to you and look forward to seeing you on our training days.*

Where we have visiting speakers, and/or where the venue is Ashwells Country Club, the cost will be higher.



**Deep Release Office Manager
Katy Bodman**

01277 226121

info@deeprelease.org.uk

Other Contact Numbers

PA Counselling & Training Ltd

Dr Chris Andrew (personal)

Pauline Andrew (personal)

Katy direct email

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GUEST SPEAKERS 2012



Working with Dreams Part 1

Rev Dr Russ Parker

Wednesday 18 April Sion, Brentwood

Cost: £75; please bring a packed lunch

This well-illustrated, humorous and dynamic training day introduces us to the fascinating world of dreams which has captivated people for Centuries—including many of the key figures in psychotherapy, such as Freud and Perls. Russ demonstrates the principles of dream work and gives you a chance to practise.

Working with Dreams Part 2

Rev Dr Russ Parker

Thursday 19 April Sion, Brentwood

Cost: £75; please bring a packed lunch (Book both days for £140.00)

A practical follow-up skills workshop with Russ to go more deeply into how to work with dreams, including demonstrations and small group work. Participants will need to have attended Part 1, either this year or in March 2011. Book early to avoid disappointment.



Couple Counselling Ken & Susie Donaldson

Saturday 29 September

Sion, Brentwood

Cost: £75

please bring a packed lunch

Susie and Ken Donaldson have a passion for working with couples. They will also share from their own experiences of pain when relationships break down. This session is not only about marital relationships but will enable participants to understand how relationships are formed, how they are tested by the 'pinches and crunches' of life and how counselling can be pivotal in making them stronger, healthier and more genuine. This day will be suitable for those who are new to or inexperienced in working with couples. Susie and Ken are trained in the person centred approach to counselling couples but will consider a breadth of therapeutic approaches that can be used in this work.

GUEST SPEAKERS 2012

Is it my Head, or is it my Hormones? **Women's Health Problems in the Counselling Room**

Dr Maureen Wilkinson, FRCPsych

Thursday 15 March

Ashwells Sports & Country Club, Brentwood

Cost: £75 including a light lunch

Do you sometimes wonder whether your clients' experiences are more related to their hormones than to psychological problems? During the course of a woman's life there are many changes in her hormonal state which can have a significant impact on her mental state. Aspects of the reproductive years bring about major change too – think of childbirth and menopause for example. This workshop will encourage exploration of the impact of these changes and will include specific reference to postnatal depression and psychosis, and gynaecological problems associated with the middle years of a woman's life. An unmissable day!

PS: Men are welcome too!



Breaking the Rules?

Adah Sachs

Friday 21 September

Sion, Brentwood

Cost: £75

please bring a packed lunch

Following recent research work she has undertaken, Adah takes a look at the place of boundaries in working with dissociative disorders. Do therapists 'break boundaries' more often when working with people who have dissociative disorders? What kind of boundaries get broken? Why does that happen? Who are the practitioners who do it the most? Do you find this area of your work worrying? This day is a must for those already working with, or those who want to learn more about, helping survivors of severe abuse.

Material may be triggering.



OUT AND ABOUT AROUND THE UK

**Speakers will be members of the DR Training Team
unless otherwise specified**

EDINBURGH

Contact: Susan Kane susan@kaneefreeserve.co.uk
April 28 (Sat) **When Relationships Hurt: Toxic Friends & Troublesome Families**

HEMEL HEMPSTEAD

Contact: Hazel Barton hazel.barton@ntlworld.com
March 6 (Tue) **Extreme Reactions (Self-harm & Suicide)**
March 7 (Wed) **Childhood Sexual Abuse**
October 9 (Tue) **Introduction to Attachment**
October 10 (Wed) **Working with the Inner Child Part 1: Discovery**
November 20 (Tue) **Creative Skills in Counselling Part 1**
November 21 (Wed) **Creative Skills in Counselling Part 2**

LANCASHIRE

Contact: Ron Finlay ron.finlay1@ntlworld.com
February 3-5 (w/e) **ACC North West Conference, St Anne's on Sea**
Therapeutic Relationships - Dr Chris & Pauline Andrew

SOMERSET

Contact: Julie Timm timmjulie@yahoo.co.uk
March 3 (Sat) **Working with the Inner Child, Olive Tree Counselling, Chippenham**
March 9-11 (w/e) **Principles & Practice of Deep Release Level 1, Shipham**
April 21 (Sat) **Mind, Spirit and Body, Shipham**
May 19 (Sat) **When Relationships Hurt: Toxic Friends and Troublesome Families, Shipham**

SOUTHAMPTON

Contact: Pauline Yong gppauline@hotmail.com
Liz Strain lizzie_strain@hotmail.com
May 11 (Fri) **When Relationships Hurt: Toxic Friends and Troublesome Families**
May 12 (Sat) **The Anger Workshop**

WALSALL

Contact: Christine Niven paul_niven@sky.com
February 4 (Sat) **Is it my Head or is it my Hormones? Dr Maureen Wilkinson**
September 8 (Sat) **Childhood Sexual Abuse and its Effects into Adulthood**

WALES

Contact: Mary Hall marymhall@hotmail.com
April 21 (Sat) **ACC Wales Conference: Pontyclun, CF72**
Extreme Reactions: Self-Harm and Suicide

