

New rescheduled date - Places now available...

Working Creatively with Anger

Rosemary Langford-Bellaby

Saturday 17th September 2016 10am-4.30pm

only
£55



Working Creatively with Anger A workshop facilitated by Rosemary Langford-Bellaby Suitable for Supervisors, Counsellors/Therapists and Psychologists

Anger is one of the innate emotions which supports us in our survival as a species. Anger is the response that we make when our needs are not met for example a baby cries when it wants to be fed, if it is not attended to sufficiently quickly it's distress increases, the crying becomes louder and then anger is expressed usually by screaming. Anger, in common with other primitive emotions, such as laughter or crying, are normal and healthy, and a very necessary part of our humanity. Used well, it can be a creative force for change. Used unhealthily, it can be the foundations for causing hurt and harm either to ourselves or to others.

In this workshop we will look at the aetiology of anger along with the physiological and chemical changes that accompany it. The causes of difficulties with anger – both when it is denied and when it may seem to be “uncontrollable” e.g. fury and rage, will be discussed. Cultural and historical patterns will also be part of the discussion.

The ways that we can recognise the various symptoms of disguised or misdirected anger and the varying responses to the different degrees and experiences of anger: irritation, anger, fury and rage will be examined. The health issues that arise when such emotions are not acknowledged will be discussed.

Following this, constructive and creative approaches to working therapeutically with the ranges of anger will be taught. Creative responses along with therapeutic experimentation will be included along with ways that this can be effectively utilized with clients, both individual and within the group.

Rosemary Langford-Bellaby is an experienced psychotherapist, Supervisor, Trainer and Consultant. Her background was Initially in Mental Health and then in Counselling and Psychotherapy.

Until recently Rosemary was a Director of the Sherwood Institute – a large and successful training Institute that offers BSc and MSc level training as well as a Diploma in Supervision.

Rosemary runs the Clinical Supervision training at SPTI and ran the Integrative MSc until recently but has lately reduced her input to that of tutor in order to take time for further study and clinical work.

As well as her training in Counselling and Psychotherapy, Rosemary also has a MA in theology and is keenly interested in the integration of spirituality into psychotherapy theory and practice.



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