

## **Residential Workshop**

### **Building Resilience: Developing Resources for Life**

Led by Lynda Osborne & Mary Turner

#### **THE WORKSHOP**

Research into psychotherapy outcomes has identified the importance of resilience. This is our capacity to deal with adversity and to develop and adapt to change and uncertainty. Certain field conditions support resilience and some individuals clearly have an inner resourcefulness and a spirit that won't be defeated. Resilience can be learned and need not be seen as a rare quality given to a chosen few. Recent developments in gestalt psychotherapy emphasise strengthening resilience and building positive resources in order to support therapeutic change. This residential workshop is an opportunity to develop skills in how to use this approach with your clients and also to develop and build your own resources for life and work. There will be a mix of theoretical input, personal development work, skills practice and the opportunity to take in the support of the group and increase relational resilience.

#### **THE DATES**

5pm Thursday 1st October to 3pm Monday 5th October 2015.

#### **THE VENUE**

Old Alresford Place  
Alresford,  
Hampshire  
SO24 9DH

Old Alresford Place is a large comfortable house set in five acres of garden in a small Hampshire village just nine miles from Winchester. The house dates back to 1630 and was originally built as a country parish rectory.

#### **MORE INFORMATION**

Please contact **Lynda** ([Lynda@relationalchange.org](mailto:Lynda@relationalchange.org)) for further information.

#### **ACCOMMODATION**

Accommodation is in single, ensuite bedrooms for the first 10 to sign up. After that only shared (twin), ensuite accommodation will be available. If, however, you wish to share then please say so when booking and with whom you wish to share a room. Places are limited to 14 attendees.

#### **MEALS**

All meals are included during your stay. The menu is eclectic. Please say if you have any special dietary needs when you book.

#### **COSTS**

**£745**

## BOOKING INFORMATION

To secure your place a £200 deposit (non-refundable) needs to be sent to Lynda Osborne by **31<sup>st</sup> July 2015** and the balance by **4<sup>th</sup> September 2015** at the address below. (These dates are given to us by the venue). **Cheques should be made payable to Lynda Osborne.**

## RELATIONAL CHANGE

Lynda and Mary are running this residential under the umbrella of Relational Change. You will be receiving newsletter mailings from Relational Change in the future - do let us know if you would rather not and we can take you off the mailing list. [connect@relationalchange.org](mailto:connect@relationalchange.org)

**LYNDA OSBORNE** DPsych, BA, MA, MSc, UKCP registered psychotherapist, TSM GPTI  
Lynda has been involved in the training and supervision of counsellors, psychotherapists for thirty years. She also held a senior management position at Metanoia Institute, London from 1999 – 2012. She has a private psychotherapy and supervision practice and is a member of the UKCP Training Standards Committee. Lynda travels internationally training therapists and supervisors, working with teams, attending and presenting at conferences, visiting her family and enjoying new countries – in no particular order!

**MARY TURNER** MSc (Gestalt Psychotherapy), Cert. Ed., Dip GPTI, UKCP registered psychotherapist & supervisor, TSM GPTI, EAGT was originally trained as a teacher and worked as a lecturer and manager in adult education. She has been working as an independent gestalt practitioner in Lancaster for 25 years offering therapy to individuals, couples and groups and providing supervision for organisations and individuals. She is a primary trainer in the Gestalt Department at Metanoia Institute, London and also at Edinburgh Gestalt Institute and a visiting trainer and supervisor at Instytut Terapi Gestalt, Kraków.

## ADDRESS FOR PAYEMENT

Lynda Osborne  
8 Lancaster Avenue  
Farnham  
Surrey GU9 8JY

Bank details for direct transfer can be provided on request.