

**The Norwich Centre
for
Personal, Professional and Spiritual Development**



Exploring Identity Through Encounter
with
Sarah Ellan

Format:

Meeting weekly over a period of eight weeks, the group will explore various aspects of personal identity within an Encounter Group setting. At the beginning of each week material will be sent out to stimulate engagement with a given aspect of identity (personality, culture, sexuality, gender, age, class, race, nationality, religion, education, appearance, neurodiversity or disability, for example). The group will sit together for three hours at the end of the week with the intention of exploring personal experience in relation to the week's focussed identity. The emphasis will be on staying with the here-and-now and in-the-moment experience. This is a facilitated, rather than traditional teacher-student environment, with the emphasis on co-creation and shared responsibility.

Purpose:

- To create a supportive, facilitative space by relating in a Person-Centred manner, based on the principles of congruence, empathy and unconditional positive regard.
- To expand awareness of self in the context of various aspects of identity.
- To deepen understanding of where and how we fit, and do not fit, into the society we reside in and the impact this has on us and those around us.

About the Facilitator:

Sarah Ellan works as a counsellor and counselling tutor. She has facilitated groups as part of the Introduction and Certificate courses for The Norwich Centre, and has worked as a counsellor for The Norwich Centre, CRUSE, Sue Lambert and in private practice. Sarah has long held an interest in Difference and Diversity and how this affects the individual on a personal level and within society. She also has a keen interest in the unique potential of group work for expanding self-awareness and developing relational skills.

Entry requirement:

The group is open to applications from those who have experience of unstructured Person-Centred group work, whether that be through the Norwich Centre Introduction, Certificate or Diploma courses or similar provided by alternative organisations. Please email admin@norwichcentre.org to apply for a place, including your reasons for wanting to take part and details of previous unstructured group experience. Once we have reviewed your application we will contact you to let you know if your application has been successful or ask for more information.

When:

Tuesday evenings from 6-9pm. Starting on the 9th January, meeting weekly with the final session on the 27th February

Number of participants: Minimum of 5, maximum of 10.

Fee: £295 per person for the complete course. Payment can be made by bank transfer or credit card.

Cancellation Policy

- Bookings cancelled up to two months in advance of the start date will be refunded 80% of the full fee of £295
- Registrations cancelled from later than two months before the start date will be refunded 50% of the full fee of £295
- Registrations cancelled one month or less before the start date will not be eligible for a refund

The Norwich Centre reserves the right to cancel the course if numbers are not sufficient for it to run. In the event that the course is cancelled, a full refund will be made of any fees paid.

How to find us: the course will take place at the Norwich Centre, 7 Earlham Road, Norwich NR2 3RA

Car Parking is available in nearby roads

Accessibility: The Norwich Centre is wheelchair accessible. If you have accessibility needs please contact the Norwich Centre to discuss these.

Contact Information

The Norwich Centre
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NR2 3RA

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