COURSES IN BRENTWOOD, ESSEX

***Book and pay for any three courses in Brentwood and claim
10% discount on total price***

<p>February 10-12 (w/e) March 15 (Thurs) March 28 (Wed) April 18 (Wed) April 19 (Thurs) April 24 (Tue) April 25 (Wed) May 1 (Tues) May 2 (Wed) May 15 (Tues)</p> <p>June 8-10 (w/e) June 12 (Tues) June 13 (Wed) June 27 (Wed) June 28 (Thurs) July 11 (Wed) July 13-15 (w/e) July 19 (Thurs) July 20 (Fri) Sept 14-16 (w/e) Sept 21 (Fri) Sept 29 (Sat)</p> <p>October 5-7 (w/e) October 16 (Tue)</p> <p>October 17 (Wed) October 18 (Thur) October 19-21 (w/e) November 2-4 (w/e) November 9 (Fri) November 10 (Sat) November 11 (Sun) November 21 (Wed)</p> <p>December 7-9 (w/e)</p>	<p>Team weekend (for members of Regional Groups), Brentwood</p> <p>Is it my Head or is it my Hormones? Dr Maureen Wilkinson, Brentwood</p> <p>Practical Skills in Group Supervision, Brentwood</p> <p>Working with Dreams Part 1, Rev Dr Russ Parker, Brentwood</p> <p>Working with Dreams Part 2, Rev Dr Russ Parker, Brentwood</p> <p>Introduction to Attachment, Brentwood</p> <p>Adult Attachment Behaviour in Counselling, Brentwood</p> <p>Working with the Inner Child Part 1: Discovery, Brentwood</p> <p>Working with the Inner Child Part 2: Skills, Brentwood</p> <p>Integrative Approaches in Counselling Part 1, Brentwood <i>Where do I put my Pain? Neuroscience & Body Memories</i></p> <p>Principles & Practice of Deep Release Levels 2 & 3, Brentwood</p> <p>Creative Skills in Counselling Part 1, Brentwood</p> <p>Creative Skills in Counselling Part 2, Brentwood</p> <p>Childhood Sexual Abuse, Brentwood</p> <p>Extreme Reactions: Self Harm & Suicide, Brentwood</p> <p>You and Me, Here and Now—working with Gestalt, Brentwood</p> <p>Deep Release Ministry Weekend for Clients, Brentwood</p> <p>The Anger Workshop, Brentwood</p> <p>How to work with Borderline Personality Disorder, Brentwood</p> <p>Principles & Practice of Deep Release Levels 2 & 3, Brentwood</p> <p>Breaking the Rules? Adah Sachs, Brentwood</p> <p>Practical Skills in Couple Counselling, Ken & Susie Donaldson, Brentwood</p> <p>Principles & Practice of Deep Release Level 1, Brentwood</p> <p>When Relationships Hurt: Toxic Friends and Troublesome Families, Brentwood</p> <p>When Church Hurts: The wounds of Spiritual Abuse, Brentwood</p> <p>When Life Hurts: Overcoming Stress & Anxiety, Brentwood</p> <p>Principles & Practice of Deep Release Level 4, Brentwood</p> <p>Deep Release Ministry Weekend for Clients, Brentwood</p> <p>Teaching Clients to Heal: Psycho-education in Counselling, Brentwood</p> <p>Mental Health Issues in Counselling, Brentwood</p> <p>Understanding Personality Disorders, Brentwood</p> <p>Integrative Approaches in Counselling Part 2, Brentwood <i>Living in the Now - Mindfulness & Mentalising</i></p> <p>Deep Release Ministry Weekend for Counsellors, Brentwood</p>
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NEW COURSES FOR 2012

IS IT MY HEAD OR IS IT MY HORMONES Thursday 15 March

SPEAKER: DR MAUREEN WILKINSON

See Page 3 for full details

ASHWELLS SPORTS & COUNTRY CLUB 10 am—4.30 pm

Cost £75 per person - INCLUDES A BUFFET LUNCH

WORKING WITH DREAMS PART 1 Wednesday 18 April

SPEAKER: REV DR RUSS PARKER

See Page 2 for full details

THE SION COMMUNITY 10 am—4.30 pm

Cost £75 per person - PLEASE BRING YOUR OWN PACKED LUNCH

Book Working with Dreams 1 & 2 for £140

WORKING WITH DREAMS PART 2 Thursday 19 April

SPEAKER: REV DR RUSS PARKER

See Page 2 for full details

THE SION COMMUNITY 10 am—4.30 pm

Cost £75 per person - PLEASE BRING YOUR OWN PACKED LUNCH

Book Working with Dreams 1 & 2 for £140

ATTACHMENT BEHAVIOUR IN Wednesday 25 April

ADULT RELATIONSHIPS

SPEAKER: PAULINE ANDREW

Many counsellors understand the principles of Attachment and the effect early developmental deficits can have on children. But how do we recognise Attachment disorders in our adult clients? This workshop examines Attachment behaviour, the effect on relationships and the counsellor-client alliance. Practical skills included.

See also "Understanding Attachment", Tuesday 24 April (Page 8)

THE SION COMMUNITY 10 am—4.30 pm

Cost £59 per person - PLEASE BRING YOUR OWN PACKED LUNCH

UNDERSTANDING AND WORKING WITH Friday 20 July

BORDERLINE PERSONALITY DISORDER

SPEAKERS: DR CHRIS & PAULINE ANDREW

This important topic will be explored in depth, including current thinking, diagnosis, treatment, and what it is like to live with, counsel or befriend someone with Borderline PD.

