



THERAPY TAKEAWAY

Ideas and tools from therapy that support our wellbeing.

'Parity of Esteem' is the principle by which mental health must be given equal priority to physical health. It was written in law by the Health and Social Care Act 2012. Whilst mental illness has gained much wider coverage in the media and in public discussion, true equality in terms of understanding and resourcing mental health has a long way to go.

In the meantime, there is a lot we can do for ourselves, our families and our communities that will support mental wellbeing. Our contention is that in our busy lives most of us are grappling to keep our emotional balance in one way or another. We shall also suggest that there are links to be made between urgent social issues in our society, and what we address in the microcosm of therapy.

This series of talks and workshops will attempt to distill some of the many helpful concepts and tools that work in therapy. The idea is to inform, de-stigmatize and stimulate conversation.

We will ask you to make a contribution of £10, please (if you can do so). All funds raised will go to support the excellent work of the Balsam Centre in Wincanton.

LOCATION: Upton Noble Village Hall BA4 6AU.

TIME: 4.30 till 5.30pm on Sundays, 6.00 till 7.30pm on Mondays

CONTACT: for more info please email

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PROGRAMME:

- Sunday 29 October 2017 Susanna Deverell
The Concept of the Secure Base
- Why are our relationships so important, what shapes them and how do they shape us?
- Monday 30 October 2017 Sophie Docker +Susanna Deverell
The Listening Workshop
- How does hearing turn into listening? Simple skills that transform the way you communicate.
- Sunday 5 November 2017 Sophie Docker
The Role of Conflict in Wellbeing
- Conflict can be an uncomfortable, if not frightening experience. As an inevitable human experience, can we engage with it constructively? Take away some tools for being in conflict in a positive way.
- Sunday 12 November Sarah Demaree
Emotional Literacy – Growing our Capacity for Love
- How we can regain our ability to love and be loved
- Monday 13 November Caroline Jackman
A Toolbox against Stress
- Using relaxation, guided imagery and other coping strategies to reduce anxiety and stress and to gain a sense of control, calmness & confidence.
- Sunday 19 November Susanna Deverell
The ‘Good Enough’ Principle, or the Joy of Average
- Could ‘being driven’ be a double-sided coin?
- Monday 20 November Sophie Docker
From Impartiality to Multi-partiality
- How can we begin to keep in mind the needs of all?
- Sunday 26 November Jill Armstrong
Change the way you feel by changing the way you think
- A brief introduction to Cognitive Behavioural Therapy
- Monday 27 November Jill Armstrong
“There is nothing either good or bad, but thinking makes it so.”
- How to release yourselves from the common unhelpful thinking habits we all use to make life more difficult!
- Sunday 3 December 2017 Flavia Dalzell Payne
Maya Empowerment - Ensuring a Better Future for Our Children
- Educating and empowering children and young adults to cultivate a healthy growth mindset, to achieve their potential, success and happiness in life.
- Monday 4 December 2017 Sue Place
The Balsam Community Centre presenting its work.
- Sunday 10 December 2017 Dr. Sarah Black
Psychosis - Bipolar Disorder, schizophrenia and psychotic symptoms in old age
- What can we do as a community?

Sarah Demaree holds an MSc in Transactional Analysis Psychotherapy and has extensive experience in both the private and public sector. Her private practice is based in central London where she works with individuals and couples.

Sarah works with clients struggling with relationships, addiction, bereavement, depression, anxiety including obsessive-compulsive disorder, stress, and adult survivors of childhood abuse. She also has specialist training in working with eating disorders, particularly overeating and binge eating. Sarah is keenly interested in new research looking at the role of nutrition in psychological disorders.

Jill Armstrong BA(hons) PG Dip. CBT. BACP. DL. She has been a cognitive behavioral therapist since 2013, has worked in private practice and is currently employed by the NHS. She came to psychotherapy the long way round, training and qualifying as a therapist at 52, thereby proving there is hope for us all. She is a Deputy Lord Lieutenant in Northern Ireland.

Caroline Jackman - Human Givens Therapist providing emotional, practical and effective support to enable people to feel better and move on with their lives as quickly as possible. By helping people develop a "toolbox" of coping strategies and a simple understanding of how the brain works, they are empowered to take back control of their lives, building confidence and resilience. This lowers their susceptibility to emotional and mental difficulties in the future. Caroline specialises in supporting people suffering from bereavement, depression, PTSD & other anxiety disorders.

Sophie Docker works with conflict transformation and dialogue as an organiser and facilitator. She has a degree in Politics and Economics and a Postgraduate diploma in Law and has trained in [Restorative practices](#), [Restorative Circles](#), [Convergent Facilitation](#), mediation and [Nonviolent Communication](#). She currently works facilitating Restorative processes and sharing Nonviolent Communication and is a co-founder of Restorative Frome. Sophie has recently convened trainings with [Miki Kashtan](#), Dominic Barter, [Kirsten Kristensen](#) and worked with charities [NVC-UK](#), [Seed of Peace](#), [Building Bridges for Peace](#) and [The Centre for Peaceful Solutions](#). She is committed to exploring how we can organise in a way that is inclusive and collaborative using conflict as a driver for change.

Dr. **Sarah Black** qualified as a doctor from Cambridge and St. George's Hospital. She did her psychiatric training in Newcastle-upon-Tyne, held consultant posts in Gateshead and Exeter, and was a Clinical Associate, Older Adult Psychiatry, University of Exeter. Now retired from the NHS, she sits on the Mental Health Tribunal.

Flavia Dalzell Payne is a certified facilitator for the foundational empowerment programmes Infinite Possibilities for adults, and I Believe in ME! for ages 5-15. Infinite Possibilities: You Paint the Path! is a derivative of the above programmes tailored to serve youth aged 16-24.

Flavia is committed to delivering the benefits of Infinite Possibilities into societies, especially to younger clients, and has created Maya Empowerment as her vehicle to achieve this. She is currently studying Human Needs Psychology towards Strategic Intervention Coach accreditation. She has worked in the corporate world for 25 years.

Susanna Deverell (MBACP) trained as a couple and family counsellor over 13 years ago, and worked for the charity Relate and in private practice ever since. She has also delivered workshops on the impact of parental conflict on children in separation and divorce cases for many years. Before having a family, she fully qualified as a lawyer in Germany.