

Feedback from Relational Depth workshop, Riverwood, Nov 2019

Thought provoking

Very self-reflective and touched on how we are able to connect and disconnect

Very informative but also realistic

The relationship between client and therapist is key to the whole healing process, this consolidated it really well

Felt happy

Lots of useful information, really helpful

Learnt new information

Enjoyed the whole day

Big thank you

Useful

Interesting

Enjoyable

Challenging & thought provoking

Engaging

Confirming

Edifying

Stimulating

Promoted self-reflection

Inclusive of all attendees

Clear and visual delivery of the workshop

Easy listening

Informative

I feel I learnt a lot from the morning session

I'm feeling lighter

Really enjoyed the day - learnt lots and enjoyed the learning

When Mick was talking about working in school I felt I had ticked the boxes, I'm pleased about that

I'm still not too sure I know what pluralistic means it was going over my head a little

Great subject matter

Easy to follow

Very interactive - enjoyed the different opportunities to work in pairs

Great delivery of knowledge - well paced and open to questions

Good to be encouraged to work with personal experience

Enjoyed Mick's real and down to earth approach - very open to hearing others' perspectives
Encouraged to work with different people
Well spaces for breaks and relaxed environment
Pitched at a level I could understand as a 2nd year Level 4 trainee :-)
Much appreciated
Very interesting subject matter
Nice exercises in session
Thanks x
Great speaker
Great follow-up re website pluralistic
Interesting, useful, very well delivered at a good pace
Informative, practical
Inspiring :-) Thought provoking :-)
More please!
Thank you
Enjoyed the mix of experiential and theory
Informative
Great training day, thank you
Shared experience
Loved the open-hearted leader
Mick - thank you
Will def buy your book!
Good balance of teacher-lead and pair experiential work
A moment of relational depth, shared in pairs work today, highlights how powerful this shared experience can be in therapy
Exploring self and others - Acceptance
Making new connections with therapists - networking
Experiential activities really connected ways Relational Depth works and develops understanding
Thank you :-)
A great day :-)
Lots to think about theoretically, personally and professionally
Mick Cooper rocks - please can he come back?
Once again and excellent and accessible speaker - thank you :-)
I enjoyed Mick's style of presenting - relaxed, approachable once you see beneath the RBF!

I appreciated the handout of the slides

I would have preferred more dialogue between the whole group - mostly to hear about their experience of RD, ie the frequency, what happened, was it talked about with their clients?

Thank you!

Good structured day

Very informative providing an opportunity to reflect and review my practice

Provide a great understanding of what RD means and what it means to me

Now have understanding of pluralistic therapy

Thank you

Well delivered mix of information and participation in pairs

Good pace of learning/info

Enjoyed the format and type of facilitation

Has further informed my practice

Very interested in further research in pluralistic therapy

Growth

Awareness

Well organised

Improved understanding of what relational depth was

Fun

Exploration prompting thought and growth

Insightful

The day went really quickly. I am left with lots to process and to consider for future practice. I enjoyed looking at how I disconnect and how this helped me in the past and now.

Great forms would like to use them

Really valuable day, engaging and interesting, lots to reflect on

Reassuring to me, I work in this way with young people!

Thank you *heart*

Excited to learn more!

Well worth the money!

Really interesting & engaging talk. Lovely hearing about ongoing research!

Really tough to realise that I'm not very attached at the moment but hopefully the start of recovery

Thank you

Thought provoking

Connecting

Vulnerable

Reassuring

Fun

Freeing

Good pace throughout

Looking forward to looking at Mick's website and further reading - that is really helpful

Mick was very knowledgeable & interesting

Bit at the end of was a bit random but interesting

Excellent day - good presentation

Good intro to pluralism

Made me question how I do & have disconnected

Time to explore disconnection

V enjoyable day

Enjoyable

Interesting

Seeing things from a different perspective

Made me think about me and my approach

A very useful day

Speaker - Very knowledgeable, pace of day good, good mix of speaker vs. experiential practice

Raised my own awareness of potential barriers to relational depth

Working / network opportunities were most helpful