THE SION COMMUNITY 10 am—4.30 pm

Cost £59 per person - PLEASE BRING YOUR OWN PACKED LUNCH

NEW COURSES FOR 2012

BREAKING THE RULES?

Friday 21 September

SPEAKER: ADAH SACHS

See [Page 3](#) for full details

THE SION COMMUNITY 10 am—4.30 pm

Cost £75 per person - PLEASE BRING YOUR OWN PACKED LUNCH

PRACTICAL SKILLS IN

Saturday 29 September

COUNSELLING COUPLES

SPEAKERS: KEN AND SUSIE DONALDSON

See [Page 2](#) for full details

THE SION COMMUNITY 10 am—4.30 pm

Cost £75 per person - PLEASE BRING YOUR OWN PACKED LUNCH

CREATIVE COUNSELLING TOOLS AND RESOURCES



The little knight on the right can be found on our website. If you click on him you'll be taken to Adrian Spencer's online creative shop. Adrian can supply dolls, puppets, animals, pictures, beads, stones and much more! Follow the on site directions for payment — for any *On Sale* items e-mail Adrian at adrian1000@gmail.com with your order and he will advise you of the total cost.



Your support helps both our organisations, as Adrian kindly donates a percentage of his profits to the Deep Release Bursary fund.

amazon.co.uk

Please buy your Amazon books and goods by going through the link on our website as we get commission for the Bursary Fund when you do! *It all helps!*

DEEP RELEASE COURSES IN BRENTWOOD 2012

TEAM WEEKEND

Friday 10 - Sunday 12 February

The Team Weekend is for members of Regional Training Groups across the country and is a chance to come together for training, fellowship, update on Deep Release and a formal dinner on Saturday evening. Participants are invited to run workshops and share new insights, learnings and experiences.

THE SION COMMUNITY : Starts Friday 2pm Ends Sunday 3.30 pm

Non Residential, full programme : £89.00 B&B £39.00 pppn (no en suite)

Friday or Sunday only : £49 per day

Friday & Saturday only, or Saturday & Sunday only: £79 including formal dinner

Saturday only : £59 without formal dinner; £65 including formal dinner

PRACTICAL SKILLS IN GROUP SUPERVISION

Wednesday 28 March

A lively and stimulating training day for Supervisors to develop and increase skills in group supervision. We look at the value of working with groups of counsellors, from trainees to experienced practitioners, and different ways of using group dynamics to bring insight and clarity. Practical skills work will form the main part of this day, leaving you ready to take on a group, or to give you fresh ideas if you are already a Group Supervisor.

THE SION COMMUNITY 10 am—4.30 pm

PAULINE ANDREW

Cost £59 per person; PLEASE BRING YOUR OWN PACKED LUNCH

UNDERSTANDING ATTACHMENT

Tuesday 24 April

A fascinating overview of Bowlby's Attachment Theory, including film footage of early separation and its impact on later life and relationships. How do we restructure the attachment system of clients who have suffered early deprivation and how can we help them to find, at last, their Secure Base? A day which brings understanding and hope.

THE SION COMMUNITY 10 am—4.30 pm

TRAINING TEAM

Cost £59 per person; PLEASE BRING YOUR OWN PACKED LUNCH

See also "Attachment Behaviour in Adult Relationships", Wednesday 25 April (Page 6)

WORKING WITH THE INNER CHILD

Tuesday 1 May

PART 1: DISCOVERY

A moving and inspiring workshop where you discover the world of the lost child within who often holds many of the clues to increased self-worth and integration. Includes Transactional Analysis principles, art work, symbols and other creative tools.

THE SION COMMUNITY 10 am—4.30 pm

TRAINING TEAM

Cost £59 per person; PLEASE BRING YOUR OWN PACKED LUNCH

Why not choose your training days for the whole year and set up a Standing Order and pay the total amount by instalments?

DEEP RELEASE COURSES IN BRENTWOOD 2012

WORKING WITH THE INNER CHILD

Wednesday 2 May

PART 2: SKILLS

A follow-up day to the Discovery workshop, providing a unique opportunity to explore how to help clients find and build a healing relationship with their inner child. Includes art work, creative writing, storyboards, visualisations and an introduction to therapeutic touch and holding.

THE SION COMMUNITY 10 am—4.30 pm TRAINING TEAM

Cost £59 per person; PLEASE BRING YOUR OWN PACKED LUNCH

INTEGRATIVE APPROACHES IN COUNSELLING

Tuesday 15 May

PART 1: Where do I Put my Pain?

When we don't release our pain and find healing it can cause both emotional and physical ill-health. GP Pauline Yong explains simply how current developments in neuroscience can help us understand the brain's defensive systems and how trauma is held in the body. Includes demonstrations and practical exercises.

THE SION COMMUNITY 10 am—4.30 pm

DR PAULINE YONG
PAULINE ANDREW

Cost £75 per person; PLEASE BRING YOUR OWN PACKED LUNCH

See also "Integrative Approaches in Counselling Part 2", Wednesday 21 November (Page 11)

CREATIVE SKILLS IN COUNSELLING

You don't have to be artistic to come on these training days - just open to rediscovering, or perhaps finding for the first time, your own creativity. Come and learn how to work creatively with clients, or just to take some time out for yourself on a journey of personal growth.

PART 1 Tuesday 12 June

Includes working with pictures, figures, animals, fairy tales and art exercises.

