

PROFESSIONAL TRAINING

COGNITIVE BEHAVIOUR THERAPY

A professional one day integration day for those who have already completed four days CBT training with PCI college and who are ready to meet the requirements of the college to attain the Certificate in CBT. Participants can choose to attend either of the two days subject to maximum of 12 people on each course.

Dates: *Day 1:* Tuesday 24th November.
Day 2: Wednesday 25th November.
Time: 9.45 p.m. - 5.00 p.m. on both days.
Presenter: *Eoin Stephens.* Eoin is a Counsellor and PCI College President. He is very experienced in CBT. He formerly worked as Aftercare Co-ordinator with the Rutland Centre and is a member of the Tivoli Institute.
Venue: Family Centre, Castlebar.
Cost: €190

WORKING WITH MALE SEXUAL DYSFUNCTION IN A THERAPEUTIC SETTING

This one day workshop is intended for counsellors / psychotherapists who may find themselves working with individuals or couples where male sexual dysfunction may be an issue. It is also one of a series of workshops that will be dealing with a broad range of sexual topics that present in therapy.

Date: Monday 9th November.
Time: 10.00 a.m. - 4.00 p.m.
Presenters: *Jo Hanrahan.* Jo is a Registered Psychologist, Gestalt Therapist and an Accredited Member of the British Association for Sexual and Relationship Therapy. Sex Therapy has been part of her therapeutic practice since 1986.
Cost: €80

AN INTRODUCTION TO WORKING THERAPEUTICALLY WITH FAMILIES

This two day training event is suitable for counsellors and psychotherapists or similar practitioners and is intended to give participants an introduction to working in a therapeutic way with families. It will examine what theories, skills and approaches are most useful for working within a family framework.

Dates: Tuesday 1st and Wednesday 2nd December.
Time: 10.00 a.m. - 4.00 p.m. each day.
Presenters: *Professor Jim Sheehan.* Professor Sheehan is the Director of Family Therapy training at the Mater Misericordiae University Hospital, Dublin and Professor of Family Therapy and Systemic Practice at Diakonhjemmet University College in Oslo, Norway. He is also a Social Worker and Family Therapist.
Cost: €180

SUPPORTING THOSE WHO ARE BEREAVED

This is a one day workshop being presented by the well known author and broadcaster Christy Kenneally for counsellors/ psychotherapists, bereavement support workers, nurses, social workers, child care workers etc who may regularly come into contact with individuals going through bereavement. It will include broad discussion on issues that arise in bereavement and it will be responsive to issues that might arise for participants through their work in this area.

Date: Friday 9th October.
Time: 10.00 a.m. - 4.00 p.m.
Venue: Family Centre.
Cost: €80

RAINBOW FACILITATOR IN-SERVICE TRAINING

This training will form part of on-going professional development for existing Rainbows volunteers. This year two training events are being organised as set out below.

NIGHT 1:
Topic: Issues that arise for children when parents separate.
Date: Wednesday 7th October.
Time: 8.00 p.m. - 10.00 p.m.
Presenter: *Catie Bellamy,* Family Life after Separation Project, Family Centre.

NIGHT 2:
Topic: Building self esteem for children. Challenges in step families.
Date: Wednesday 14th October.
Time: 8.00 p.m. - 10.00 p.m.
Presenter: *Finn Mc Carthy,* Senior Psychologist, HSE-West.

YOUTH LEADERSHIP TRAINING “DEVELOPING A YOUTH WORK TOOLKIT”

This is a course of six days duration spread over six months. The course is designed to be as practical as possible and to respond to participants specific needs. Participants should leave the course with specific skills that they can use with their youth group. Learning will also occur from other participants in the group.

Dates: Saturday September 26th, October 17th, November 7th, 21st.
2010: January 9th, February 6th.
Time: 10.00 a.m. - 3.30 p.m. each day.
Venue: Family Centre.
Presenter: *Michael Kelly.* Michael is the VEC Youth Officer in Roscommon. He has over 20 years experience of youth work in the U.S.A., England and Ireland.
Cost: €50
This training is being provided with the support of the Mayo V.E.C.

WORKING WITH THOSE WHO HAVE EXPERIENCED SEXUAL ABUSE

Suitable for Nurses, Medical Personnel, Project or support workers, Gardai, Teachers/Lectures, Counsellors or similar professional personnel who may find themselves working with or supporting survivors of sexual abuse. This workshop hopes to: promote understanding and practice of an appropriate response to disclosure, promote awareness of causes and effects of sexual violence, to allow participants to explore their own attitudes, values and beliefs about sexual violence, to introduce what local services are available.

