



# *Residential wellness weekend*

OCTOBER 26TH TO 29TH 2018

WEEKEND PROGRAMME

HOSTED BY:

KILTIMAGH COUNSELLING &  
THERAPY CENTRE

[www.kiltimaghcounselling.com/events](http://www.kiltimaghcounselling.com/events)

# RESIDENTIAL WELLNESS WEEKEND 2018



## DR MICHAEL PATERSON

Michael Paterson is the Director of the Institute of Pastoral Supervision and Reflective Practice [www.ipsrp.org.uk](http://www.ipsrp.org.uk) As a psychotherapist, hospice chaplain and supervisor he feels privileged to have been taught a lot about wellbeing and resilience by his clients, patients and supervises and loves sharing what practice has taught him with others.

Michael is an enthusiastic and highly motivated psychotherapist, clinical supervisor and trainer. After training in person-centred counselling he cut his therapeutic teeth working alongside people with AIDS in the early years of the HIV pandemic. That work led him into psychodynamic training to better understand sexual addiction and drug dependency behaviours. Alongside clinical work he trained in clinical supervision. Supporting front line staff through supervision and mentoring has become his life's work.

After ten years of supervising Michael retrained in creative supervision at the London Centre of Psychodrama and now runs Certificate and Diploma courses in Pastoral Supervision and in Creative Supervision in the UK.

In recent years Michael has been working at the interface of psychology and spirituality on programmes which takes the practitioner's wellbeing as seriously as the practice itself. His Values Based Reflective Practice initiative for health and social care staff is one such programme and has won the full backing of the Scottish Government.

### Michaels therapeutic interests include:

- making intentional use of the self in practice
- vulnerability as a gift for therapists
- critical re-evaluation of what passes as professional wisdom
- releasing energy through creativity in therapy and supervision
- resilience, wellbeing and the recovery of joy in professional life

# RESIDENTIAL WELLNESS WEEKEND 2018



**DAY 1**

*Friday, October 26th*



## **DR MICHAEL PATERSON**

**Conversation one: "From Burnout to Wellbeing and Joy at work"**

Within each one of us there is a pilot light that sometimes burns bright and sometimes goes out. This conversation explores what ignites and what extinguishes us and looks at practical ways to foster wellbeing for the long haul.



Time	Activity
12:00-12:30	Arrival and room allocation
12:30-1:00	Welcome and Housekeeping
1:00-1:30	Lunch
1:45-4:15	Small group facilitation
4:30-5:30	Dinner
5:45-8:45	Dr. Michael Paterson
9:00	Social gathering

# RESIDENTIAL WELLNESS WEEKEND 2018



DAY 2

*Saturday, October 27th*



## DR MICHAEL PATERSON

**Conversation two: Vulnerability: A Gift to be Unwrapped (Not Shunned).**

Each time we come face to face with our limitations and vulnerabilities we have a choice: to embrace them or to shun them. Fostering secure attachments opens the path to self-acceptance. Defending against our vulnerabilities opens the door to addictive self-wounding. This conversation engages personal experience with therapeutic insights.



Time	Activity
8:00-9:00	Breakfast
9:15-12:15	Small Group facilitation
12:30-1:30	Lunch
1:45- 3:15	Workshops
3:15- 4:45	Free time
4:45-5:45	Dinner
6:00- 9:00	Dr. Michael Paterson
9:00	Social gathering

# RESIDENTIAL WELLNESS WEEKEND 2018



DAY 3

Sunday, October 28th



## DR MICHAEL PATERSON

Conversation three: Cared or scared: The true face of care and the distorted face of trauma?

What happens when a lifetime of care and compassion presents its bill and we become victim of the cruelties we have heard and witnessed? This conversation revisits vicarious trauma and reaffirms the need for appropriate self care



Time	Activity
8:00-9:00	Breakfast
9:15-12:15	Small Group facilitation
12:30-1:30	Lunch
1:45- 3:15	Workshops
3:15- 4:45	Free time
4:45-5:45	Dinner
6:00- 9:00	Dr. Michael Paterson
9:00	Social gathering

# RESIDENTIAL WELLNESS WEEKEND 2018



**DAY 4**

*Monday, October 29th*



## **SHEILA AND VERONICA**

Wrap up

"All endings are a chance to rest, to breathe, to reflect on the conclusion of a journey in preparation of a new one" (Anon)



Time	Activity
8:00-9:00	Breakfast
9:15-11:15	Small Group facilitation
11:30-12.15	Closing session and farewell
12:15	Lunch

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KILTIMAGH COUNSELLING & THERAPY CENTRE



## A word from your hosts Sheila and Veronica:

We are delighted to welcome you to this years Residential Wellness Weekend. We hope this weekend will give you the space for reflection and personal growth, and at the end of the weekend you will go home revitalised, having enhanced your wellbeing with new meaning and hope.

Keep in touch with us on Facebook and on our website.

Sheila: 086-1256124

Veronica: 086-3757767



Find us on  
**Facebook**

@KiltimaghCounsellingAndTherapyCentre

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## STRATEGIC DIRECTION

We would like to extend our sincere thanks to Anne @ Strategic Direction, for her encouragement, mentoring, coaching and guidance. Her expertise was invaluable to us throughout the process of event planing and management.



**ANNE FINN**

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