

# Sheffield Woman to Woman Counselling and Psychotherapy

Clare Fillingham



## Wounded Healers Workshops and Day Retreats

### Rest, Reflect, Restore

Led by Clare Fillingham

**6 Hour CPD Events (certificate provided)**

This series uses the Jungian concept of the 'wounded healer' as a backdrop, acknowledging and giving permission for our vulnerability and humanness as therapists. These workshops and retreats offer counsellors and psychotherapists a nurturing and reflective space to explore various themes in small, open groups of up to four women. Each workshop and retreat day is complete and self-contained. The indoor venue in Stocksbridge is a very comfortable, warm space that encourages a feeling of safety and intimacy and is the perfect setting for a small group to meet. Other venues may be outdoors as specified for each event.

### Part One

#### Beauty from the Ashes

Saturday 14<sup>th</sup> October 2023

10am – 4pm

Exploring how your past difficulties, both professional and personal, can inform and influence your current practice for the good.

This is a carefully structured and held workshop taking place indoors. It is designed for both qualified and trainee therapists who are curious regarding what they have to offer, both professionally and personally, towards their role of counsellor and psychotherapist.

**Cost: £90 or £75 early bird (payment made by 22<sup>nd</sup> September 2023).**

For more information and/or registration please contact Clare Fillingham via email:  
[info@sheffieldw2wcounselling.com](mailto:info@sheffieldw2wcounselling.com).

### About Clare Fillingham

Clare Fillingham is a qualified and experienced therapist who works predominantly with women who have experienced trauma and abuse. She has also developed a special interest in supporting other therapists in their work. Her aim is to provide a nourishing and restorative environment for reflective practice. Also, to create a safe space for a reconnection with the self which can so easily be diminished by the mental, emotional, spiritual and physical output the role of counsellor and psychotherapist demands.

[www.sheffieldw2wcounselling.com](http://www.sheffieldw2wcounselling.com).