



***Inspire* Counselling & Training**

is delighted to offer an

‘ANGER WORKSHOP’

Saturday 16th July 2011

Cost includes a light buffet lunch and refreshments

£70 per qualified counsellor

£55 per student counsellor (limited to 8 places)

At Greenfinch Church, Ipswich

10am to 4pm

Led by Pauline Andrew

Pauline has an MA in Counselling & Psychotherapy and is a practising counsellor and supervisor. She is a founder and Director of ‘Deep Release Counselling and a highly experienced and popular trainer both in the UK and Europe. Her relaxed, interactive and humorous style makes learning easy and her courses memorable.

This course explores why blocked anger can cause ill health and depression and how we can help clients break free. It aims to provide a way of understanding feelings and discovering how they can be safely released. This promises to be a liberating and enlightening day!

For further details regarding course content or to request an application form please contact *Inspire* on 01473 217694 or e - mail Susie Donaldson at director@inspirecounselling.org.uk