



Manchester Gestalt Centre
7 Norman Road, M14 5LF
www.mgc.org.uk

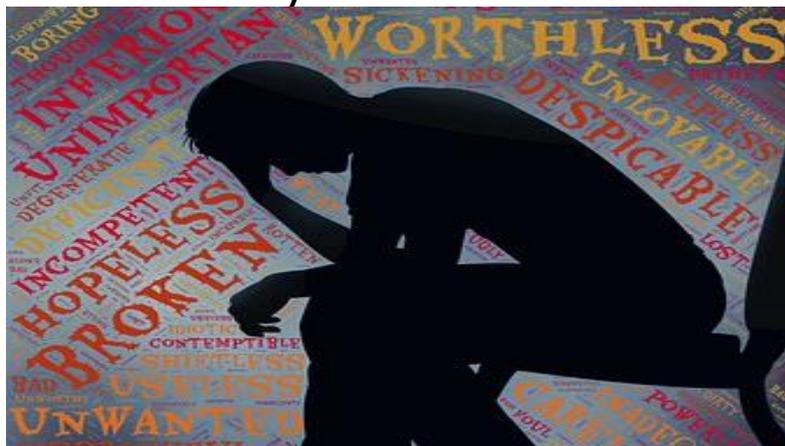


Continuing Professional Development

A workshop for therapists, counsellors and those in the helping professions, including trainees

Working with Depression: Towards Contact & Vitality

Saturday 19th October 2019 (10am to 5pm)
led by Sharon Beirne



We all have a susceptibility to depression, given a particular set of field conditions. What constitutes these field conditions? Why do some people get stuck in a kind of prolonged depressive trap that it seems they are unable to get out of? Is it a biological problem or is it a reaction to a life event, or is it something that has happened in early developmental life that has caused this suffering? How can I, as therapist, work creatively and effectively with a person who presents with depression? Is the goal happiness? How can I prevent myself from becoming depressed when working with depressed people? These are some of the themes we will cover in the workshop. The workshop will be both theoretical and experiential and there will be space for discussion and reference to clinical examples.

Cost: £80.00 (Early bird £65.00- payable by 31st August 2019)

Payment methods: by cheque, payable to Manchester Gestalt Centre, or through the website www.mgc.org.uk using PayPal or other card payments. Refunds will only be given if for any reason we are unable to offer you a place or if the workshop is cancelled. Also send in a paragraph or two about yourself and your interest in this workshop, plus your contact details and email address.

Sharon Beirne has been a UKCP registered Gestalt Psychotherapist since 2004 and has a full-time private practice in Liverpool, working with individuals, couples and supervisees. Prior to this she worked for 17 years, in a variety of clinical settings within the NHS, initially as a mental health nurse and later, as a psychotherapist.

