

CPD Programme 2008-09

# Bringing Creativity into the Counselling Room

**Presented by : ALISON GILMOUR** (MSc., BADTh HPC, BACP accred.)

**Friday 21<sup>st</sup> November 2008 – 10am to 4pm – Munro House, Leeds city centre**

## Overview of the Workshop

This workshop will introduce you to projective techniques drawn from the arts therapies, and explore their application in one-to-one counselling and psychotherapy. The workshop will cover an introduction to the art therapies, the role of play and creativity in therapy and in life, and the concept of projection as applied to the arts therapies. You will be able to learn a variety of projective techniques through individual, group, and pairs work, and explore their use in your own work.

## What you will gain from the day

- Understanding of the concept of projection as applied to the arts therapies
- Understanding of why play and creativity are important in therapy and in life
- Familiarity with simple projective techniques which can be utilised in your own clinical practice

## Who should attend

This workshop is aimed at counsellors and psychotherapists who wish to introduce creative techniques into their work with clients, or learn more about arts therapies.

## The tutor

Alison Gilmour is a BACP accredited psychotherapist and dramatherapist based in Harrogate. She has over 17 years' experience of working within the NHS and private practice as a therapist, supervisor and educator. Her popular workshops are inspiring and invigorating.

**FEE: £75, to include refreshments and lunch, materials and CPD workshop  
(£65 if more than one workshop booked at the same time)**

**Leeds Counselling is a charity providing accessible counselling services across the city.  
Your workshop fee will be used to support our charitable activities.**



## CPD PROGRAMME 2008 – 2009

Leeds Counselling's Continuing Professional Development programme is intended to assist counsellors, psychotherapists and other professionals from diverse theoretical backgrounds. We are pleased to present some experienced practitioners to lead these workshops and offer fresh perspectives that will both stimulate your thinking and enhance your work with clients.

CODE	WORKSHOP DATE	WORKSHOP LEADER	WORKSHOP TITLE
SEP-GS	12 <sup>th</sup> Sept 08	Gabrielle Syme	Fetters or Freedom : Exploring the Limits
OCT-CWT	10 <sup>th</sup> Oct 08	Cherril Wilson-Toft	Listening to ourselves, Listening to each other
NOV-AG	21 <sup>st</sup> Nov 08	Alison Gilmour	Bringing creativity into the counselling room
DEC-KDB	5 <sup>th</sup> Dec 08	Kim Dent-Brown	Introduction to 6-part story method
JAN-EW	30 <sup>th</sup> Jan 09	Ewa Wojciechowska	Destructive processes in groups : a psychodynamic exploration

FEES: £75 (£65 each if more than one workshop booked at the same time) includes lunch, materials and CPD certificate

VENUE: LAF Training Suite, Munro House, Duke Street, Leeds (opposite the bus station)

TIMES: 10am – 4pm, with registration from 9:30am

### BOOKING FORM

I would like to reserve \_\_\_\_\_ place(s) on the following workshop(s): Code(s) \_\_\_\_\_

1<sup>st</sup> delegate name \_\_\_\_\_

2<sup>nd</sup> delegate name \_\_\_\_\_

Contact Address \_\_\_\_\_

Daytime Tel. No. \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_ Profession \_\_\_\_\_

#### **PAYMENT – Please highlight**

- I enclose a cheque made payable to Leeds Counselling for the sum of £ \_\_\_\_\_
- I enclose an official invoice request / purchase order from my employer for the amount of £ \_\_\_\_\_

Please send to: Lisa Ellis, Leeds Counselling, Leeds Bridge House, Hunslet Road, Leeds, LS10 1JN  
TEL (0113) 243 3400

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