

# 'BeFriending My Anger' - A Day of Reflection

Facilitated By  
Maggie Cox, Gillford D'Souza, Susan Fitzpatrick & Nuala Dandy



## 'BEFRIENDING MY ANGER' A DAY OF REFLECTION

*SATURDAY 5<sup>th</sup> November 2011; 9.30am -5.30 pm*

**VENUE:** St John Of God Conference Centre, Stillorgan Rd, Co Dublin

**Cost:** €90 (Lunch /Tea/Coffee included)

### **'Befriending My Anger' – A Day of Reflection**

This seminar is suitable for healthcare professionals – counsellors, psychotherapists, psychologists, social workers etc. who are working with clients.

This day of reflection will offer participants an opportunity to focus on their own anger, how it shapes who they are and how this influences how they work with clients, especially in relation to their anger. Participants will reflect on their own comfort/discomfort with anger, the messages and events that shaped their expression of anger, how they express their anger and healthier ways of dealing with their anger and their clients anger.

Session 1 - Anger –what is it? How is it expressed? Levels of Anger.

Session 2 - Messages and Influences re My Anger

Session 3 - Where does my Anger go to?.... Towards Healthier Anger

Session 4 – Working with Anger in the Therapeutic Space.

The seminar will incorporate reflective exercises, and is limited to 36 participants.

### **Biography**

**Maggie Cox IACP** has been a practitioner since 1984 and a teacher and trainer since 1988.

**Gillford D'Souza IACP** has been an accredited practitioner and group facilitator since 1995.

**Susan Fitzpatrick IACP** has worked extensively with couples and individuals since 1988

**Nuala Dandy IACP** has worked extensively with couples and individuals since 1990

### **Booking Remittance**

I will be attending 'Befriending My Anger' – A Day of Reflection on 5<sup>th</sup> November 2011.

I enclose my deposit remittance of €50 (total cost €90) made payable to Awakenings Centre

Name

Email Address

Contact Address

Contact Phone Number

For further details: Awakenings 01-4920122: 3 Dodder Park Drive, Lower Dodder Road, Rathfarnham, Dublin 14

Website: [www.awakening.ie](http://www.awakening.ie) E-mail: [awakeningsinfo@gmail.com](mailto:awakeningsinfo@gmail.com)