

PSYCH-BYTES

Short CPD workshops for counsellors, trainees, and other helping professionals
Facilitated by Brian McMinn

THE HEALING FACTOR IN COUNSELLING: PRACTICAL WAYS OF INVOLVING THE UNCONSCIOUS IN THERAPEUTIC WORK



This workshop examines the unconscious, and what we understand about this term. The unconscious is often symbolised as the unseen aspects of an iceberg, suggesting that its secrets are deeply held and are hard to reach. In fact, the unconscious is more aware of reality and in the present moment than we (our 'conscious' selves) realise, especially when threat is close by. This suggests it is our consciousness (awareness) that is actually submerged.

I plan to offer some practical ways of engaging the unconscious in counselling work, enabling therapy to become more immediate and effective. As counsellors we tend to get overly engaged in the 'story' of our client's experience. Consequently, the work often stays at a verbal level, when organismic impact (healing) requires involvement of the unconscious.

Long-term studies into the effectiveness of counselling indicate that the quality of the therapeutic relationship is the healing factor in counselling work, rather than the approach used; surprisingly, these studies identified that about 80% of therapeutic interaction is unconscious.

I will be offering a gestalt perspective, which fits well for those trained, or training in, humanistic approaches.

Saturday 28th September 2019, 1pm - 3.30pm

Toxteth Library, Windsor Street, Liverpool, L8 1XF (parking nearby)

Cost £50 (concessions for no/low waged)

To book a place please email me: b.d.mcminn@icloud.com

Brian McMinn MSc MA: I'm an accredited Gestalt therapist, working part-time for Liverpool University and in private practice. My background is in industry (electrical and electronics), and as a tutor/lecturer/programme leader/course leader in FE and HE settings. I have been practising as a therapist for 25 years...I hope to get it right soon!