

JOHNELLA BIRD WORKSHOPS FOR 2018

A Workshop Series: using 'resistance' to generate creative solutions

Crafting Therapeutic Conversations: a mentoring process with a focus on families or couples or individual therapy

Transforming Suffering: understanding the origins of shame, blame and guilt

We Talk, We Listen but Do We Understand?

A Workshop Series: making change stick in the work with children, young people and families

Register Online at
<https://www.johnellabird.nz/training.html>

A WORKSHOP SERIES: Using 'Resistance' to Generate Creative Solutions

I am offering 3 workshops with a focus on using 'resistance' to generate creative solutions in therapeutic, super-vision and management relationships.

The workshops will provide participants with the opportunity to reflect on the distinct pressures people are subjected to as they attempt to facilitate areas of tension experienced by one or all relationship participants.

We can all remember times where we have reacted strongly and have either expressed this directly or we have held onto the response. Both of these responses can have a detrimental effect on individuals and on the relationship, including team relationships.

Attending this workshop will assist you avoid the reactivity trap while providing you with an opportunity to use the reactions you have to strengthen and protect yourself and others.

ABSTRACT: Using 'Resistance' to Generate Creative Solutions

We all recall moments in our professional or personal life where our or some-one else's 'BUT-----' followed by a silent or loud 'NO' has stalled, damaged or even ended a therapeutic super-vision or management relationship. The endless dance of reactivity following or preceding this 'NO' will end when we develop the capacity to use the reactions we and others have in relationships, as the first rather than the last signpost in a discovery process.

In this workshop, I will discuss and demonstrate the capacities to respond with creativity rather than deferring, expelling or punishing either the other person or our-self.

Through-out the workshop I will focus on the key processes out-lined below. However, this will be 'performed' through interviews and exercises where we will address these serious issues with lightness and humour.

- Going beyond definitive constructions of self or the other i.e. 'I am a great listener', or he is 'a bully' to a discovery process where we use the experiences I have of myself and the other as a beginning point in a process.
- Acknowledging the appearance of strong emotions and experiences as this is the only legitimate place to begin the process of discovery. This includes, fear, shame, disgust, guilt, anger, love, need, jealousy.
- Managing the power differential rather than disappearing it or using it to confirm your or the other's construction of events.
- Identifying areas of vulnerability for one or both participants.
- Developing ways to manage reactivity.
- Developing the capacity to use 'Intentions' as the beginning point in a process.
- Conceptualising the dynamic nature of all relationships. Without this ability, the reactions we have remain mysterious to our-selves and others.
- Contextually positioning and exploring the experiences of all relationship participants.

WORKSHOPS

Using 'Resistance' to Generate Creative Solutions in Therapeutic Contexts

DATE: 30 April and 1 May 2018

COST: \$379.50 (GST Inclusive)

VENUE: St Columba Centre, 40 Vermont Street, Ponsonby Auckland

Register online at: <https://www.johnellabird.nz/using-Isquoresistancersquo-to-generate-creative-solutions.html>

Using 'Resistance' to Generate Creative Solutions in Super-Vision

DATE: 16 and 17 July 2018

COST: \$379.50 (GST Inclusive)

VENUE: St Columba Centre, 40 Vermont Street, Ponsonby Auckland

Register online at: <https://www.johnellabird.nz/using-Isquoresistancersquo-to-generate-creative-solutions.html>

Using 'Resistance' to Generate Creative Solutions in Management

DATE: 10 and 11 September 2018

COST: \$379.50 (GST Inclusive)

VENUE: St Columba Centre, 40 Vermont Street, Ponsonby Auckland

Register online at: <https://www.johnellabird.nz/using-Isquoresistancersquo-to-generate-creative-solutions.html>

CRAFTING THERAPEUTIC CONVERSATIONS: A Mentoring Process with a Focus on Families or Couples or Individual Therapy

Crafting therapeutic conversations while maintaining a discovery orientation can only be effectively learnt through a 'hands-on' mentoring process. The mentoring process I am offering will invite people to participate in practicing a conversational style where we discover and highlight people's (client's) resources in order support them to address serious concerns.

