



Phoenix Counselling Service

591 Heathway
Dagenham
RM9 5AZ
020 8595 9633

info@phoenix-counselling.co.uk

One Day Workshop - Managing Bereavement

When Tuesday 20th April 2010, 9.30am to 3pm

Where : 591 Heathway, Dagenham, Essex, RM9 5AZ(see Maps page)

APPLICATION FORM:-

Name

Address

Contact Telephone Number

Email

Fees £60 (to keep our charges low all fees are not transferable and non refundable, please include payment with this form)

Cheques payable to "Phoenix Counselling Service"

Or pay online by Paypal - see button on booking page or [e-mail](#)

Programme for Workshop

- The cycle of grief, possible "post traumatic growth"
 - Exploration of root causes of excessive feelings of grief and loss, consideration of underlying conflicts
 - Theory drawn from counselling practice and positive psychology for managing loss, understanding better a feeling of despair
- Including :- 1) Examples of false thinking / beliefs / unhelpful behaviour
- 2) Consideration of life style changes - e.g. "sleep diet"; mindfulness, positive interventions and actions
- 3) Toolkit to tackle inappropriate behaviour when overwhelmed by loss including relaxation techniques, a "personal journey log"
- Assessment to establish and plan further treatment as indicated
 - Certificate of attendance

Tea / Coffee included

www.phoenix-counselling.co.uk