Date: Tuesday 20th October.
Time: 11.00 a.m. - 4.00 p.m.
Presenters: *Mayo Rape Crisis Centre Counsellors.*
Cost: €20

LEGAL ISSUES FOR COUNSELLORS AND PSYCHOTHERAPISTS

This one day training event is being provided by La Touche Training who are experts in the area of legal advice for different professions. The topics covered on the day will include: legal issues around confidentiality, keeping files, giving evidence, writing reports, reporting of child abuse, legal issues concerning clinical supervision and responsibility of supervisors, line managers and external supervisors, when can you be required to attend court, how does that work, communicating your working contract to clients, what policies and procedures you should have in place whether you work in an organisation or alone.

Date: Tuesday 17th November.
Time: 9.45 a.m. - 5.00 p.m.
Presenters: *La Touche Training Staff.*
Cost: €120

FAITH AND SPIRITUALITY

LEARN TO “BE STILL AND KNOW THAT I AM GOD” AN INTRODUCTION TO MEDITATION

There are many ways to pray. Sometimes we use words but words are often inadequate. We feel we should give to God but He wants to give to us. This is a one day retreat where we learn how to be still and allow God to be God through using Meditation techniques that have been tried and tested.

Date: Saturday 10th October.
Time: 10.30 a.m. - 4.00 p.m.
Facilitator: *Maura Flynn, R.S.M.,* Counsellor and Prayer Guide.
Cost: €10

Bring a packed lunch. Tea/Coffee will be provided.

EXPLORING LIVES LOSSES AND THE ROAD TO RECOVERY

This seminar will explore loss in its many facets and how it is also an invitation to wholeness. “While the Heart grieves for that which it has lost, The Spirit dances for that which it has found” As an artist of wood Fr. Jim will present the age old truths in the form of symbols that speak to the soul.

Date: Saturday 24th October.
Time: 10.30 a.m. - 4.00 p.m.
Facilitator: *Fr. Jim Cogley,* Psychotherapist and Woodturner. Fr. Jim was born in Wexford and has worked in the parish of Kilmore Quay since his ordination in 1980. He has many years teaching experience, he is a trained psychotherapist and a counsellor supervisor.
Venue: Family Centre, Castlebar.
Cost: €50

MONTHLY MEDITATION GROUP

Monthly Meeting Group: This will be offered on the first Tuesday of each month from September. Using audio visual aids, it will include teaching on Meditation / Centering Prayer.

Dates: September 1st, October 6th (Evening of renewal in Árd Bhríde, see next course below) November 3rd, December 1st.
Time: 7.30 p.m. - 8.45 p.m.
Presenter: *Maura Flynn, R.S.M.* Counsellor/Prayer Guide.
Cost: Free of Charge

EVENING OF RENEWAL “ATTITUDES AND APPROACHES” IN THE SPIRITUAL LIFE

An evening of renewal for anybody who may be interested in deepening their spiritual lives.

Date: Tuesday 6th October.
Time: 7.30 p.m. - 9.00 p.m.
Presenter: *Fr. Bob Whiteside,* Vice President, All Hallows College, Dublin.

Cost: Donation.
Venue: Sister’s of Mercy, Árd Bhríde, Lawn Road, Castlebar.

A ONE DAY RETREAT TO PREPARE FOR ADVENT

A day to come aside to be with the Advent themes of hope and waiting and with some of the Scripture men and women we encounter in the Liturgy of Advent. The day will be reflective with input and prayer.

Date: Saturday December 5th.
Time: 10.30 a.m. - 4.00 p.m.
Presenter: *Sr. Maura Walsh, R.S.M.* Spiritual Director.
Cost: €10

Bring a packed lunch. Tea/Coffee will be provided.

AN EVENING OF REFLECTION ON WOMEN IN THE SCRIPTURES

An opportunity to spend a relaxed contemplative time together as we “meet” some women of the Scriptures.

Date: Monday 16th November.
Time: 8.00 p.m. - 9.30 p.m.
Presenter: *Sr. Maura Walsh, R.S.M.* Spiritual Director.
Cost: Donation.