There will be 3 mentoring groups to choose from. Each group has a focus on a specific clinical area, Family Therapy ,Couple Therapy and Individual Therapy. We will meet initially for a 2 day workshop. After the workshop Auckland based participants will meet 3 times using a consultation process. Participants who are from out-of- Auckland will also meet 3 times using skype consultation process

FAMILY THERAPY: crafting therapeutic conversations

Topics will include the following:

- Working playfully with children and young people in the family context to address serious problems, such as, Fears and anxiety, stealing, anger outbursts, distress represented in behaviour like cutting, suicidal thoughts, eating difficulties.
- Incorporating complex issues of Family membership and belonging, such as single parenting, re-partnering, multi-generational involvement, the impact of the influential unspoken trauma or secrets or known traumatic events.
- Holding therapeutic boundaries in a participatory manner.
- Addressing complex experiences of grief and loss.
- Dealing with conflict or different perceptions both in the room and outside of the room.
- Addressing those influential yet invisible 'echoes' from the past.
- Using therapeutic discoveries to create a platform for change.

Pre-requisite: Completion of the workshop series, 'Introducing Family Work' and review of the CD titled, 'Imaginatively Entering Children's Worlds'.

2 day Family Therapy Workshop:

Cost: \$379.00 (GST Inclusive) per session

Numbers: maximum 10

Dates: 19 and 20 July 2018

Venue: St Columba Centre, 40 Vermont Street, Ponsonby Auckland

Register online at: <https://www.johnellabird.nz/crafting-therapeutic-conversations.html>

Followup Consultation Sessions Format 1: in Auckland

In Auckland for 2 hrs, meeting 3 times after the workshop

Cost: \$65.00 (GST Inclusive) per session

Time: 12.00pm to 2pm on Tuesdays

Dates: 11 September, 9 October and 13 November 2018

Register online at: <https://www.johnellabird.nz/crafting-therapeutic-conversations.html>

Followup Consultation Sessions Format 2: by Skype

Out of Auckland participants, 3 x two hour long skype group consultations.

Cost: \$65.00 (GST Inclusive) per sessions

Time: 3pm to 5pm on Tuesdays

Dates: 11 September, 9 October and 13 November 2018

Register online at: <https://www.johnellabird.nz/crafting-therapeutic-conversations.html>

COUPLE THERAPY: crafting therapeutic conversations

Topics will include:

- The impact of parenting demands on the relationship.
- The 'mysterious' drift toward a loss of intimacy: Using experience as a site for unravelling this mystery.
- The impact of significant injuries, such as one person betrayal of an agreement, such as, "I thought you'd be there at the birth of our daughter and you choose to go on a work trip".
- Working with escalating reactivity that occurs in and out-side of the therapeutic context.
- Addressing those influential yet invisible 'echoes' from the past.
- Identifying methods to remain in and effectively use a reflective position rather than taking sides.
- Using therapeutic discoveries to create a platform for change.

Pre-requisite: Completion of 2 of Johnella's workshops on Working with Couples and a review of DVD series 1 & 2.

2 day Couple Therapy Workshop:

Cost: \$379.00 (GST Inclusive) per session

Numbers: maximum 10

Dates: 25 and 26 June 2018

Venue: St Columba Centre, 40 Vermont Street, Ponsonby Auckland

Register online at: <https://www.johnellabird.nz/crafting-therapeutic-conversations.html>

Followup Consultation Sessions Format 1: in Auckland

In Auckland for 2 hrs, meeting 3 times after the workshop

Cost: \$65.00 (GST Inclusive) per session

Time: 9am to 11am on Tuesdays

Dates: 11 September, 9 October and 13 November 2018

Register online at: <https://www.johnellabird.nz/crafting-therapeutic-conversations.html>

Followup Consultation Sessions Format 2: by Skype

Out of Auckland participants, 3 x two hour long skype group consultations.