PART 2 Wednesday 13 June

Includes working with sand trays, blankets, boxes and storyboards

THE SION COMMUNITY 10 am—4.30 pm TRAINING TEAM

Cost £70 per person per day; PLEASE BRING YOUR OWN PACKED LUNCH

Book both days for £125. Cost includes all materials.

CHILDHOOD SEXUAL ABUSE AND ITS EFFECTS INTO ADULTHOOD

Wednesday 27 June

We take a look at how early abuse and neglect affect body, soul and mind. The latest findings of neuroscience are simply explained, with teaching on trauma bonds, disorganised attachment, sexual dysfunction and depression, and how to work effectively to bring hope and healing. *Material may be triggering.*

THE SION COMMUNITY 10 am—4.30 pm TRAINING TEAM

Cost £59 per person; PLEASE BRING YOUR OWN PACKED LUNCH

DEEP RELEASE COURSES IN BRENTWOOD 2012

EXTREME REACTIONS

Thursday 28 June

Self-Harm and Suicide

Today provides an opportunity to gain a greater understanding of why people self-harm and what to do if your client becomes suicidal. Includes videos, case studies and practical guidelines. *Material may be triggering.*

THE SION COMMUNITY 10 am—4.30 pm TRAINING TEAM

Cost £59 per person; PLEASE BRING YOUR OWN PACKED LUNCH

YOU AND ME—HERE AND NOW

Wednesday 11 July

Gestalt is a creative way of working in therapy. We explain the principles and show how to build a healing therapeutic relationship. Includes creative interventions such as chair work, dreams, using puppets, visualisations and the *Cycle of Experience*.

THE SION COMMUNITY 10 am—4.30 pm TRAINING TEAM

Cost £59 per person; PLEASE BRING YOUR OWN PACKED LUNCH

THE ANGER WORKSHOP

Thursday 19 July

A look at why blocked anger can cause ill health and depression, and how we can help clients break free. Strong emotions, suppressed in early childhood, can be scary and overwhelming, but we will share with you a model which provides an easy way of understanding feelings and discovering how they can be safely released. Liberating and enlightening!

THE SION COMMUNITY 10 am—4.30 pm TRAINING TEAM

Cost £59 per person; PLEASE BRING YOUR OWN PACKED LUNCH

WHEN RELATIONSHIPS HURT

Tuesday 16 October

Toxic Friends and Troublesome Families

Difficult or broken relationships cause many problems - do we stay or do we leave? What if we *can't* leave? How can we challenge bullying, manipulation, control and similar toxic behaviour patterns in other people - and in ourselves? A day that explores this important topic with humour, insight and hope.

THE SION COMMUNITY 10 am—4.30 pm TRAINING TEAM

Cost £59 per person; PLEASE BRING YOUR OWN PACKED LUNCH

WHEN CHURCH HURTS

Wednesday 17 October

The Wounds of Spiritual Abuse

Church should be a safe place in which we can feel welcomed and accepted, and find healing. Sadly for many it becomes a source of deep spiritual wounding which can take a long time to heal. We take a frank look at this painful subject, including personal testimonies and suggest a framework for understanding the different stages of spiritual growth.

THE SION COMMUNITY 10 am—4.30 pm TRAINING TEAM

Cost £59 per person; PLEASE BRING YOUR OWN PACKED LUNCH

DEEP RELEASE COURSES IN BRENTWOOD 2012

WHEN LIFE HURTS **Thursday 18 October**

Overcoming Stress and Anxiety

Stress, anxiety and fearfulness can dominate many people's lives, leading to poor health and a low quality of life. Dr Chris Andrew addresses these issues with honesty and compassion, offering practical help and hope for the future.

THE SION COMMUNITY **10 am—4.30 pm** **DR CHRIS ANDREW**

Cost £59 per person; **PLEASE BRING YOUR OWN PACKED LUNCH**

TEACHING CLIENTS TO HEAL **Friday 9 November**

Psycho-education in Counselling

Dr Chris Andrew demonstrates the importance of giving clients an awareness of psychological processes and a framework for understanding themselves and others. Includes handouts (laminated) which explain key concepts to clients, including TA, the In-Out Model, Defences and Relationships, and how to use them. Practical and innovative training.

THE SION COMMUNITY **10 am—4.30 pm** **DR CHRIS ANDREW**

Cost £59 per person; **PLEASE BRING YOUR OWN PACKED LUNCH**

MENTAL HEALTH ISSUES IN COUNSELLING **Saturday 10 November**

This training day gives an understanding of mental health issues, including phobias, depression, psychosis and schizophrenia. Includes a guide to understanding medication, plus risk assessment, how to assess whether or not psychotherapy can be affective, and how to work with the mental health services.

THE SION COMMUNITY **10 am—4.30 pm** **DR CHRIS ANDREW**

Cost £59 per person; **PLEASE BRING YOUR OWN PACKED LUNCH**

UNDERSTANDING PERSONALITY DISORDERS **Sunday 11 November**

An overview of conditions such as Paranoid, Narcissistic, Antisocial and other personality disorders and how they affect people's lives. Includes the signs and symptoms, guidelines for counsellors and carers and possible treatment.

THE SION COMMUNITY **10 am—4.30 pm** **DR CHRIS ANDREW**

Cost £59 per person; **PLEASE BRING YOUR OWN PACKED LUNCH**

See also "Understanding and Working with BPD", Friday 20 July (Page 6)

INTEGRATIVE APPROACHES IN COUNSELLING **Wednesday 21 Nov**

PART 2: Living in the Now - Mindfulness and Mentalising

Many of us spend so much time regretting the past or worrying about the future that we miss the gift of the present. These two approaches help us see ourselves with new eyes and to develop compassionate understanding both for ourselves and for others.

