



## ‘A Day of Hope and Inspiration’

Saturday 26<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)

### **A Day of Hope and Inspiration**

This day focuses on Hope and Inspiration for those working within the helping professions.

#### **Session 1: Hope in Hard Times: Dr. John Sharry**

When dealing with trauma and adversity, maintaining hope is a crucial human quality that ensures not only survival but also a transformation of the original traumatic experience. Drawing on his clinical work with children and families, John will present a practice model for cultivating hope in the face of despair and show how to apply this in individual therapy and also to how we are collectively coping as communities in the face of the many current societal challenges we face.

**Dr John Sharry is Director of the Parents Plus Charity, and a child and adolescent mental health professional with over 20 years clinical experience. He is best selling author of ten books including Counselling children adolescents and families – a strengths-based collaborative approach and Positive Parenting and Bringing up Responsible Teenagers. He is co-developer of the award winning Parents Plus Programmes, the weekly parenting columnist for The Irish Times, a regular contributor in the national media as well as a well-known inspirational workshop leader.**  
[www.solutiontalk.ie](http://www.solutiontalk.ie)

#### **Session 2: Hope in The Heart, Solace In The Soul: Maura Russell**

A conversation exploring human life as a pilgrimage inspired by love and kept alive by hope in the promise of companionship and support along the way. Our role as Psychotherapists, Counsellors, guides, companions on this journey.

Reflections and stories on creating spaces for ourselves and others to dive below, rise above the challenging troubles and questions of our times.

Weaving a way through the experience and the consequences of hopelessness and soul distress to find the source of a transcendent hope, and a way to raise our hearts and contemplate a way forward

**Maura Russell is a psychotherapist, clinical supervisor, trainer and consultant. She is Co-Director of Blue Lotus Psychotherapy and Counselling Centre in Celbridge. She regularly presents lectures/seminars on a variety of topics including Addiction and Spirituality, Psychotherapy and Spirituality at the Jesuit Conference Centre, and other training institutes and to the general public. She presented a Keynote address at the IACP AGM on ‘The Spirit and the Heart of Psychotherapy.’**

### **Session 3: Songs Of Hope and Inspiration: The Maynooth Gospel Choir**

Founded in 2003 by Eimear Crehan and Michael Fay, the Maynooth Gospel Choir is a Kildare based group that provides soulful gospel music for wedding ceremonies, corporate functions, masses, and countless other events. With some of the finest singers in the country, the group gives a uniquely professional and joyful experience.

Over the past 18 months, the choir has been touring with Irish artist Jack L. This unforgettable experience has brought us all over the country, and we have performed in world class venues such as the Olympia Theatre Dublin, Vicar St, Cork Opera House and the National Concert Hall. They also performed at a number of festivals during last summer, including the Vantastival and Le Cheile festivals.

Recently, they have performed at a number of events for the Special Olympics, including the Launch of Team Ireland, and their National Collecting Day. They have also performed at a number of events for the charity Console, including their Annual Service of Light, and their "Night of Fashion", and Festivals this year have included Abbeyfest and the Kilcock Festival.

Their musical director is Michael Fay. Michael has been the musical director since the choir's inception. He holds a Bachelor of Music from NUI Maynooth, and is currently studying Jazz Piano at the Newpark School of Music. He is also Director of the Celbridge/Straffan Gospel Choir.

### **Session 4: Life With Hope and Belief: John Lonergan**

John Lonergan is Former Governor of Mountjoy Prison, Dublin and Author of 'The Governor'. An inspirational speaker, he was keynote speaker at the IACP AGM 2011.

#### **Booking Remittance for seminar**

**Please tick as appropriate:** I will be attending the following seminar

**'A Day Of Hope And Inspiration' on Saturday 26th November 2011**

I enclose my remittance of €\_\_\_\_\_ made payable to Awakenings Centre (Cost €90 includes lunch)

<b>Name</b>	
<b>Email Address</b>	
<b>Contact Address</b>	
<b>Contact Phone Number</b>	

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)