

CONTEXTUAL THERAPY WORKSHOP

**Level 1
2017**

“HEALING THROUGH MEETING”

***A workshop for Social Workers, Psychologists and Registered
Counsellors that will change the way you see your life, as well
as your client's.***

Presented by Dr. Tanya Defferary



Introduction

With the fast pace of modern society, families are living past each other. This has resulted in a breakdown of the family system, with divorce rates at an all-time high. With life moving at this pace we don't have time to stop and think about the manner in which respond to situations, or what leads us to interact with our family members and friends the way we do.

Actually, our very existence and the way we do things is deeply rooted in our past, and often our parent's pasts as well, and this can have a huge impact on how we interact with our present and future generations to come.

This gem of an approach was brought to South Africa in 2009, by Dr Ard Nieuwenbroek, the founder of Othro-Consult, a Holland Based training institution that has been training contextual therapists since 1999.

Tanya attended one of Ard's introductory workshops in 2009 and was immediately hooked. Realising that this was an approach like no other.

An overview of Contextual Therapy

Contextual therapy is a nondirective form of therapy that was founded by Ivan Boszormenyi-Nagy, a renowned psychiatrist and family therapist. Contextual Therapy has been described as an approach that merges the gap between individual psychotherapy and family therapies, allowing the therapist to work from a unique and relationally ethical stance. This approach focuses on the balance of give-and-take between generations, and how these 'ledgers' are often unbalanced, leading to incidences of destructive entitlement, parentification and split loyalties existing within the family system.

Contextual therapy is about understanding intergenerational legacies and the interconnections between family members. It aims to bring about trust and mutual understanding between family members to bring about constructive change within the family system.

Past workshop participants have described this approach as "life changing... a different lens with which to view our clients to understand their intergenerational patterns, legacies and loyalties".

The Level 1 Contextual Therapy Workshop

This workshop will take you on a journey starting with the background of Contextual Therapy in order to provide you with a starting point to discover a number of the key principles the approach has to offer.

This two-day Level 1 workshop a dynamic workshop that is theoretically and practically orientated. At each step, as a new Contextual Therapeutic principle is introduced, break away sessions will take place allowing participants to practically apply this newly learn theory to their own lives (personally or in practice). Furthermore, as each new principle is discussed it will be applied to an overarching case study, showing how the approach can be interpreted and applied to real life situations.

Meet the facilitator

Dr. Tanya Defferary is a Port Elizabeth based Counselling Psychologist and has been in private practice since 2008. She received her Contextual Therapy training from Dr. Ard Nieuwenbroek, who has mentored Tanya since 2010.

Since 2013, after she finished her Contextual Therapy training, Tanya has joined Dr. Nieuwenbroek to co-facilitate a number of Contextual Based training workshops in Port Elizabeth.

Tanya has been using Contextual Therapy as her primary therapeutic orientation and has noticed a fundamental shift in the way she works with, and understand her clients.

We are excited to be bringing this therapeutic approach to more of South Africa!!

Workshop Details

Dates and Venue	21 and 22 April 2017 – Clarendon Girls High school East London – Union Avenue Selbourne East London
Duration:	2 full days: 8:30 – 16:00 (attendance of both days is necessary to receive a certificate and CPD points)
Venue	Clarendon Girls High School (East London)
CPD Points:	12 CEU's (HPCSA) SACSSP accreditation applied for
Cost:	R 2 500.00 A 10 % discount is applicable if payment is made by the 31 March 2017 A 10 % discount is applicable to students
Who should attend?	Psychologists, social workers, registered counsellors (students in their final year of study are also welcome).

In order to make this training more affordable we have reduced the workshop fees by making the workshop self-catering. Participants will need to bring along their own lunch, however water, tea, coffee and a small tea time snack is included in the fee.

Material

At the end of the workshop participants will be provided with a CD which comprises a manual summarising the material covered in the Level 1 workshop.

Please find the attached booking form – please email the booking form together with proof of payment to admin@rapewise.co.za

The Proactive education group BOOKING FORM

CONTEXTUAL THERAPY WORKSHOP LEVEL 1 2017	
Workshop	Contextual workshop
Date	21 & 22 April 2017
Venue	Clarendon girls high school – Union Avenue Selbourne East London
Workshop Fee	R 2 500.00 Including VAT

PARTICIPANT DETAILS			
Title:		Preferred Name:	
Gender:		ID/passport number	
HPCSA Reg no:		SACSSP Reg no:	
Qualification/s		Current occupation	
Workplace:			
Tel:		Cell:	
E mail:		Fax:	
Address		Postal Code:	

PAYMENT	
EFT: Bank:	ABSA
Account name:	Rape Wise / T/A The Proactive education group
Account number:	406 497 6342
Branch Code:	632005 (Please use your name as reference)

IMPORTANT INFORMATION

By registering for this training, you accept the following conditions

1. Enrolments are open to Psychologists, registered counsellors and social workers
2. 12 CEU's (HPCSA)
3. SACSSP points have been applied for
4. Certificates will only be issued to delegates who successfully complete training i.e. 100% attendance of the workshop (2 days)
5. Registration forms have to be emailed to: admin@rapewise.co.za or faxed to: 086 6967807/ 031 5726081
6. Registration closes 1 week before commencement of the workshop – 14 April 2017
7. Payment of the workshop fee is due prior to the workshop and confirms your place
8. A 75% cancellation fee will be charged for cancellations within 72 hours of the workshop date
9. No fees or part thereof are refundable if you do not show up for the workshop.
10. The Proactive education group reserves the right to cancel the workshop. In event of cancellation, registration fees will be reimbursed.