


# HEALING & SELF-HEALING COURSE

Impington Village College, Cambridge, CB24 9LX

<b>Course Title:</b>	<i>Healing &amp; Self-Healing</i>		<b>Programme Area</b>	
<b>Course Dates:</b>	Nov.8 <sup>th</sup> - Dec. 6 <sup>th</sup> 2018	<b>Length of sessions:</b>	2 hours [7-9pm]	
<b>Length of course</b>	5 Evenings	<b>Autumn Term</b>	<b>Thursday Evenings</b>	
<b>Full Course Fee: £50- Concessionary Fee: £40</b>				
<b>Course Level:</b>	<b>Mixed ability</b>		YES	
	<b>Beginners</b>		YES	
	<b>Improvers</b>		YES	
<b>Target Group</b>	<b>People stressed or depressed by the pressures &amp; demands of their life.</b>			
<b>Wellbeing brings temporary Benefits - Healing brings Sustained Benefits!</b>				
<p>We live in an age where anything that makes you feel good gets described as "Healing"! - but healing is something very different from "Wellbeing" and also quite different from "Symptom Suppression" or "Symptom Management".</p> <p>Most healing of bad experiences occurs quite spontaneously, because we have evolved to be efficient self-healing creatures - hence the old saying "Time is a great healer!" However, sometimes time does not bring healing – sometimes we are still telling, or internally holding, our 'trauma story' or 'victim story' years after it happened and each time the memory is triggered, or our story re-told we re-traumatise ourself - and maybe our listeners too. Over time, un-healed experiences can undermine our self-confidence, vitality, health and our general faith in 'life' and 'people' generally.</p> <p>This course reveals the various ways in which natural healing can become blocked and presents tools and techniques by which we can clear these blocks and restore lost functionality to mind, body and spirit!</p>				
				
<b>More about your Tutor:</b> <a href="http://www.stress-counselling.co.uk/ADMIN/mikemeredith.htm">www.stress-counselling.co.uk/ADMIN/mikemeredith.htm</a>				
<b>Any skills or qualifications needed for entry into the class</b>				
<p>You will need an open mind and willingness to explore new experiences. This is an holistic [mind, body, spirit, emotions &amp; behaviour patterns] course, so there will be some gentle movement, interactive exercises and personal processing.</p> <p>Classes are supplemented by email + web-based resources &amp; online videos.</p>				
<b>Course outline, including Aims</b>				
<p>★ <b>Week 1: How &amp; Why we choose to stay dysfunctional!;</b>            ★ <b>Week 2: When Healing runs aground! – How to Overcome Blocks &amp; Resistance;</b>            ★ <b>Week 3: Motivation &amp; Navigation Tools for Healing Journeys;</b>            ★ <b>Week 4: Ground Your Healing Journey into Daily Life &amp; Relationships;</b>            ★ <b>Week 5: Identity Attachment &amp; Soul-Loss Situations.</b></p>				
<b>Attendees will...</b>				
<ul style="list-style-type: none"> <li>• Get to know and practise 4 common types of healing journey:  <div style="text-align: center;"><b>Unresolved grief, Emotional trauma, Spiritual trauma &amp; Entropy;</b></div> </li> <li>• Learn the key essentials for a successful healing journey</li> <li>• Become familiar with the common blocks to healing</li> </ul>				

<b>Teaching and learning methods used</b>	
<p>An experiential approach with practical &amp; interactive exercises every week + sharing of personal journeys of self-empowerment, increasing inner peace &amp; self-transformation.</p> <p>Each class is accompanied by a follow-up email giving background to class exercises + supplementary online learning materials.</p>	
<b>What you need to bring to the first session</b>	
<p><b>An open mind, curiosity, and willingness to explore new experiences.</b></p> <p><b>You will be required to sign a confidentiality agreement to allow everyone safe participation in in class sharings &amp; discussions</b></p> <p><b>The course homework includes internet-based training so access to the internet and an email address will be needed between classes.</b></p> <p><b>Notebook and pen</b></p> <p><b>Mat or similar to lie on in the 'relax, attune &amp; integrate' sessions.</b></p>	
<b>Additional Course Cost (e.g. visits, materials, books, equipment): None</b>	
<b>Materials required for first class</b>	Pen & notepad, loose-fitting clothing, meditation stool or cushion if you have one.
<b>Further training opportunities after this course...</b>	<p>The "<b>Emotional Detox</b>" course is recommended for further mindfulness &amp; lifeskills training: <a href="http://www.sunflower-health.com/courses/detox.htm">www.sunflower-health.com/courses/detox.htm</a></p> <p>See also tutor website: <a href="http://www.sunflower-health.com/workshops.htm">www.sunflower-health.com/workshops.htm</a> for related further events &amp; courses.</p>
<p><b>Equalities statement</b></p> <p><i>"The County Council operates an Equality of Opportunity Policy. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have any specific needs which might affect your learning you are entitled to a confidential interview where we can look at the support you require. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust."</i></p>	
<b>Tutor Contact:</b>	Michael Meredith: <a href="mailto:mike@fullyalive.me.uk">mike@fullyalive.me.uk</a>
<b>BOOK YOUR PLACE!</b>	<p>Cheques should be made payable to Impington Village College. Cash in person to the Office only. Bookings and payments can also be made over the telephone on 01223 200411 using a credit or debit card.</p> <p>Enquiries to: <a href="mailto:adultlearning@impington.cambs.sch.uk">adultlearning@impington.cambs.sch.uk</a></p>