

# Greek Adlerian Society Seminar

Jenny Biancardi. Athens, Greece. 17-18 October 2009.

## Day 1: "Healing Relationships" Experiential Seminar

This workshop is suitable for anyone wishing to improve their relationships with family, friends or colleagues. We will look at the skills of empathy and congruence, and their application to everyday situations. We will use action techniques and practical exercises in a safe and supportive environment. Everyone will have a chance to practice "the difficult conversation", the unspoken question, or the unexpressed feeling.

The day will include the use of theory and research from studies on emotional intelligence and neuroscience, giving us insight into our responses to stimuli and language. We will look at ways to positively reframe our perceptions, and to tap into our compassion and ability to change our own behaviour to become more effective and authentic.

For this workshop it will be helpful for you to have in mind some relationship that you are interested in exploring.

## Day 2: "The Use of Self in the Therapeutic Relationship" Experiential Seminar

Recent research has yet again shown up the most effective therapeutic interventions depend on the quality of the relationship. Many professionals have limited time to develop a relationship with their client. This seminar will look at ways to promote emotional depth and the use of advanced empathy skills to produce effective change.

I will draw on a variety of theoretical ideas, including: work on Presence by Patsy Rodenburg; NLP; and the work of Daniel Goleman, and Antonio Damasio. There will be plenty of time to practice positive advanced empathy, and a chance to experiment with a higher level of congruence than is commonly used. There will also be small discussion groups, and working in action.

For this workshop it will be helpful for participants to have in mind some relationship or client work that they are interested in exploring.

## Jenny Biancardi

My wish for the workshops is that I will provide a safe and supportive environment where we can learn together, share some the issues of being human, and also have some fun.

Seminar speaker: Jenny Biancardi, BACP accredited senior counsellor, UKCP accredited psychodramatist, Qualified Supervisor, external consultant, mentor, and trainer. Jenny has a particular interest in pulling together: person centred values; using the findings of neuroscience to help improve human relationships; and using working in action, for its immediacy and effectiveness.

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