



the minster centre
psychotherapy • counselling • training

EXPLORING THE CHALLENGES OF WORKING WITH ISSUES OF CHRONIC SHAME IN SUPERVISION.

MARGARET LANDALE

SATURDAY 12 JANUARY 2019: 10AM – 5PM.

This is a one-day workshop for **qualified counsellors and psychotherapists only**. The workshop will give participants an opportunity to explore the complex issues arising when addressing shame related processes in supervision. We will explore how shame manifests both within the therapeutic as well as supervisory relationship, offering clinical perspectives as well as effective practical techniques for engaging with these dynamics. There will be theoretical as well as experiential elements to this day with an overall emphasis on making this as relevant to participant's own clinical experience and questions as possible.

Margaret Landale has been working as a psychotherapist for thirty years. She is a UKCP accredited supervisor, has been a training director at the Chiron Centre for Body Psychotherapy in London and delivers a range of workshops and talks nationwide. Having been a meditator for many years, she has become increasingly interested in the integration of mindfulness in psychotherapy. She holds a masters in mindfulness and has taught on the 'mindfulness in individual psychotherapy' module at the Centre for Mindfulness Research and Practice, Bangor University.

COST: £95 (non-members) £80 (members).

Please contact Reception to book a place: reception@minstercentre.org.uk.

Venue: The Minster Centre, 20 Lonsdale Road, Queens Park, NW6 6RD.

CPD CERTIFICATES WILL BE PROVIDED

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We are proud to offer a unique perspective on psychotherapy and counselling training, as we combine a strong theoretical integrative grounding with an emphasis on the importance of experiential learning.