FOR INFORMATION ON OUR OTHER SUPPORT SERVICES WHICH INCLUDE:

- Individual/Marital/Family/counselling
- Mediation
- Family Life After Separation
- Support Groups
- Bereavement Care
- Spiritual Guidance
- Education in Marriage and Family Life
- Family Law Information
- Money Advice & Budgeting
- CURA

PLEASE REFER TO SEPARATE BROCHURE OR CONTACT THE CENTRE.

SUGGESTIONS

We are anxious to develop courses and support programmes in response to real needs. Should you have any suggestions, ideas or advice to offer, please send them to:

Cathal Kearney, Director, Family Centre, Chapel Street, Castlebar.

Telephone: 094 - 9025900
E-mail: familycentre@eircom.net
Website: www.thefamilycentre.com

family centre

CHAPEL STREET, CASTLEBAR, CO. MAYO

family life services
cúram clainne
archdiocese of tuam

autumn | winter programme 2009

website: www.thefamilycentre.com

tel: 094-9025900
fax: 094-9028772
email: familycentre@eircom.net

monday - friday
9.30 a.m. - 1.00 p.m.
2.00 p.m. - 5.30 p.m.

contact details



family centre, chapel street, castlebar

2009

FAMILY LIFE SERVICES

(CÚRAM CLAINNE)
ARCHDIOCESE OF TUAM

These services, based at the Family Centre, Chapel Street, Castlebar, have been established by the Archdiocese of Tuam in association with the H.S.E. West and the Department of Social & Family Affairs. Our aim is to provide support for families and individuals through counselling, education and training. This programme outlines the courses offered at the Family Centre this Autumn. You will always be most welcome to call in or phone the Centre should you require more information.

BOOKING

As numbers are limited for our various courses and workshops, please contact the Family Centre to ensure a place.

INSUFFICIENT ENROLMENT

In the case of insufficient enrolment courses will not take place or may be postponed to a future date.

REFUNDS

Refunds are available within two weeks of booking or prior to two weeks before a course commences, whichever comes first. No refunds are available once a course has commenced.

COST

Special concessions for the unwaged are available for our courses.

While we charge for many of our educational courses our charges are intended only to cover our costs so that we can use other contributions for services such as Counselling. We are a "not-for-profit" organization.

M'ás mian leat tuille eolas a fháil faoi na cursaí seo thrí mheán na gaeilge, cuir glaoch chuig Máire Ní Dhomhnaill ag 094 9025900.

PERSONAL DEVELOPMENT

COPING WITH CHANGED LIFE CIRCUMSTANCES

Maybe you had your life mapped out for yourself or your family and now circumstances have radically changed. This one day course looks at ways of coping and adapting to a new life situation whether it is as a result of the recession or other life events. How do you empower yourself again? What is the nature of courage? How do you find meaning in adversity? How do you retain hope? How do you foster resilience?

Date: Saturday 3rd October.

Time: 10.00 a.m. - 4.30 p.m.

Facilitator: *Michael Hardiman*. Michael is a Counselling Psychologist and has worked in the fields of private counselling, training and development for over 25 years. He is the author of five books and holds post graduate degrees in both Psychology and Philosophy.

Cost: €50

"HAPPINESS IS A CHOICE"

Are you happy in life generally? Do you promise yourself that in the future life will be better and you will be able to enjoy it more? We have much more choice in life than we realise including the choice to be happy. This one day course examines ways in which we can decide and chose to be happy in the present and how our approach to life can influence this.

Date: Saturday 14th November.

Time: 10.30 a.m. - 4.30 p.m.

Presenter: *Glenda Devlin*. Glenda was born in South Africa in 1956 where she held senior positions and positively influenced people for many years. She published her first book at age 21. She has been living in Sligo for 11 years. During this time she has become a well known personality for her creative talents and vivacious nature. Although she met trying circumstances, her positive disposition has not only influenced thousands but her talents have enriched the lives of many. She portrays a philosophy that works in her new edition of "The Irish Get Up and Go Diary" 2010.

Cost: €40

ENNEAGRAM PROGRAMME

ENNEAGRAM PART I

An opportunity to examine different personality types, aimed to help you understand and see your own strengths and weaknesses, with a view to growth in wholeness and in relationships with others and God.

Dates: October 5th, 8th, 12th, and 15th.

Time: 8.00 p.m. - 10.30 p.m.

Facilitator: *Benny McHale*.