Cost: \$65.00 (GST Inclusive) per sessions

Time: 3pm to 5pm on Mondays

Dates: 10 September, 8 October and 112 November 2018

Register online at: <https://www.johnellabird.nz/crafting-therapeutic-conversations.html>

INDIVIDUAL THERAPY: crafting therapeutic conversations

Topics will include:

- Using the experiences people (clients) have in the room to create opportunities for discovery.
- Using the experiences you have in the room to create opportunities for discovery.
- Creating the space to identify and make sense of life defining experiences which produce a pervasive undercurrent of shame, guilt, fear, rage.
- Developing the capacity to identify and 'make' new resilience producing narrative threads.
- Developing a capacity to enact a participatory and relational ethic by reflecting back ,in a narrative form the discoveries being made in interviews and using the experiences this evokes.
- Addressing those influential yet invisible 'echoes' from the past.
- Developing the capacity to move between an exploration of a relationally focussed reflective space and an individually constructed cognitive explanation.
- Using therapeutic discoveries to create a platform for change.

Pre-requisite: Completion of 2 of Johnella's workshops on Working with Individuals and a review of DVD series 1 & 2

2 day Individual Therapy Workshop:

Cost: \$379.00 (GST Inclusive) per session

Numbers: maximum 10

Dates: 15 and 16 October 2018

Venue: St Columba Centre, 40 Vermont Street, Ponsonby Auckland

Register online at: <https://www.johnellabird.nz/crafting-therapeutic-conversations.html>

Followup Consultation Sessions Format 1: in Auckland

In Auckland for 2 hrs, meeting 3 times after the workshop

Cost: \$65.00 (GST Inclusive) per session

Time: Noon to 2pm on Tuesdays

Dates: 30 October, 13 November and 4 December 2018

Register online at: <https://www.johnellabird.nz/crafting-therapeutic-conversations.html>

Followup Consultation Sessions Format 2: by Skype

Out of Auckland participants, 3 x two hour long skype group consultations.

Cost: \$65.00 (GST Inclusive) per sessions

Time: 3pm to 5pm on Tuesdays

Dates: 30 October, 13 November and 4 December 2018

Register online at: <https://www.johnellabird.nz/crafting-therapeutic-conversations.html>

Transforming Suffering: understanding the origins of shame, blame and guilt

Johnella Bird is offering a 2 day workshop for practitioners working with people who have experienced traumatic events.

Whenever something goes wrong in our lives we inevitably search for an explanation. This search often leads us to an investigation of ourselves or others, such as, 'What did I do wrong?' or 'What did you do wrong?' People with trauma/abuse histories can conclude this search with a seemingly unshakable resolve that 'I am bad, wrong or fundamentally flawed'.

I have found that these life defining 'truths' gather strength whenever it is confirmed in several locations, such as, family and significant societal institutions.

In this workshop I will discuss, demonstrate and invite you to participate in a relational narrative orientation founded on 5 principles. When our therapeutic work centralises these principles, the people we work with are resourced to contextually position identity shaping experiences. In turn, this positioning allows for the construction and discovery of life sustaining narrative threads. This workshop will assist you to work effectively with people struggling in the following ways:

- People who continue to 'go back' to a relationship where a partner is violent.
- People who never feel 'thin enough' and consequently their existence is under threat.
- People who struggle to use or incorporate evidence of resilience or success.
- People who seem hyper-vigilant to the 'mistakes' they make or the 'mistakes' the practitioner makes within the therapeutic relationship.
- People who continue to believe the explanations given to them by the person who has assaulted them.
- People who have held a longstanding secret.

DATE: 14 and 15 May 2018

COST: \$379.50 (GST Inclusive)

VENUE: St Columba Centre, 40 Vermont Street, Ponsonby Auckland

Register online at: <https://www.johnellabird.nz/transforming-sufferinmg.html>

We Talk, We Listen but Do We Understand?

A 2 day workshop for practitioners working with couples.

We often meet couples who are struggling to find any common ground in respect to understanding past events. Consequently, we can find ourselves managing a conversation shaped by accusation and counter-accusation. In this workshop, I will discuss and demonstrate a conversational process that allows us to step away from accusation in order to find a third way. The third way incorporates each person's experience while exploring the sometimes complex and contradictory moments which occur within relationships.