THE SION COMMUNITY **10 am—4.30 pm** **TRAINING TEAM**

Cost £59 per person; **PLEASE BRING YOUR OWN PACKED LUNCH**

TRAINING WEEKENDS FOR DEEP RELEASE COUNSELLORS

PRINCIPLES & PRACTICE OF DEEP RELEASE LEVEL 1

SHIPHAM 9 - 11 March (contact: timmjulie@yahoo.co.uk)

BRENTWOOD 5 - 7 October

This weekend gives an overview of the different ways we work in Deep Release, including the Baptismal Model, duvet work, dynamics in the depths, the in-womb journey, discovering your Inner Child and working with blocked Anger. The weekend is a mix of teaching and practical work in triplets.

Timings Friday 11am - Sunday 3.30 pm

Cost Shipham £170, including meals. **NON RESIDENTIAL.**

Hotel and guest house accommodation available locally

Cost Brentwood £170 **NON RESIDENTIAL**; B&B £39 pppn at Sion (not en-suite)

Deposit (non-refundable) £60

PRINCIPLES & PRACTICE OF DEEP RELEASE

8-10 June

LEVELS 2 & 3

or 14-16 September

For counsellors who have completed P&P Level 1 and who are beginning to use Deep Release interventions in their counselling practice. We will put people into groups which match their experience level, giving you an opportunity to practise your skills. There is very little formal teaching but plenty of opportunities to work in small groups. Includes how to use the Conception to Birth Journey, working at a deeper level with anger, longer sessions of duvet work and therapeutic touch and holding. New interventions will also be taught.

THE SION COMMUNITY, Friday 2pm—Sunday 3.30 pm

Cost £170 **NON RESIDENTIAL**; B&B £39 pppn at Sion (not en-suite)

Deposit (non-refundable) £60

PRINCIPLES & PRACTICE OF DEEP RELEASE

19-21 October

LEVEL 4

This course is for people who are highly experienced in Deep Release work and some may have been on team on our ministry weekends. You are working now at the level of innovation and creativity.

THE SION COMMUNITY, Friday 2pm—Sunday 3.30 pm

Cost £170 **NON RESIDENTIAL**; B&B £39 pppn at Sion (not en-suite)

Deposit (non-refundable) £60

- **Note: If you are unable to attend at your skills level, you may attend a lower level P&P course but not a higher level.**
- **If you have not attended a P&P course for over two years, you will need to discuss with the office which level is appropriate for you to attend this year.**
- **Counsellors who are listed on the Deep Release website should attend Level 3 or 4 annually. If you do not attend for two consecutive years, we will need to discuss your staying on the website.**

DEEP RELEASE MINISTRY WEEKENDS

MINISTRY WEEKENDS FOR CLIENTS

Before a place is reserved for you an Application Form will need to be completed for assessment. Please contact the office to request a form before making a booking or sending in any money. We will also require your referring counsellor to complete a form.

Includes:

- Introduction to the principles of Deep Release and ways we work
- Erikson's Life Stages and how early pain can cause problems in later life
- Demonstration of holding
- Small groups of 4 participants and 2 leaders
- 8 group sessions, each client having two sessions devoted to them
- Free time and personal space; praise and worship times

Dates: 13—15th July

2nd—4th November

Times: Friday 11.00am to 10.00pm
Saturday 9.30am to 9.15pm
Sunday 9.30am to 3.30pm

Cost: £275.00, full board residential

Includes: Bed and Breakfast and all meals from Friday lunch to Sunday lunch

Extra B&B Thursday night: £39.00 pp

Payment: Please do not send any payment before completing the application form (see above). Once you have been accepted, Deposit £60 or Full Payment.

MINISTRY WEEKENDS FOR COUNSELLORS

Includes:

- Teaching sessions
- Small groups of 4 participants and 2 leaders
- 8 group sessions, each participant having two sessions devoted to them
- Free time and personal space; praise and worship times

Date: 7th-9th December

Times: Friday 11.00am to 10.00pm
Saturday 9.30am to 9.15pm
Sunday 9.30am to 3.30pm

Cost: £275.00, full board residential

Includes: Bed and Breakfast and all meals from Friday lunch to Sunday lunch

Extra B&B Thursday night: £39.00 pp

Payment: Deposit £60 or Full Payment

**Deep Release Weekends are held at the Sion Community, Brentwood.
Early arrivals on Thursday must arrive at Sion between 5 and 7pm.**

DEEP RELEASE REGIONAL TRAINING GROUPS

Regional Groups meet roughly every 5 weeks throughout the South of England for a day's skills training, support, encouragement and prayer. If you have completed the Principles & Practice of Deep Release Level 1 course, and are actively beginning to use Deep Release in your counselling practice, [please call the office](#) to discuss joining a regional group. The cost is £35 per person (BYO lunch).