Cost: €60

ENNEAGRAM PART II

This is a second programme as outlined in the paragraph above and it takes place on the following dates:

Dates: November 10th, 12th, 17th, and 19th.

ASSERTIVENESS / COMMUNICATIONS COURSE

Explore ways to improve your confidence and self-esteem.

This course will help you to:

- Raise your self-esteem and confidence
- Improve communication with your partner/children/friends
- Understand what is going on in your life and enhance your skills for coping.

A course of 8 weeks duration

Dates: Thursdays, October 1st, 8th, 15th, 22nd, 29th,

November 5th, 12th, 19th.

Time: 11.00 a.m. - 1.00 p.m.

Facilitator: *Maura Byrne*, a tutor with the Health Promotion Unit of the H.S.E. Maura has considerable experience in running self development courses over many years.

Cost: €70

LEARN COGNITIVE SKILLS TO HELP LOSE WEIGHT AND KEEP IT OFF

A COGNITIVE BEHAVIOURAL THERAPY GROUP FOR WOMEN

If you have had trouble losing weight in the past, this time could be different. Throughout these 10 weeks you will learn Cognitive Behavioural Therapy techniques to prepare your mind and environment for losing weight. The course will help you to feel more confident about your ability to follow your diet more consistently even when the going gets tough. You will be empowered to look at how your thinking and behaviour sabotages your commitment to weight control so that you can respond in a different way in future. The group is kept to a maximum of seven women.

Date: October 19th, 28th, November 2nd 10th, 16th, 23rd, 30th, December 7th, 14, 21st.

Time: 10.30 a.m. - 12.45 p.m.

Facilitator: *Mitzie Murphy*. Mitzie has a BSc in Psychotherapy and Counselling. She has delivered a number of similar women's therapy groups in Ballina and Boyle with positive feedback from all participants.

Cost: €250

WRITING AND JOURNALING TOWARDS GREATER WELLBEING

Writing and journaling about our experiences in life in a creative way can help us to express ourselves and clarify issues that may help us to cope better in the future. Participants will also learn more about the art of journaling in the safe space of a small group of like minded people. No previous writing experience is required.

Dates: Mondays, November 2nd, 9th, 16th, 23rd, 30th, December 7th.

Time: 8.00 p.m. - 10.00 p.m.

Facilitator: *Bettina Petersiel*. Bettina is a teacher and a writer. She has facilitated many writing courses both privately and with various community groups. She uses these courses to enable individuals to reflect on their lives so as to enhance their life quality.

Cost: €60

FAMILY AND PARENTING

PARENT ASSERTIVENESS

This course for parents teaches ways of respecting and directing ones children whilst not allowing oneself to be compromised. The emphasis is on developing positive assertiveness skills within the family, which help participants to be direct and open without being aggressive. It is facilitated by Family Centre facilitators who are themselves parents.

Dates: Tuesday October 13th, 20th, 27th. Nov. 3rd, 10th, 17th.

Time: 8.00 p.m. - 10.00 p.m.

Led by: *Family Centre Parenting Facilitators*.

Cost: €40

TAKING OUR FAMILIES FORWARD

FOCUSING ON EMOTIONAL AND BEHAVIOURAL DIFFICULTIES

This course is intended for parents who have children in the age range of 5 years to 10 years who are presenting with emotional and behavioural difficulties. If you have concerns around your child's emotional development or behaviour then this course may be helpful to you.

Free Information Night: If you are not sure whether this course is suitable for you then please come along to the **free information night** that will take place on Wednesday 2nd September 2009 at 8 p.m. in the Family Centre.

Dates: Wednesday September 9th, 16th, 23rd, 30th, Tuesday October 6th, and 13th.

Time: 8.00 p.m. - 10.00 p.m.

Presenter: *Stephanie Fitzgerald*. Stephanie is an Educational Psychologist who has delivered a range of courses to parents facing many challenges, including social and emotional and behavioural difficulties. She works part-time in Trinity College, Dublin and has lecturing input to the Schools of Education in University College Dublin and the National College of Art and Design. In 2007, Stephanie was the recipient of the Social Entrepreneur Award for her work in setting up a support network for parents of children with special needs.

Cost: €120 per family.

PRACTICAL INTERVENTIONS AND STRATEGIES FOR PARENTING AND WORKING WITH CHILDREN WITH ADHD

This course is designed for parents and teachers who are trying to support children who have Attention Deficit Hyperactivity Disorder. The presenter will examine practical strategies and interventions that both parents and teachers can constructively use with these children.

