

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?
- ◆ Are your ways of dealing with difficult situations working for you?
- ◆ 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

Steps on My Journey

For those who choose to join us on this journey we hope to provide a safe, healing space. We see each session as an 'oasis 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 therapeutic group. No special gifts, talents or abilities are required.

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

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 October to the end of March with two residential week-ends, one in November and one in February.

Details as follow:

Evening: Monday
Time: 7.30p.m. to 10.00p.m.
Dates: October 1, 8, 15, 22, 29
November 5, 12, 19, 26
December 3, 10, 17
January: 7, 14, 21, 28
February: 4, 11, 18, 25
March: 4, 11, 18, 25

Venue: Westbourne,
Ashbourne Ave
Limerick

Week-ends: November 9, 10, 11,
February 8, 9, 10

Venue: Stella Maris, Spanish Point
Miltown Malbay, Co. Clare

Fee: €800

(Accommodation and food for the residential week-ends costs approx. €80 and is not included in the course fee.)

Information and application form on www.stepspersonaldevelopment.com

or from Marie Stuart Tel. 087-2459480
or Ray Wallace Tel. 087-8263451
or write to us at:

Steps on my Journey
c/o Marie Stuart

18 Mallow St., Limerick

E-mail: stepspdev@gmail.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 and to live a full life.

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 personal development as a means of 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. This, can lead to having a more satisfying life.

Flatstone

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

Claire Murray,
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Wellington Road,
Cork.

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E-mail: flatstone.training@gmail.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, formal personal development 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 Psychotherapy Training Course. She is an accredited supervisor with IAHIP.

Ray Wallace trained as a psychotherapist and is an accredited member of the Irish Association of Humanistic and Integrative Psychotherapy (IAHIP). He has worked in industry managing major projects leading, coaching and developing staff across many industrial disciplines. He has worked as a psychotherapist with clients in Pieta House, the Bedford Family Project supporting families affected by imprisonment and, in Mary Immaculate Collage. He works as a psychotherapist in a private practice and on the Flatstone Psychotherapy Training Course

Ann Parfrey MIAHIP, an accredited therapist and supervisor of many years and co-founder of the **Steps on my Journey Course** will facilitate the residential week-ends. Ann works on the Flatstone Psychotherapy Training Course

Flatstone Steps on my Journey Personal Development Course



2018/2019

*" 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.