ESSEX 1	Shenfield CM15
COORDINATOR	Pauline Andrew office@pact-resources.co.uk
DAY	Mondays, 10.00am — 3.30pm
DATES	16th Jan, 27th Feb, 16th April, 21st May, 2nd July, 17th Sept, 29th Oct, 3rd Dec
ESSEX 2	Shenfield CM15
COORDINATOR	Vanessa Beaton vanessabeat@yahoo.co.uk
DAY	Wednesdays, 10.00am — 3.30pm; Group Supervision 3.45pm—5.15 pm
DATES	11th Jan, 22nd Feb, 11th April, 16th May, 20th June, 12th Sept, 24th Oct, 28th Nov
ESSEX 3	Takeley (Great Dunmow) CM22
COORDINATOR	Pauline Low paulinemlow@tiscali.co.uk
DAY	Mondays, 10.00am — 3.30pm
DATES	9th Jan, 20th Feb, 26th March, 14th May, 25th June, 10th Sept, 22nd Oct, 26th Nov
SOUTH COAST	West Wellow (Near Southampton) SO51 6BX
COORDINATOR	Carol Hayward carol.hayward@lineone.net
DAY	Mondays, 12.30pm—5.00pm; ; Group Supervision 10.30am—12.00pm
DATES	30th Jan, 5th March, 30th April, 28th May, 9th July, 1st Oct, 19th Nov, 17th Dec
SOUTH WEST	Winscombe BS25
COORDINATOR	Julie Timm timmjulie@yahoo.co.uk
DAY	Mondays, 10.00am — 3.30pm
DATES	16th Jan, 5th March, 14th May, 2nd July, 17th Sept, 12th Nov
SURREY	Ashted KT21
COORDINATOR	Pauline Nightingale pauline@cana007.co.uk
DAY	Mondays, 10.00am — 3.30pm; Group Supervision 3.45pm—5.15 pm
DATES	23rd Jan, 12th March, 23rd April, 11th June, 23rd July, 24th Sept, 12th Nov, 10th Dec

If you are unable to attend your regular Regional Group, it may be possible for you to join one of the others that month. Please contact the office to discuss this.

COMING TO YOUR AREA

Our Deep Release team is happy to come to any point in the UK or even further afield (if practical) to bring our training programme to you.

You provide

- a suitable training venue
- refreshments and lunch (or ask participants to bring a packed lunch)
- accommodation (if required) for our trainer(s)
- certificates for participants which our trainer will sign if you wish
- feedback forms if you require them
- extension leads, accessible socket
- large screen for PowerPoint presentation
- the participants! - we will advertise the course via our newsletter, but the promotion and marketing of the event is largely down to you

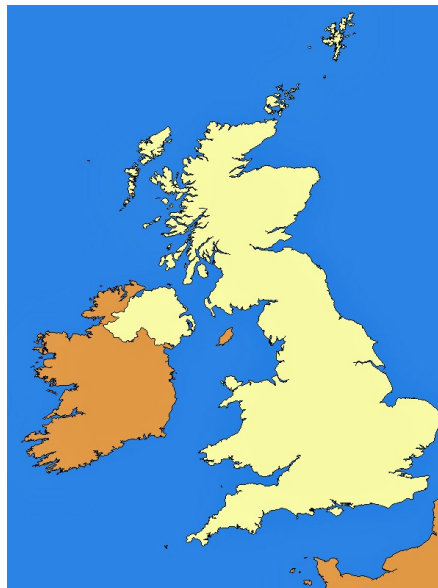
We provide

- at least one trainer
- a PowerPoint presentation and data projector (unless you already have a good equipment set-up)
- handouts

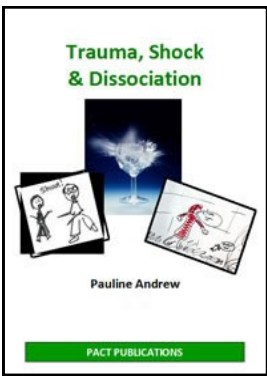
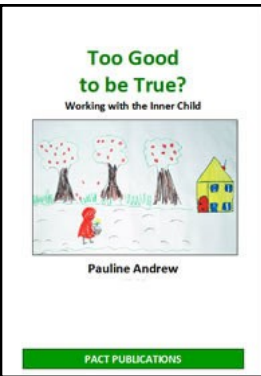
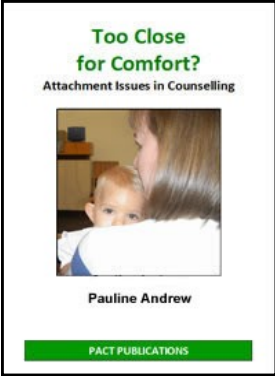
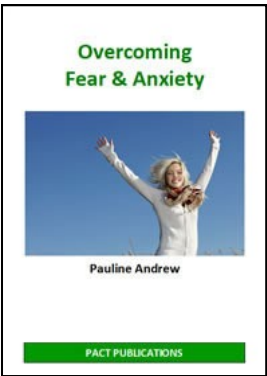
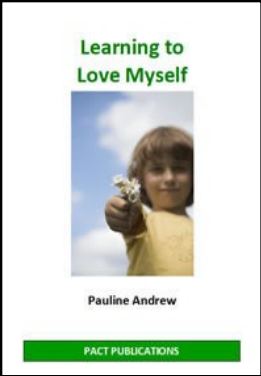
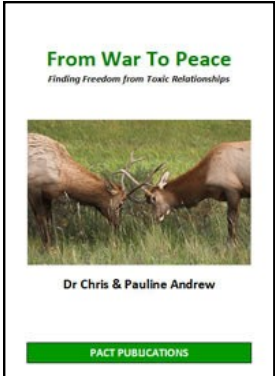
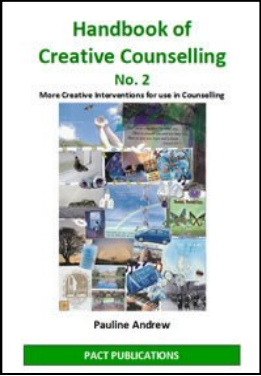
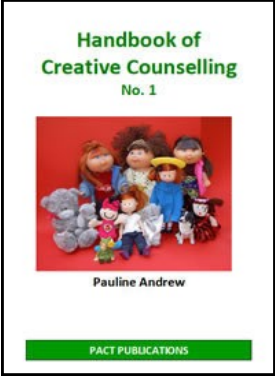
The cost

