

**When:** Running on Wednesdays 6-8pm from 28th Sept – 2nd November 2016

**Where:** Central England Holistic Therapies

240 Alcester Rd, Kings Heath, Birmingham B14 6DR

**What…**

The course is for 6-10 people (18 yrs. plus) meeting over 6 weekly sessions to explore their relationship with self, each other and the wider world. The course will provide a lively space with exercises, activities and creative opportunities to develop your self-awareness, and for personal growth.

It will be suitable for anyone with an interest in self-awareness, their personal and work relationships, and a willingness to support others and be challenged. It would be useful for those interested in personal therapy. The course will be a safe, supportive space in which you can share as much or as little as you wish.

It will also be suitable for trainee / qualified counsellors and those in related professions – CPD certificates of attendance will be available.

The course will be led by Rod London, an experienced counsellor and Gestalt Psychotherapist who is an accredited member of BACP and registered with UKCP. He has experience spanning 20 years as a therapist, supervisor, and trainer running courses and workshops in a range of settings.

**Cost:** £18 per session if paid in advance (total of £108); £22 if paid per session.

**For further details and bookings, please visit:**

[**www.rodlondoncounselling.co.uk**](http://www.rodlondoncounselling.co.uk)

**Email:** [**rodlondon@btinternet.com**](mailto:rodlondon@btinternet.com)

**Tel: 07980931754**