

'Adult Attachment Behaviour' with Pauline Andrew

Wednesday 1 November 10.00–16.00, cost £60.00

What happens as we grow older? Do Attachment patterns change? How do I make sense of the insecurities and anxieties I can feel in my adult relationships? Includes the Adult Attachment Interview and demonstration of 8 sessions of counselling.

Pauline Andrew has an MA in Counselling & Psychotherapy and a Diploma in Supervision, and she is accredited in both roles with the Association of Christian Counsellors. Pauline writes and teaches many of the courses in the Deep Release programme and she is also in demand to run these training days around the UK. She is a highly experienced and popular trainer, and her relaxed, interactive and humorous style makes learning easy and the courses memorable.

Pauline is a **Founder and Director of Deep Release and** heads up a team of trainers who run Deep Release Regional Training days across the country for groups of Deep Release counsellors, helping them increase their counselling skills and developing creative approaches to therapy.