



Willows
Counselling Service

Willows Conference 2020

Exploring Relational Depth in Therapy

Theory and Practice in Deeper Intimacy

Professor Mick Cooper



Saturday 6th June 2020

10am to 4.30pm

Registration from 9.15 am

Welcome and Intros from 9.45 am

Ticket Price*:

Early Bird Price - £95

(available until 31/3/2020)

Standard Price - £130

**Includes lunch, refreshments & delegate pack*

Location:

DoubleTree by Hilton Hotel, Swindon

Book:

www.willowscounselling.org.uk

Exploring Relational Depth in Therapy

A Day Conference for Counsellors, Therapists and Helping Professionals

Speaker – Mick Cooper

Mick Cooper is an internationally recognised author, trainer, and consultant in the field of humanistic, existential, and pluralistic therapies. He is Professor of Counselling Psychology at the University of Roehampton and has facilitated workshops and lectures around the world. His books include *Existential Therapies* (Sage, 2017), *Working at Relational Depth in Counselling and Psychotherapy* (Sage, 2018), and *The Handbook of Person-Centred Psychotherapy and Counselling* (Palgrave, 2013). His latest work is *Integrating Counselling and Psychotherapy: Directionality, Synergy, and Social Change* (Sage, 2019). He is a Fellow of the British Association for Counselling and Psychotherapy and the Academy of Social Sciences.

Conference

- What does it mean to connect to others in an in-depth way?
- What are the effects of relating deeply to clients in therapy, and how can such an encounter be facilitated?

This workshop will give participants an opportunity to explore their experiences of relational depth, and how it feels to meet others at this level of intensity and intimacy: in both their therapeutic practice and everyday life.

Through small group exercises, pairs-work, discussion and theory input, the workshop will help participants develop a deeper understanding of such encounters, and also how they come to deepen their levels of relating in their therapeutic work.

Learning Outcomes

By the end of the conference, participants will be able to:

- Understand the nature of relational depth
- Articulate their own experiences of in-depth relating
- Understand the latest research findings on the nature, impact and prevalence of relational depth in therapy
- Recognise means of deepening levels of relating with clients
- Recognise their own chronic strategies of disconnection and other barriers to relational depth

Bookings

Early Bird - **£95** up until 31st March 2020

Standard - **£130** up until 22nd May 2020

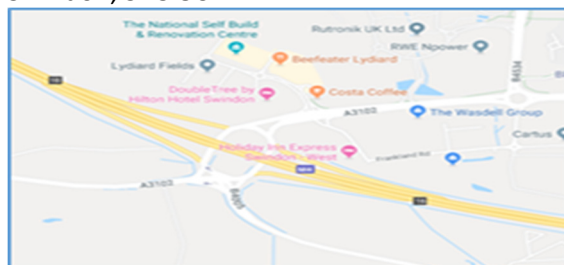
*Ticket includes lunch, refreshments, delegate pack & parking

Please book online by visiting:

www.willowscounselling.org.uk/conference

Venue

DoubleTree by Hilton Hotel
Lydiard Fields, Great Western Way
Swindon, SN5 8UZ



About Willows

Willows Counselling Service is a charity based on Old Town Swindon providing professional counselling, training and CPD.



Registered Charity
Number: 1185304