**£450 per training day
Plus mileage @ 40p per mile**

**To discuss this further please
call the office on 01277
226121.**

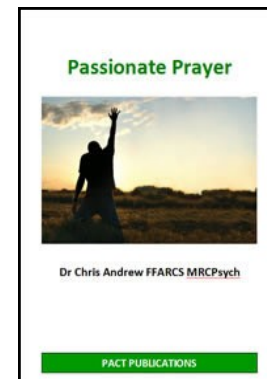
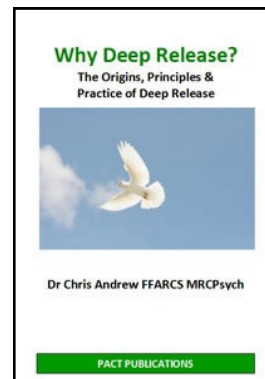
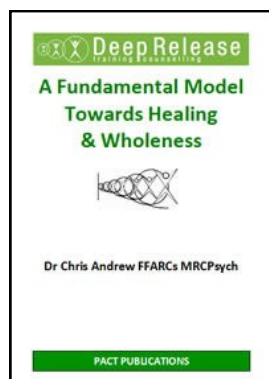
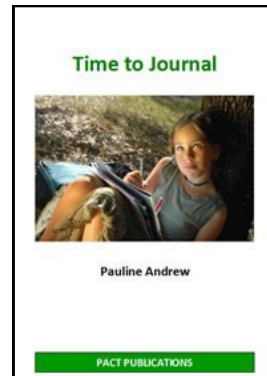
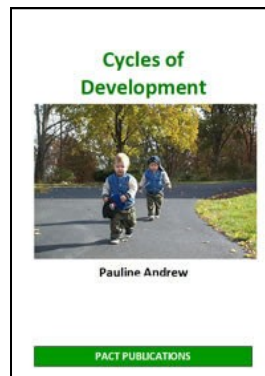
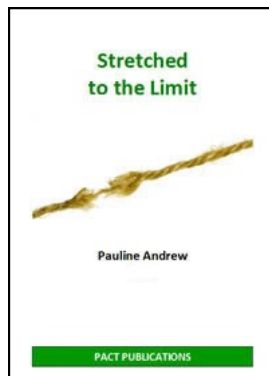


PUBLICATIONS
Available to buy online at www.deeprelease.org.uk/pact



PUBLICATIONS

Available to buy online at www.deeprelease.org.uk/pact



Our publications are easy to read and reasonably priced, and they provide a valuable resources for counsellors. They are also suitable for clients, to gain a greater understanding of Deep Release principles and good psychological and spiritual health.

PERSONAL GROWTH AND DEVELOPMENT

MYERS BRIGGS



The **Myers Briggs** personality assessment tool is the most extensively used psychometric tool currently available. It provides an opportunity to learn more about yourself and others, improve your communication style, be more confident in groups and handle stress.

We offer courses for:

- Individuals
- Teams
- Church groups
- Leaders
- Businesses



MBTI Trainers Dr Maureen Wilkinson and Pauline Andrew

Contact Pauline Andrew on 01277 226121 for more information!

LIFE COACHING



You may not feel you need a course of therapy, but many people reach a stage in life where they would love to take stock of where they are going, with the help of a professional life coach. You would really enjoy seeing what possibilities are there and how you might achieve your goals and dreams.

Sometimes this can also fit in well at the end of a time of personal therapy when you feel more equipped to make changes and move forwards.

Dr Chris Andrew is a Life Coach and offers one-to-one coaching sessions, either in person in London or Essex, or on the telephone.

For more details, contact Chris via the Deep Release Office.



Barnabas Counselling Training

Counselling & Supervision Courses 2012

- Levels 2, 3 and 4 Training in Integrative Counselling
- Level 5 Diploma in Supervision

If you would like to train as a counsellor in a friendly, professional, Christian environment, please get in touch to find the location of your nearest course. If your counselling centre, church or other group would like us to run a course for you in your town, we would be happy to discuss this. We also offer Pastoral training courses for churches.

LEVEL 5 SUPERVISION DIPLOMA : DATES AND LOCATIONS

IPSWICH DATES: 13-14 Jan, 17-18 Feb, 13-14 April, 18-19 May, 22-23 June

HEMEL HEMPSTEAD DATES: 20-21 Jan, 24-25 Feb, 23-24 March, 11-12 May, 22-23 June

BRISTOL DATES: 27-28 April, 1-2 June, 13-14 July, 7-8 Sept, 19-20 Oct

SOUTHAMPTON DATES: *Starting September 2012. Please contact the BCT office.*

Cost: £950; Deposit £300, balance payable over 6 months in instalments

- Model: Page & Wosket *Cyclical Model*—other models are introduced
- Moving from being a Counsellor to a Supervisor - *what's different?*
- Challenges, pitfalls and rewards of being a professional Supervisor.
- How to supervise different counsellors, from trainees to highly experienced practitioners.
- Boundaries, confidentiality issues and the challenge of dual roles.
- Moral, ethical and legal dilemmas facing supervisors, including lively case studies and role plays.
- Setting up a private practice vs working for an agency.
- Different types of Supervision, including how to run a Supervision Group.
- Working with difference, including cross-cultural Supervision.
- Spiritual dynamics.
- Transference, Projection and Parallel Process.
- Creative Supervision
- Feedback, Assessments, Reviews and Reports.

