



## CPD for the Heart

# A day of inner reflection and nourishment for therapists

Presented by Annalee Curran and Elizabeth Wilde McCormick

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Date:	Friday 6 <sup>th</sup> December 2019
Times:	Arrival 9:30am for a 10am start, 4:30pm finish.
Cost:	ACAT Member £110 (online) / £125 (invoice/cheque)   Non-member £125 (online) / £140 (invoice or cheque)
Location:	National Council for Voluntary Organisations, Society Building, 8 All Saints Street, London, N1 9RL

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### Overview / aims

The aim of this day is to offer therapists a confidential contemplative space within which to stop and reflect; time to connect with and nurture what is often hidden or even neglected in our inner core. Through experiential exercises, sharing with others and the practice of mindfulness we will consider our workload in relation to our neglected self and find ways to re-enthuse our energy both for therapeutic work with patients, and for ourselves.

Many mental health professionals are experiencing exhaustion, even burnout because of increased workloads. This day is designed to help us begin a dialogue with the depleted or overlooked self that has become crowded out by professional life. There will be input from both of us, walking and sitting meditation, discussion, guided imagery, drawing and letter writing.

The main purpose of our time together is relaxation and restoration. There will be breaks for the refreshments provided, mid-morning, and afternoon tea. These times are often precious and we are free to choose whether to reflect alone or with others.

There will be an hour for lunch. We may eat together, in or outside, or choose to take lunch on our own.

### Learning objectives

We hope that all of us will find a more compassionate inner dialogue with ourselves and that participants will take away:

- An understanding of their own neglected or overlooked self and how this manifests in life and work
- Ways in which this self might be recognised, nourished, cherished and given space
- An understanding of the role of the neglected self in clients
- Ways to recognise and avoid burn-out.

***This is suitable for*** practitioners working with challenging presentations such as in forensic settings or with borderline groups; anyone who is feeling in need of nourishment and would like to find ways of supporting a depleted self, or who is aware of work pressure compromising wellness at times; anyone who is stressed or under pressure.

### Presenters

**Annalee Curran** has been involved in CAT since 1985 and is a Founder Member of ACAT. She is a supervisor and trainer and has taught extensively in the UK and abroad. She was a practice counsellor in a GP surgery for many years and has a special interest in using CAT within shorter time-frames, while still keeping the ability to reach the more underlying relational dynamics. She has found that working with the self-to-self relationship and dialogue is a way to achieve this and likes to encourage creative ways of doing so.





**Elizabeth Wilde McCormick** is a founder member of ACAT and has worked as a psychotherapist for nearly forty years. Her background is in humanistic and transpersonal psychology, social psychiatry, sensorimotor psychotherapy and MBSR. Over the last fifteen years she has been incorporating the practice of mindfulness into CAT. She is also a writer and the author of a number of psychological self-help books including *Change for the Better*, the CAT self-help book now in its fifth edition.

*ACAT reserves the right to change programme content and presenters.*

#### **How to book**

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#### **Enquiries**

- Email: [alison.marfell@acad.me.uk](mailto:alison.marfell@acad.me.uk) Telephone: 01305 263511

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