By using a process that emphasises a relational perspective, we can explore and renegotiate the taken-for-granted notions which act to shape relationships.

Throughout this presentation, I will demonstrate a therapeutic process where I engage couples in addressing concerns such as, significant betrayals of trust, longstanding conflicts, the impact of losses and grief, and the impact of life transitions on the relationship.

DATE: 17 and 18 September 2018

COST: \$379.50 (GST Inclusive)

VENUE: St Columba Centre, 40 Vermont Street, Ponsonby Auckland

Register online at: <https://www.johnellabird.nz/we-talk-we-listen-but-do-we-understand.html>

WORKSHOP SERIES:

making change stick in the work with children, young people and families

Introducing the family work series

The workshop series consists of 3 one day workshops introducing family work on 21 May, 6 August and 5 November 2018. Participation in a consultation group held between workshops is highly recommended.

Practitioners often avoid working with families. This avoidance is based on a number of fears, such as the fear of being overwhelmed by the number of people with conflicting opinions, the fear of the child being silenced and the fear that parents and/or the young person will say things that are hurtful and damage an already vulnerable relationship. In this workshop, I will support you to feel more confident when working with families. I will do this by demonstrating the following:

- A systemic, relational enquiry process that provides family members with a new perspective.
- Ways to playfully engage with young people in the Family context.
- A process to assist you to address blame and shame.
- Ways to orientate the conversation toward discovering and using family and individual resources to address problems.

The workshop series consists of 3 one day workshops. Participation in a consultation group held between workshop is highly recommended.

INTRODUCING FAMILY WORK: PART 1

I am convinced that children and young people are more likely to make sustainable changes when family members or significant carer's support this change. This idea may seem obvious, yet I have noticed many practitioners avoid working with families. Working with families can be exciting, dynamic and sometimes overwhelming. I have developed these 3 workshops and a consultation group to assist you to feel less overwhelmed and more excited by the prospect of meeting with families.

Part 1 will introduce you to 6 key processes.

- Welcoming family members and setting the scene for the conversation.
- Connecting with each family member's willingness to participate in this conversation.
- Orientating the conversation toward the family's hopes, resources and strengths.
- Establishing agreement re the issues and concerns.
- Use of age appropriate meaning making tools to ensure full participation of children and young people.
- Use of a relational and systemic perspective to generate change promoting possibilities.

These 6 processes sound simple, however each process requires a relational and systemic perspective. This workshop will highlight the skills that generates this perspective.

Venue: To be held at the St Columba Centre (40 Vermont Street, Ponsonby, Auckland)

Workshop hours: 9.30am - 4.30pm

Date: 21 May 2018

Cost: \$189.50 for one day (GST Inclusive)

Register online at: <https://www.johnellabird.nz/making-change-stick-in-the-work-with-children-young-people-and-families.html>

INTRODUCING FAMILY WORK: PART 2

In the 'Introducing Family Work: Part 2' workshop, you will be introduced to another 6 processes that are essential for effective family work. I will be discussing and demonstrating the skills that support the following processes.

- Identifying differences that make a difference, over time.
- Using the present moment experiential effect of those differences to create new or stronger narrative threads. Strengthening the effect of these differences through a contextual exploration.
- Identify restraints to change.
- Review commitment to change.
- Use the imagination to experiment with change.
- Draw conversation threads together to create a narrative construction that supports change outside the therapy room.

Venue: to be held at the St Columba Centre (40 Vermont Street, Ponsonby, Auckland)

Workshop hours: 9.30am - 4.30pm

Date: 6 August 2018

Cost: \$189.50 for one day (GST Inclusive)

Register online at <https://www.johnellabird.nz/making-change-stick-in-the-work-with-children-young-people-and-families.html>

INTRODUCING FAMILY WORK: PART 3

Participation in Part 1 and 2, will have increased the confidence you feel when meeting and working with families. Part 3, has a focus on using a variety of mediums to support and make change. I will demonstrate and you will practise noticing opportunities to playfully use the imagination as a wonderful therapeutic resource. We will focus on the following:

- The power of metaphor.
- Story-making and story-telling.
- The transforming potential of play, music and the visual arts.
- An after session reflection process for practitioners. Through this workshop, I will draw on examples of the therapeutic work around common concerns, such as fears, worries, anger, stealing.

