

Saturday 25th April 2020

Title: Working with the Angry Client

Anger is a powerful emotion. It is also a core emotion shared by most of our clients and indeed by ourselves as therapists. However, many counsellors feel ill-equipped to deal with this potent emotion in the therapy room. This workshop will help you explore the nature of anger and give you practical tools to feel confident in helping your angry clients and indeed yourself

On completion you will have:

- Gained a deeper understanding of the role of anger in the human experience
- Discussed how we react when we are faced with anger and how this may help or hinder our work
- Explored a range of strategies to help your clients express their anger in a powerful and assertive manner
- Be more confident to work with your own anger and others
- Each workshop attracts 4 CPD points and you will be issued with a certificate of attendance for your portfolio.

How you will learn:

Through discussion, group work, presentation and reflective exercises

Extra Info

Saturday 25th April at Drighlington Health Hub

209 – 211 Wakefield Road, Drighlington, Bradford, West Yorkshire BD11 1EB

9:30am-1:30pm

Parking on the same side as The Hub

Please bring a snack (biscuit, cake, fruit) to share with the group, tea and coffee will be provided

Your Trainer - Nicola Hughes: 077885 54950

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Testimonials

“Nicola is creative, professional and has a wealth of experience. She achieves great results in her work with people-I would certainly recommend her” Workshop Participant

