

The Norwich Centre

NEWSLETTER SPRING 2010

What's been happening?

You will no doubt have wondered how we have been getting on since the last newsletter a year ago, when the situation was pretty bad. I am pleased to say that we are in a better situation now, although not where we need to be yet. The response, both internally from staff and volunteers, and also from supporters like you, has been excellent. Everyone has pulled together and although we have been stretched to our limits, we have been encouraged by seeing income improve gradually and by some successful applications for funding. This has enabled us to continue to offer our service and help those in need. Thank you to everyone who has contributed, in so many ways.

What next?

We still need help and support and the commitment of all who are involved here. We are vulnerable because we have nothing to fall back on and must rebuild that. We also have outstanding repairs we must carry out in order to maintain our lovely building. Please continue to support us.

The Norwich Centre is 30!

This year we celebrate thirty years of providing help to the local community—see page 2 for details of a **celebration lecture by co-founder Professor Brian Thorne**

Introduction to Counselling Skills

We began offering these courses again last year and they are proving very popular—see page 3

Diploma in Spiritual Accompaniment

The ground breaking course has now run twice and we are offering it again starting in January 2011—see page 4

**THE NORWICH CENTRE
1980 – 2010**

30TH ANNIVERSARY CELEBRATIONS

Friday 30th April 2010

7.30 pm

THE HOSTRY, NORWICH CATHEDRAL

Lecture: Sacred Intimacy: Spiritual Accompaniment for our Times

**Speaker: Professor Brian Thorne, Co-founder, The Norwich Centre;
Lay Canon, Norwich Cathedral**

In 2006 The Norwich Centre established its Unit for Spiritual Exploration, ran its first Diploma in Spiritual Accompaniment and took the first step towards changing its official name to The Norwich Centre for Personal, Professional and Spiritual Development. To mark this significant extension of its work and as part of its programme celebrating the thirtieth anniversary of its foundation, the Centre is presenting a lecture by co-founder Professor Brian Thorne, which draws directly on the experience of the past four years.

The lecture will take place in the magnificent new HOSTRY at Norwich Cathedral and is open to those interested in the fields of spiritual direction, pastoral work, counselling and psychotherapy. It should also appeal to all those concerned with the spiritual evolution of humankind at a critical time for the future of the planet.

Entry by ticket only. Tickets must be bought in advance, they will not be sold on the door.

Tickets: £10 in advance from the Norwich Centre, 7 Earham Road, Norwich, NR2 3RA.

A booking form can be downloaded from our website at www.norwichcentre.org

To pay by credit/debit card please phone 01603 617709 during office hours or request a booking form.

Introduction to Counselling Skills

Aidan Abernethy

Wednesdays 24th February, 3rd, 10th, 17th, 24th March, 14th, 21st, 28th April 2010
7 pm – 9.30 pm
Saturday 6th March 10 am - 4 pm

Counselling skills can enable us to improve our relationships through better communication, better listening and better understanding. They also benefit us at work and can contribute to improving performance and wellbeing.

This course is aimed at those who are new to, or exploring, an interest in counselling. The aim of the programme is to increase understanding of the counselling process, explore some of the theoretical issues and to practise the skills involved. This course is designed to help you to discover your potential and can provide a first step towards other careers. We work in an experiential way to help you build your confidence in using counselling skills.

In this course you will have the opportunity to:

- increase your understanding of counselling skills
- practise those skills
- increase your understanding of counselling theory
- increase your personal effectiveness at work, home or leisure
- apply theory in order to understand human interaction as it relates to self and counsellor-client relationship

Price: £250

Number of places: 10

Full brochure and booking form available on our website at www.norwichcentre.org or phone 01603 617709

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**NORWICH CENTRE
UNIT FOR SPIRITUAL EXPLORATION**

Diploma in Spiritual Accompaniment

2011—2012

with

Brian Thorne, Caroline Kitcatt & Stephen De Brett

This course originates from the perception that the present time engenders profound questions of meaning and purpose for those who can no longer find satisfaction in materialism, technological progress or political ideologies. In increasing numbers people declare themselves to be spiritual seekers and yet the spirituality they embrace is often confused and offers little sustenance in the face of personal, communal and global catastrophes. The challenges to the great world faith traditions at such a time are immense but all too often extreme expressions of these traditions exacerbate or even provoke additional conflict, violence and destructiveness.

While there will be considerable emphasis on experiential learning, participants will be expected to undertake reading and private study. There will also be a requirement to complete a dissertation of 25,000 words on a subject of the participant's own choosing. Key texts which will be studied in lectures and seminars will include the 'Revelations of Divine Love' by the medieval mystic, Julian of Norwich, 'An interrupted Life', being the diaries of Etty Hillesum the young Jewish mystic who died in Auschwitz after suffering under the Nazis in Amsterdam and 'A Way of Being' by Dr Carl Rogers, the originator of person-centred therapy. Participants will have access to a private library housed in the Norwich Centre and to an extensive range of books held at the Julian Centre in Norwich. The Diploma will be awarded to those participants who deem themselves to have merited this award.

Applications are invited from practising counsellors and psychotherapists with a commitment to spiritual exploration, laypersons and clergy with substantial experience of pastoral work and/or spiritual direction, and teachers of religious education with a personal and professional commitment to spiritual development.

Maximum number for the 2011-2012 course will be 12.

Please see the course brochure for further information and details of how to apply, available at www.norwichcentre.org or phone 01603 617709

The Norwich Centre Newsletter is edited by Caroline Kitcatt, Centre Director, The Norwich Centre for Personal & Professional Development, 7 Earlham Road, Norwich, NR2 3RA
Tel: 01603 617709, Fax: 01603 886999, Email: info@norwichcentre.org Registered Charity No 1005967

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