



RELATE MEDWAY & NORTH KENT SUPPORT WITHIN THE HEART OF MEDWAY

Gillingham, Kent. (Direct high speed rail links from London)

Email manager@relatemnk.co.uk for further information

CPD WORKSHOP on Saturday 19th May

10am-4.00pm

Meeting at Relational Depth – Presented by: Mick Cooper

£70.00 for the day: Light lunch will be provided

Maximum of 25 places

Mick Cooper is a professor of Counselling Psychology at the University of Roehampton, where he is Director of the Centre for Research in Social and Psychological Transformation. Mick Cooper asks if we are any closer to identifying what happens, and how and why, when therapist meets client at relational depth ... people described feeling energised and focused ...yet also safe and calm. They often talked about relational depth being a very physical experience...and also a level of emotional intensity, saying at these times, the “other” was experienced as very genuine: real, human and present.

In terms of immediate effects, clients describe these moments of meeting as facilitative, healing and changing, and also describe a positive impact on the therapeutic process itself. In the longer term, the most commonly reported impact is an increased connection with their own selves. Therapists are more likely to experience feelings of respect and empathy for the other, while clients are more likely to describe feelings of being known, understood, cared for and accepted.

Relate

the relationship people Medway & North Kent

Talk to us – we can help

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