



TRAINING EVENT

EMOTIONAL EQUILIBRIUM

Who is this workshop for?

This workshop is designed for clients, those who experience anxiety, depression or PTSD, the carers, counsellors, therapists, and those that support people with emotional wellbeing.

Workshop Aims

- Understanding how anxiety, depression and PTSD relate to our fight/flight responses
- Recognise our personal responses to fight/flight responses
- Find out how our brain and body function in fight/flight responses
- Work through the 9 stages of fight/flight responses
- Learn how to keep out of you fight/flight responses
- Workshop includes many exercises including mindfulness and loss experiences

Workshop dates

TBC – Please enquire.

Fee: The cost of the 5-hour workshop is £50.00

The Workshop is delivered by an experienced BACP Registered counsellor and Clinical Supervisor.

A certificate of attendance will be provided.

Apply

To apply please send an email to angela.onevisioncounselling@gmail.com