

'Attachment and Shame' with Pauline Andrew

Saturday 3 November 2018

10.00-16.00

A deeply impacting day which examines where shame originates and its powerful effects on relationship and wellbeing. Find out how owning our story can be an antidote to shame, bringing hope and increased resilience.

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.