

# Enabling Relational Depth with Clients using Mindful Co-regulation

**Monday 4<sup>th</sup> March 2024 (10.00am to 3.00pm)**

Working mindfully is only possible if the therapist is fully present and emotionally available for the client. Our healing presence is known to be significant in the relationship we have with clients. Mindfulness is a powerful way to sustain and strengthen our emotional wellbeing, this can positively affect the wellbeing of our clients and enable relational depth.

The learning from this day will offer you the opportunity to increase your capacity to be mindful and ability to listen deeply to yourself, become fully aware and calmly present for your clients, facilitating greater emotional depth and balance.

## The session sets out to explore:

- Mindfulness; a definition, its origins, and benefits
- How mindfulness works looking at neuroscience and physiology
- Self-regulation and Co-regulation
- Creating safety in the therapeutic setting
- Developing a personal mindful practice
- Facilitating Self-regulation in others

**Facilitated By:** Pam Evans MBACP (accred) BSc. Integrative Counselling.

Pam is confident that integrating mindfulness, phenomenological enquiry, and a relational approach helps to facilitate co-regulation.

**Cost:** 95.00 Please see Booking Form below for booking a place and payment

**Numbers:** The training is face-to-face and participative.

**Venue:** LIFE-FORCE Centre, 3 East Hill, Colchester, CO1 2QL

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## Booking Form

### To reserve a place on this training:

Choose a payment option and make a payment by bank transfer to:

Life-Force School of Counselling Ltd

Sort Code: 12-24-82

Account number: 06069038 (Please use your initials for payment reference)

Fill in the form below and send the booking form by email or post to the address below to secure your place

I have paid £25 deposit by bank transfer  
(Balance of £70 payable by 22<sup>nd</sup> February)

I have paid £95 by bank transfer

Invoice needed to activate payment

**NB. The £25 deposit once paid to reserve a place is non-refundable, unless the training is cancelled due to unforeseen circumstances.**

Participant's Name: .....

Contact Telephone: .....

Contact Email: .....

Organisation / Job Role: .....

Qualification & Year: .....

Additional Requirements: .....

**Please send the completed application form to:**

**[katrinaf@lifeforce-counsellingschool.co.uk](mailto:katrinaf@lifeforce-counsellingschool.co.uk)**

All personal details & information supplied on this form will be deleted appropriately by digital deletion, and/or double cross shredding, within thirty days of completing the training and the information not used for any other purpose.

To maintain ethical boundaries this training is not open to Current Registered Life-Force School Students.

Katrina Fassnidge Course Director

Life-Force School of Counselling

Tel: 07903094525

Venue Location: LIFE-FORCE Centre, 3 East Hill, Colchester, Essex, CO1 2QL