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Integrative Arts Psychotherapist Trainer and Group Facilitator

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Creative Supervision Workshop

Laura Farleigh will be facilitating an enjoyable creative supervision group to support your work in the caring professions.

Aim of workshop:

- A chance to reflect on your practice.
- Become more equipped to manage difficult situations from a place of conscious competence.
- Exploring your successful strategies and finding ways to transfer them to situations that may feel hard to manage.
- Ways to reposition yourself if any interaction becomes negative or unhelpful.
- A chance to explore new and different perceptions by opening up a wider reading of the story.
- A space to reframe or develop more self knowledge.
- To share difficult work experiences to minimise the feelings of isolation in your dilemmas, by linking what is common to each other.