

Body Awareness as a Tool for Conflict Transformation

A weekend with Kate Jobe and Joe Goodbread
at

SouthWest Counselling Centre

New developments in the psychology of conflict show that body symptoms and somatic experience, while often attributed to stress, can also be effective tools for facilitation and keys to transforming conflict itself

Among the topics we will focus on are:

Understanding and using body awareness as a trusted advisor

Strategies for staying healthy in tense situations

Avoiding burnout in the conflict facilitation professions

Discovering unexpected inner resources

Getting the message behind smoking, drinking and other addictive tendencies

Dates: 19th to 21st May 2006
Times: Friday – 7.30-9.30pm,
Saturday and Sunday 9.30am-4.30pm
Venue: SouthWest Counselling Centre
Emmet's Road, Killarney
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Joe and Kate are Process Work therapists and group facilitators. Working together for over 18 years, they have conducted international training seminars and facilitated conflict with individuals, organisations and communities.