



# Sevenoaks Counselling

a professional service offered by Christians to the whole community

## **'My Story and its Characters'**

An interesting and potentially fun way of discovering more about various aspects of our personality.

**with Siobhan Tinker**

**Friday 17<sup>th</sup> May, 10.00-16.00**

This workshop is an opportunity to explore how a well-thumbed novel or much-watched film or drama can give us not only increased self-understanding but also offer motivation and inspiration. The day will be a mixture of experiential, discussion and theoretical input. We will explore ways of bringing these ideas into creative work with clients.

**Siobhan Tinker** works as a psychotherapist, counsellor and supervisor in private practice. She has been a member of the training team at the Psychosynthesis Trust. She initially trained as an integrative humanistic counsellor in the nineties then went on to study for her Masters in Psychosynthesis Psychotherapy. Siobhan has many years' experience as a trainer and enjoys the creative and potentially healing energy that a learning group can produce.