Venue: to be held at the St Columba Centre (40 Vermont Street, Ponsonby, Auckland)

Workshop hours: 9.30am - 4.30pm

Date: 5 November 2018

Cost: \$189.50 for one day (GST Inclusive)

Register online at: <https://www.johnellabird.nz/making-change-stick-in-the-work-with-children-young-people-and-families.html>

GROUP SUPER-VISION FOR PARTICIPANTS IN THE 'INTRODUCING FAMILY WORK WORKSHOPS'

There is a significant gap between the 3 workshops. This will hopefully encourage you to practice the skills we have discussed before we meet again. I would also encourage you to join a consultation group that I facilitate. This group will meet between workshops. A change in practice is more likely to occur with support and supporters. A consultation group will hopefully provide this for you.

Number of meetings: 6

Number of participants: 4 to 10

Time: 2 hours

Johnella Bird Training 2018

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| Using 'Resistance' to Generate Creative Solutions | In Therapeutic Contexts 2 day workshop Auckland 30 April & 1 May 2018 | In Super-Vision 2 day workshop Auckland 16 & 17 July 2018 | In Management 2 day workshop Auckland 10 & 11 September 2018 | |
| Transforming Suffering: understanding the origins of shame, blame and guilt | 2 day workshop Auckland 14 & 15 May 2018 | | | |
| We Talk, We Listen but Do We Understand? | 2 day workshop Auckland 17 & 18 September 2018 | | | |
| Making change stick in the work with children, young people and families | Introducing Family Work – Part 1 One day workshop Auckland 21 May 2018 | Introducing Family Work – Part 2 One day workshop Auckland 6 August 2018 | Introducing Family Work – Part 3 One day workshop Auckland 5 November 2018 | Group supervision for participants in the Introducing Family Work series. 6 x 2 hour meetings Dates and Venue to be advised |
| Crafting Therapeutic Conversations in Family Therapy | 2 day workshop Auckland 19 & 20 July 2018 | Follow-up sessions Auckland Noon – 2pm 11 September 2018 <i>or</i> Follow-up sessions Skype 3-5pm 11 September 2018 | Follow-up sessions Auckland Noon – 2pm 9 October 2018 <i>or</i> Follow-up sessions Skype 3-5pm 9 October 2018 | Follow-up sessions Auckland Noon – 2pm 13 November 2018 <i>or</i> Follow-up sessions Skype 3-5pm 13 November 2018 |

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| <p>Crafting Therapeutic Conversations in Couple Therapy</p> | <p>2 day workshop Auckland 25 & 26 June 2018</p> | <p>Follow-up sessions Auckland 9-11am 11 September 2018</p> <p><i>or</i></p> <p>Follow-up sessions Skype 3-5pm 10 September 2018</p> | <p>Follow-up sessions Auckland 9-11am 9 October 2018</p> <p><i>or</i></p> <p>Follow-up sessions Skype 3-5pm 8 October 2018</p> | <p>Follow-up sessions Auckland 9-11am 13 November 2018</p> <p><i>or</i></p> <p>Follow-up sessions Skype 3-5pm 12 November 2018</p> |
| <p>Crafting Therapeutic Conversations in Individual Therapy</p> | <p>2 day workshop Auckland 15 & 16 October 2018</p> | <p>Follow-up sessions Auckland Noon – 2pm 30 October 2018</p> <p><i>or</i></p> <p>Follow-up sessions Skype 3-5pm 30 October 2018</p> | <p>Follow-up sessions Auckland Noon – 2pm 13 November 2018</p> <p><i>or</i></p> <p>Follow-up sessions Skype 3-5pm 13 November 2018</p> | <p>Follow-up sessions Auckland Noon – 2pm 4 December 2018</p> <p><i>or</i></p> <p>Follow-up sessions Skype 3-5pm 4 December 2018</p> |