

Relationships

The Journey of the Heart



For some of us, we meet someone, fall in love and everything is wonderful. We deeply believe (or at the very least hope) that this time it will be different. We promise ourselves that we won't make the same mistakes as last time. For others of us, we drift along, staying in relationships we're not happy in and not sure of how we ended up like this in the first place...However relationships begin (and there are many variations), before long, we can find ourselves in familiar patterns, feeling familiar unwelcome feelings ...

This group will help to shed light on the 'baggage' we bring with us, that influences all aspects of relationship. It will help you to understand why you repeat the patterns you do and provide the 'tools' to change them.

THIS GROUP IS FOR ANYONE WHO WANTS TO:

- Prepare for future relationships
- Improve current relationships
- Heal from past relationships
- Make good relationships even better
- Know more about why past relationships haven't worked.
- Know what to do to help make them work in future
- Change negative and repetitive patterns

Starting on April 24th, 2009, the group will run for six fortnightly sessions each lasting for two hours (a total of 12 contact hours), on Friday evenings from 6pm to 8pm at The Centre for Counselling and Psychotherapy Education (CCPE), Beauchamp Lodge, 2 Warwick Crescent, London W2 6NE. Nearest tubes: Warwick Avenue and Paddington. The total cost for all six sessions is **£360.00** payable in advance. This includes extensive handouts and your personal workbook.

BOOK BY January 25th and pay only £300

Some low cost places are available for unemployed/low waged



I am a UKCP Registered Psychotherapist with 16 years experience as an integrative psychotherapist, group facilitator and trainer. I have a B.Sc. Honours degree in Psychology, a M.Sc. in Organisational Psychology and post-graduate Diplomas in Psychotherapy & Counselling, Counselling Supervision & Advanced Psychotherapy. I am also a Certified IMAGO Relationship Therapist®.

2009 CALANDAR

Ready, Steady, Go Preparation for Committed Partnership

Feb 28th

A one-day experiential workshop for single people wanting to get ready for next time, newer couples who want to get the best start they can and established couples wanting to do things differently.

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IMAGO Through Conflict to Connection

Mar 21st

A half-day workshop introducing the basic theory and principles of this powerful approach to committed relationship

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Basic Communication Skills

Jun 26th

Using theory and concepts from many schools of thought including IMAGO, Systems Theory, Non-violent communication and Transpersonal approaches this is a practical workshop providing skills to improve communication in all relationships, both personal and professional

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OTHER SERVICES INCLUDE

Relationship Therapy for couples

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Individual Counselling &
Psychotherapy

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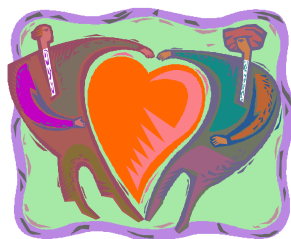
Individual and Group supervision for
counsellors, therapists & couple
workers

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Organisational training and
development

Places are limited

For further information and to book your place contact
CATHY MCDERMOTT on 02087769590 or 07790075431 or email:
info@cathymcdermott.com or complete the form overleaf.



To book your place contact Cathy on 07790075431 or 02087769590 or complete the form below and return with a cheque for the full amount to: Cathy McDermott, c/o CCPE, Beauchamp Lodge, 2 Warwick Crescent, London, W2 6NE.

Name

Address

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Telephone

Email

Other

I would like to book place/s on the Group/workshop starting/taking place on 2009 and enclose a cheque for £.....

Weekend workshops cost £260 per person

One-day workshops cost £120 per person

Half-day workshops cost £70 per person

(Price includes extensive handouts and your own personal workbook.)

Book any workshop two months in advance and receive 15% discount

(Some low cost places are made available for unemployed/low waged)

Cheques should be made payable to Cathy McDermott

Cancellation arrangements:

One Month = full refund minus £25.00

One month to two weeks = 50% of fee payable

Two weeks or less = full fee payable

In the unlikely event that a workshop has to be cancelled for any reason, you will receive a full refund and where possible, a minimum of one months notice

CPD/Attendance certificates can be provided upon request

These groups and workshops also take place in Beckenham, Kent, BR3