

Promoting Profound Change by Harnessing the Power of the Imagination



Date: Saturday 25th March 2023

Time: 10.00-4.45pm

Venue: Online via Zoom

For: Counsellors

Presenter: Dina Glouberman

**Cost: RS Members £60/
Non-Members £120**

CPD Category A Points: 6

This workshop introduces transformative ImageWork processes that can enable therapists and counsellors to help couples unlock the power of their imagination and find radically new directions in their relationships.

The session is experiential, and there will be a live demonstration, as well as a script to help you guide your clients and enable them to guide themselves outside the sessions. It is also a training in the “rules of the road” for working with the transformational imagination most effectively. These ImageWork tools are equally powerful for working with individuals.

- Through visioning their best and worst futures and looking back to see how they got to each, couples/clients learn to commit consciously and effectively to get what they truly want.
- By transforming their images of feared futures, couples/clients can overcome anxieties that keep them stuck, and safely take big leaps forward.
- Through facing in their imagination their most positive and negative stories about themselves and the relationship, they learn to walk a mindful path between these opposites.
- The added benefit of couples listening to each other’s images is remarkable.

Learning Outcomes: By the end of the day participants will be able to:

- Apply powerful imagery processes to their work with clients as well as personally in their own lives.
- Understand how to be most effective at helping the imagination to flourish.
- Show couples the relevance of each other’s imagery to their ability to support each other.
- Give clients imagery “homework” to take further steps on their own.

Dr Dina Glouberman (www.dinaglouberman.com) is a pioneer and world leader in working with transformational imagery. With forty years of experience in theory and practice, she has authored several books on the topic including the best-selling *Life Choices*, *Life Changes*; *The Joy of Burnout*, and most recently, *ImageWork: the complete guide to working with transformational imagery*. With a foreword by Robin Shohet, *ImageWork* has been referred to by leading imagery author Martin Rossman as “the best book about working with imagery” in his fifty years in the field. Dr Glouberman is also the visionary co-founder of Skyros Holistic Holidays on Skyros Island, Greece; founder of the Aurora Centre for ImageWork in Puglia Italy; an international coach and therapist; and a course leader on the Faculty of the MA (Clinical) in Psychotherapy at the Tivoli Institute in Dublin.

HOW TO BOOK

Relationships Scotland CPD events are for practitioners who are currently working in any capacity for a Service that is a Member of Relationships Scotland. They may be open to practitioners from external organisations when spaces are available. We are piloting an **online booking process**, the link to the online booking form can be found here: <https://forms.office.com/r/qRTWwX4ppu>

The online booking form can be used by:

- Member Services to book on behalf of practitioners.
- Practitioners from Member Services who wish to self-fund.
- Practitioners from external organisations.

If you have any questions about the booking process, please contact:

Liz Thackwray, liz.thackwray@relationships-scotland.org.uk

CANCELLATION POLICY

- Cancellation 11 days or more before the date of the event: 100% refund
- Cancellation between 10 days and 4 days before the date of the event: 50% refund
- Cancellation 3 days or less before the date of the event: no refund, but services can send a replacement.

If a course or event is cancelled by Relationships Scotland (because of insufficient numbers or unforeseen circumstances) then all fees will be fully refunded. Unfortunately, we are unable to reimburse out of pocket expenses, such as travel and accommodation. In exceptional circumstances, Member Services or individuals may request a refund of the cost of CPD event or a free place at a future event. Examples of exceptional circumstances include, for example, the admission to hospital at short notice or a family bereavement. Requests for refunds and/or free places at future events will be considered by the Office Bearers Group (Chair, Vice-Chair and Treasurer of the National Office). All requests for refunds and/or free places at future events should be made in writing or by e-mail to the CPD Manager, sonia.bruce@relationships-scotland.org.uk

SYSTEM REQUIREMENTS

The session will be delivered using the Zoom platform. You can attend this CPD event from a private space anywhere using a compatible computer or tablet connected to the internet. You will need to download Zoom to access the session: <https://zoom.us/> Please make sure you have the most recent version of Zoom. Please note, some organisations have additional security settings that may prevent you from accessing the CPD event on an organisational device.

Please also ensure that you have the required bandwidth and internet speed. You can test whether you are able to join a Zoom meeting here: <https://zoom.us/test> Relationships Scotland are unable to provide refunds when there are issues with a participant's IT which prevent them from accessing the CPD event. Please contact the CPD Manager if you are unsure about the use of the technology sonia.bruce@relationships-scotland.org.uk

ACCESSING THE EVENT ONLINE

A link to the session will be sent out a few days before the event. Please ensure that the email address to which the link should be sent is clear in the Booking Form. It is also important that the Zoom account uses the same name that you used to register for the event. The Relationships Scotland CPD Host will use this information to admit participants into the event and to confirm attendance certificates. The username for your Zoom account can be amended by signing into Zoom and going to the profile section of your account.

