



Nora Brennan – Therapist & Tutor

Deepening into your Practice

A series of workshops aimed at those recently graduated or any Craniosacral Therapist who is seeking to further explore their therapeutic identity. Topics include what we bring to the therapeutic relationship and how to approach that relationship in an authentic way. It will also create a safe space to begin to explore the lifelong question of "What kind of therapist am I?"

During the course we will cover the following (but this is not an exhaustive list):

- Acknowledge our role in the therapeutic space
- To become more aware of what we are bringing to the therapeutic relationship
- Explore the different ways in which our history, experience and expectations can impact on the therapeutic relationship
- Learn different ways to hold space for our clients and approach our therapeutic work
- Acknowledge the importance of therapist boundaries and resourcing to minimise the risk of therapist/compassion fatigue and burn out
- Lay the foundations of each individuals' therapeutic approach to CST

ELIGIBLE AS PRIMARY CPD FOR THE CSTA

Location:

London TBC

Course dates: 3 x 4 hour morning sessions – 9th, 16th 30th March 2019 (10am-2pm)

Price: £200 (£180 early bird if paid in full by 30th November 2018)

Your place will be confirmed on receipt of full payment.

Please contact me for more details on norabrennantherapies@gmail.com