



# The Flourishing Therapist

Cultivating resilience and wellbeing

Friday April 3rd at Hazel Hill Wood

With Jane Sanders & Marcos Frangos

We are offering a day of support and space for reflection in the beautiful setting of Hazel Hill Wood, a 70 acre woodland off-grid education centre near Salisbury, focusing on nourishing your own core resilience in the context of being a therapist.

- time to review the 'ecosystem' of your working life
- addressing the challenges of stress, increasing complexity and overload
- tracking vicarious trauma & other contributors to therapist burnout
- nature connectedness, Shinrin Yoku (forest bathing)
- an opportunity to make connections with colleagues

**Timing:** 9.30 for a 10am start– 4.pm.

More details at: [www.resiliencefortherapists.com](http://www.resiliencefortherapists.com) or call Jane on 01458 833382

**Association of Core process Psychotherapists members £80 including lunch.**

**Non ACPP members £85**

**Optional Extra:** Overnight stay on Thursday 2<sup>nd</sup>: £55 including food and accommodation

To Book contact ACPP: [admin@acpponline.net](mailto:admin@acpponline.net)