

The Impact of Personal Loss on Professional Work: Help or Hindrance?

Gestalt Experiential Workshop with Vivienne Barnett and Piotr Mierkowski



Date: Saturday, 10th November 2012 **Time:** 9.30am - 1:30pm **Fee:** £40

Place: Trinity Church, 1 Beaconsfield Road, St Albans AL1 3RD

Murray Parkes & Prigerson (2010) describe bereavement as “a love tie severed”. It is generally followed by a process of grieving, which can be a painful experience. Bereavement counselling is a formal offer of support to attend to this process.

The aim of the workshop is to engage participants in considering to what extent their own past experiences of loss and separation may be impacting on their work with those who have been bereaved. In other words, do our own losses help or hinder our ability to support the bereaved?

This workshop offers an opportunity to focus on the experience of loss and separation, to heighten awareness of these issues, to learn about the way in which we habitually manage our losses, and the extent to which our own experiences might be present in our interactions with those who have been bereaved. There will be a mixture of experiential learning with interactive teaching and discussion.

The workshop is designed for counsellors and psychotherapists of all theoretical approaches - qualified and in training. The workshop can be for personal or professional development. An attendance certificate for CPD will be provided.

This will be a small group of about 15 participants, so book early to guarantee your place.

Vivienne Barnett BSc (Hons), MBACP (accred) is a counsellor/psychotherapist and supervisor, in practice since 1994. Vivienne has substantial clinical experience in various settings including acute psychiatric care and education. She likes the “common sense” approach of Gestalt and the way in which it can be used to create a better way of being in the world. Working with loss and transition has always been intrinsic to her practice. For the past two years she has been a supervisor with SABN. Vivienne sees clients in Camden Town for counselling and psychotherapy and offers supervision. Tel: 07722 177 366 Email: barnettvivienne@hotmail.com

Piotr Mierkowski MA, Dip Psych, UKCP, MBACP (accred), is a gestalt psychotherapist and counsellor in clinical practice since 1994. He has extensive experience of therapy with individuals, couples and groups from diverse cultures, race and sexualities. Piotr became passionate about the healing power of therapeutic dialogue whilst working for the NHS with individuals suffering with persistent body distress and the terminally ill. His particular interest lies in attending to the unique ways in which we relate to others and to events in our own lives. Tel: 07779 506 412 Email: piotr.m@ntlworld.com Website: www.gestalttherapist.co.uk

Vivienne and Piotr also have an established couples' therapy practice in which they work together as co-facilitators.



To reserve a place please return the booking slip and your payment of £40 to:

Vivienne Barnett, 121 Barker Drive, London NW1 0JZ
(All cheques to be made payable to Vivienne Barnett)

To pay by bank transfer please contact Vivienne: barnettvivienne@hotmail.com or 07722 177 366

Name: _____

I am a counsellor or psychotherapist: ☐

Email: _____

Trainee: ☐

Qualified: ☐

Mobile: _____

Please tick appropriate box.

For further information on the above workshop please contact the facilitators directly by phone or email
In case of cancellation or non-attendance we regret refunds will not be given.