

Seekers and Searchers

- ◆ Do you want more from your life?
- ◆ Do you spend your life looking after other people?
- ◆ Would you like an opportunity to look at your own life experience in a supportive group?
- ◆ Would you like to understand yourself better?
- ◆ Are you experiencing distress or anxiety?
- ◆ Can you say no without feeling guilty?
- ◆ Do you ever feel your life is out of control?
- ◆ Are you constantly concerned about what others think of you?
- ◆ Are you in personal therapy and feeling that a group process could benefit your growth?
- ◆ Do you have time in your life for yourself?
- ◆ Are you asking, 'why am I reading this'?

If so this course could be for you

A Journey of Growth

For those who choose to join us on this course we hope to provide a safe, growthful space. We see each session as a 'supportive space' where you can take time to look back, look around and look forward. A place where nourishment and shelter are available even if the desert storms are raging.

Your own life experience and an interest in taking time to look at your own journey and your own story are what you need to join this course.

The approach in the sessions will be one of inviting you to engage in each exercise with the emphasis on the 'here and now'.

Participants will be offered the opportunity to focus on their own experience and their own life story in different and creative ways.

The aim is to get a clearer picture of :

- **who you really are**
- **how you came to be that person**
- **patterns and themes in your life and relationships**
- **the world in which you live and work.**

Taking this journey with other people can be a particularly positive way of approaching it.

Course details

The course runs one evening each week from the beginning of October to the end of March with two residential week-ends.

Details as follow:

Evening: Wednesday
Time: 7.00p.m. to 9.30p.m.
Dates: October 2, 9, 16, 23, 30
November 6, 13, 20, 27
December 4, 11, 18
January 8, 15, 22, 29
February 5, 12, 19, 26
March 5, 12, 19, 26

Venue: Flatstone, 6 Sidney Place
Wellington Road, Cork

Week-ends: November 1, 2, 3
Jan 31, Feb 1, 2

Venue: Ardfert Retreat Centre, Ardfert,
Co Kerry

Fee: €880

(Accommodation and food for the residential week-ends costs approx. €120 and is not included in fee)

Information and application form from:

Marie Stuart Tel. 087-2459480 or
Marika Mikulak Tel. 085-1214586 or
Ann Parfrey Tel. 087-2460830

or write to us at:

Steps: a Journey of Growth

c/o Flatstone

6, Sidney Place, Wellington Road, Cork

E-mail: steps.journeyofgrowth@gmail.com

www.stepspersonaldevelopment.com

Our Story

We see each person's life as a journey, unique and individual. On the journey their personal life story unfolds in relationship with others and in the context of the universe. We believe that each person has the capacity to heal, to grow, to live a full life and take on the next *Step*.

Taking time to reflect on our life experiences, with their patterns and themes, is the key to growing awareness of who and how we are.

We see this course as a support to living self-reflectively. The process of reflecting on one's life experience, in a group context, enables us to make some sense of our own lives so far. With the support of a group, we believe that it is possible to explore alternative ways of being and doing, thus having choices and creating wider options for ourselves and our work.

Flatstone

Flatstone offers a Diploma training course in Humanistic and Integrative Psychotherapy. Some residential workshops are also offered

Claire Murray,
6, Sidney Place,
Wellington Road,
Cork.

Phone: 086-8228183. E-mail:

cotact@flatstonepsychotherapytraining.com

Course Structure and Approach

We see the experience of working in the group as central to the course. We also use art, music, movement, journaling and ritual in our work. No previous experience in any of these is required. Nor is it necessary to have experience in group work or individual therapy.

Course Facilitators

Marie Stuart is an accredited member of the Irish Association of Humanistic and Integrative Psychotherapy (IAHIP). She has worked as a community worker, with a variety of groups in preventive and remedial programmes. She works as a psychotherapist with individual clients and with personal development groups. She is engaged in group facilitation and communications and is a member of the staff of Flatstone. She is an accredited supervisor.

Marika Mikulak trained as a psychotherapist with Flatstone Institute and completed her post graduate psychotherapy studies in Metanoia Institute, London. She is an accredited member of the Irish Association of Humanistic and Integrative Psychotherapy (IAHIP). She works as a psychotherapist in private practice for many years and she also works as an addiction counsellor, primarily in homeless services.

Ann Parfrey: MIAHIP, accredited supervisor and co-founder of **Steps: a Journey of Growth** will facilitate the residential week-ends.

Flatstone Steps

a Journey

of Growth



2019/2020

*" We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time "*

T. S. Eliot