



# Sevenoaks Counselling

a professional service offered by Christians to the whole community

## **'Working with Blocked Anger' with Pauline Andrew**

**Saturday 23<sup>rd</sup> November**

A lively, challenging day where we address the issue of blocked anger and how this can affect us emotionally and physically. Participants are requested to create an Anger Box to bring to the day – instructions will be provided. The day will include working with the 'Roles Played in Anger' cards and several different creative interventions to help clients address and access their own anger safely.

**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**, with her husband, Dr Chris Andrew, heads up a team of trainers who run Regional Training days across the country for groups of Deep Release counsellors, helping them increase their counselling skills and developing creative approaches to therapy.