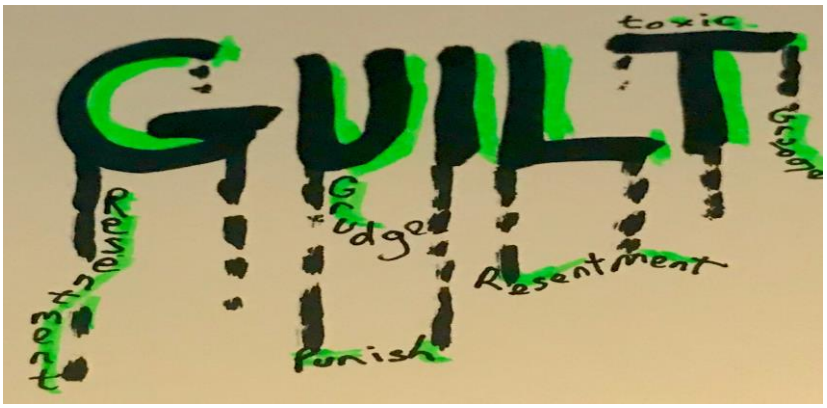
PSYCH-BYTES

Focussed CPD sessions that are practical, connect to theory, and offer opportunities for insight and reflection | Facilitated by Brian McMinn

GUILT, RESENTMENT, AND GRUDGES IN COUNSELLING



A GESTALT THERAPY PERSPECTIVE FOR HUMANISTIC COUNSELLORS AND TRAINEEES

"People believe that in order to live a happy life that they enjoy, the have to be delusional and sugarcoat everything. They pretend things aren't bad, that mean things aren't mean, that people are good for them who really aren't. It's better to be realistic, and find ways to cope with the negative stuff. Don't sugarcoat anything - recognise the problem and deal with it. People think that to forgive and forget is the healthiest thing. It's not."
~ Phoebe Jones (in 'How to Hold a Grudge' Sophie Hannah, 2018)

Something important connects guilt, resentment and grudges. In this workshop we will explore this often unidentified ingredient that plays a major role in our survival, belonging, and our individuality. As a result, you can have different perspectives on counselling work in relation to these issues and offer new ways of exploring clients' experiences.

This session will be experiential and you are welcome to arrive in the company of your own guilt, resentments and grudges, but be warned... you may leave the workshop alone!

Handouts, reading lists, and attendance certificates will be provided, as will tea, coffee, and biscuits.

Saturday 26th October 2019, 1pm - 3.30pm
Toxteth Library, Windsor Street, Liverpool, L8 1XF (parking nearby)
Cost £50 (concessions available)

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!