Date: Thursday 15th October.

Time: 7.30 p.m. - 9.30 p.m.

Venue: Mayo Education Centre, Westport Road, Castlebar.

Presenter: *Stephanie Fitzgerald*, Educational Psychologist.

Cost: No Charge

This course is being provided in association with the Mayo Education Centre.

PRACTICAL INTERVENTIONS AND STRATEGIES FOR PARENTING AND WORKING WITH CHILDREN WITH ASPERGER'S SYNDROME

This evening event is identical to the one listed prior to this course except that it is concerned with children who are diagnosed with Asperger's Syndrome.

Date: Wednesday 25th November.

Time: 7.30 p.m. - 9.30 p.m.

Venue: Mayo Education Centre, Westport Road, Castlebar.

Presenter: *Stephanie Fitzgerald*, Educational Psychologist.

Cost: No Charge

This course is being provided in association with the Mayo Education Centre.

BEREAVEMENT AND LOSS

COPING WITH BEREAVEMENT

This workshop, by the renowned speaker, broadcaster and author Christy Kenneally, is intended to help those who are coping with bereavement as well as helping those who support the bereaved in the community and in settings such as schools.

Date: Thursday 8th October.

Time: 8.00 p.m. - 10.00 p.m.

Venue: Mayo Education Centre, Westport Road, Castlebar.

Presenter: *Christy Kenneally*.

Cost: €20

This programme is being provided in association with the Mayo Education Centre.

THE RAINBOWS PROGRAMME

Rainbows is a group programme which supports children who have suffered a significant loss through death, separation, or any painful transition. It is available for children and young people from seven years to eighteen years of age.

INFORMATION NIGHT

If you plan to enrol your child in Rainbows at the Family Centre please attend the information evening on Wednesday 21st October at 8.00 p.m.

Dates: The Rainbows programme commences on Wednesday November 4th, 11th, 18th, 25th, December 2nd and 9th.

Time: 7.00 p.m. - 8.00 p.m.

Led by: *Trained Rainbows Facilitators*.

Cost: Free of Charge

INVITATION - SUICIDE AWARENESS TRAINING

If you would like to have a one day training course on Suicide Awareness for your group or Community, or you want a two and a half hour presentation on the same subject which would be available in the evenings, then you are invited to contact Máire Ní Dhomhnaill, Counsellor, at the Family Centre. Tel. 094 90 25900.

SUICIDE AWARENESS TRAINING

This course is aimed primarily at ordinary members of the community rather than people from the caring professions. The course aims to increase awareness on the issue of suicide, challenge myths and offers the participant an opportunity to be more aware of warning signs, trigger points and prevention strategies. Participants who complete the training will have the opportunity to access a two day ASIST Suicide Prevention Training course at a future date if they wish. Places are limited, therefore early booking is essential.

Date: Saturday October 10th.

Time: 10.00 a.m. - 4.00 p.m.

Facilitators: *Máire Ní Dhomhnaill*, Counsellor: The Family Centre. *Bernie Conway*, Counsellor.

Cost: €30

Contact: Máire Ní Dhomhnaill - 094 90 25900

This training is part funded by ESB Electric Aid.

SUICIDE BEREAVEMENT SUPPORT GROUP

The Family Centre will offer a 5 week support group for individuals who are affected by death through suicide. The group aims to be a safe, non-judgmental and confidential place where people who have been bereaved through suicide can work towards healing and growth.

PLEASE CONTACT Máire Ní Dhomhnaill, Counsellor, at the Centre prior to booking.

Dates: Thursdays October 29th,

November 5th, 12th, 19th and 26th.

Time: 8.00 p.m. - 10.00 p.m.

Cost: Donation.

This training is part funded by ESB Electric Aid.

LITURGY FOR THOSE BEREAVED THROUGH SUICIDE

This is an opportunity for members of the community to support those families in our midst that have been bereaved through the death of somebody they loved through suicide. It is also a time for families to remember their loved ones and celebrate their all too short lives. There will be light refreshments in the Family Centre following the service.

Date: Friday 20th November.

Time: 8.00 p.m.

Venue: Church of the Holy Rosary, Chapel St., Castlebar.

Details of our courses and support services are always available on our website: www.thefamilycentre.com