FOR MORE INFORMATION AND TO BOOK, CONTACT THE BCT OFFICE:

Julie Allday, Sovereign Centre, Poplars, Yapton Lane, Walberton, Arundel BN18 0AS

Tel: 01243 554462 Email: jallday@barnabastraining.com

Terms and Conditions

BOOKING

Bookings can be made either by sending in a booking form with a cheque or, by booking online at www.deeprelease.org.uk and paying electronically. Here you can pay using a credit or debit card via PayPal (with or without a PayPal account). Please note that we are unable to take credit card payments over the phone.

PAYMENT

Cheques for Deep Release courses payable to *Deep Release Ltd*, please.

Full payment for all courses is required two weeks before the course start date. If this is not possible for any reason, please contact the Deep Release Office before making a booking. Please also contact the office for information on paying in instalments.

RESERVATIONS

In order to secure a place on a course the Deep Release office needs to be in receipt of an application form with cheque/cash payment, or your online booking.

ACCOMMODATION

Accommodation at the Sion Community can be booked online following the link on the website. Cheques for accommodation are payable to PA Counselling & Training Ltd.

DEPOSITS (NON-REFUNDABLE, NON-TRANSFERABLE)

One day courses: £30 unless otherwise specified; balance payable two weeks prior to course date.

Special Offers: As specified.

Weekend courses: £60 unless otherwise specified; balance payable two weeks before course date.

Courses booked less than 4 weeks before the course start date: full amount payable.

DISCOUNTS

Discount vouchers can only be used for a single course and are not valid in conjunction with any other offer (eg 10% on 3 courses booked together, or Bursary Fund). Vouchers must be presented at the time of booking. They may be applied to training costs, but not to accommodation booked through Deep Release.

CANCELLATION BY YOU

Notice of cancellation of your booking can be made to the Deep Release office either by post, email, fax or telephone. Cancellation fees apply under the following conditions:

One Day Courses:

Notice received more than 4 weeks prior to course start date: 25% of course price

Notice received less than 4 weeks prior to course start date: 50% of course price

Notice received less than 2 weeks prior to course start date: full amount payable

Weekend Courses:

Notice received more than 4 weeks prior to course start date: deposit

Notice received less than 4 weeks prior to course start date: 50% of course price

Notice received less than 2 weeks prior to course start date: full amount payable

CANCELLATION BY US

If a course is cancelled by us due to low numbers you can choose either to receive a refund for the full amount you paid, or you may transfer this sum to a different course subject to availability. Deep Release cannot be held liable for any additional costs incurred by the course applicant in connection with the cancelled course, eg train or flight.

REFUNDS

Refunds will be made using the same method as original payment was received, ie. via PayPal (within 30 days) or by cheque. Where cash payment was made, a cheque will be issued.

DEEP RELEASE BURSARY FUND

Application may be made to the Bursary Fund for financial assistance towards training costs but not accommodation costs. Please contact the Deep Release office for more information.

DATA PROTECTION

Deep Release stores information relating to all applications in compliance with the Data Protection Act 1998.

Deep Release Website: www.deeprelease.org.uk

DEEP RELEASE 2012 TRAINING PROGRAMME BOOKING FORM

PLEASE PRINT CLEARLY - PLEASE COPY SEPARATE FORM FOR EACH APPLICANT

FULL NAME:
ADDRESS (inc Post Code):
TELEPHONE NO:
MOBILE NO:
EMAIL ADDRESS:
<input type="checkbox"/> I HAVE READ AND AGREE WITH THE TERMS AND CONDITIONS I understand that full payment is due 2 weeks before the course date. Deposits are non-refundable, non-transferable.
SIGNATURE: _____ DATE: _____
PREFERRED NAME FOR BADGE:

Date of Course	Course Title	Total	Amount Enclosed

<p>ACCOMMODATION</p> <p>I require accommodation for the night(s) of: _____</p> <p>I enclose a cheque for £39 per person per night payable to PA Counselling & Training Ltd, for Bed and Breakfast only. Please note that rooms at Sion are <u>not</u> en suite.</p> <p>Total £</p>

Deep Release Ltd
122 Hunter Avenue Shenfield
Brentwood Essex CM15 8PG

Tel: 01277 226121
Email: info@deeprelease.org.uk

BOOKING YOUR COURSE ONLINE

3 Easy Steps

- 1. Go to www.deeprelease.org.uk**
- 2. Click on *Training* and select your course**
- 3. Pay your deposit or full cost by card**

visit

**www.deeprelease.org.uk
where you can**

- **FIND A DEEP RELEASE COUNSELLOR**
- **FIND A DEEP RELEASE SUPERVISOR**
- **FIND INFORMATION ON REGIONAL TRAINING GROUP DATES & LOCATIONS**
- **BUY PUBLICATIONS**
- **VISIT THE CREATIVE TOOLS SHOP**
- **CATCH UP ON PAST NEWSLETTERS**
- **FIND OUT ABOUT THE BURSARY FUND**

