



## Workshop delivered by Professor Mick Cooper

### WORKING AT RELATIONAL DEPTH

What does it mean to connect to others in an in-depth way? What are the effects of relating deeply to clients in therapy, and how can such an encounter be facilitated? This workshop will give participants an opportunity to explore their experiences of relational depth, and how it feels to meet others at this level of intensity and intimacy: in both their therapeutic practice and everyday life. Through small group exercises, pairs-work, discussion and theory input, the workshop will help participants develop a deeper understanding of such encounters, and also how they come to deepen their levels of relating in their therapeutic work.

**LEARNING OUTCOMES** - By the end of this workshop, participants will be able to:

- Understand the nature of relational depth
- Articulate their own experiences of in-depth relating
- Understand the latest research findings on the nature, impact and prevalence of relational depth in therapy
- Recognise means of deepening levels of relating with clients
- Recognise their own chronic strategies of disconnection and other barriers to relational depth

**Date:** Saturday 30<sup>th</sup> November, 2019

**Time:** 10.00-16.30

**Venue:** BEST House, Shefford Road, Clifton, Shefford, Beds, SG17 5QS

**Cost:** £65

Complimentary drinks and light refreshments will be provided during breaks, however in order to keep delegate fees low, *please bring your own lunch.*

CPD certificates will be provided on the day (5.5 hours)

Delegate numbers limited to 26

**To reserve your place, please complete/return the booking form to**  
**[CPD@riverwoodcounselling.co.uk](mailto:CPD@riverwoodcounselling.co.uk)**

