

# The Norwich Centre

## Encounter Group Brochure



Spring/Summer 2025

## **Format**

Meeting weekly over a period of eight weeks, the group will sit together for three hours, once a week, with the intention of *being with* one another. 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. There will be a minimum of 8, and a maximum of 14 participants, plus two facilitators.

## **Purpose**

- To create a supportive, facilitative space by relating in a Person-Centred manner, based on the core conditions of congruence, empathy and unconditional positive regard.
- To deepen understanding and expand awareness of oneself in a group setting: what happens to us when we meet in a group; what helps us to draw closer and what makes us pull away; what kind of barriers might we habitually put up to protect ourselves and what might help us to lower those barriers?

## **About the Facilitators**

**Mary Pascall** (she/her) is an experienced and qualified Person-centred counsellor, group facilitator, counselling trainer and mentor in private practice. She has a breadth of experience facilitating groups in therapeutic, experiential and training contexts – from small group to conference. Mary is also an Associate Tutor for the Norwich Centre Post-Graduate Diploma in Counselling. She holds a BACP accredited Post-graduate Diploma in Counselling from The Norwich Centre and is a registered member of the British Association For Counselling and Psychotherapy (BACP), and the Black African and Asian Therapy Network (BAATN). Her approach is person-centred, relational, growth mindset, creative, transcultural, racial justice-allied, social justice-allied and complex needs supportive.

### **Mary will be supported by one of the two following trainee facilitators:**

**Emma Allchurch** is a recently qualified counsellor working at the Norwich Centre, is training to be a tutor and is a trainee facilitator on the Norwich Centre's post-graduate counselling course. Emma has experienced group work on her Diploma Course and is interested to learn more about participating in and facilitating group work.

**Anna O'Loughlin** recently completed her person-centred counselling training and works as a counsellor at the Norwich Centre. She is interested in the powerful potential of group work and is a trainee facilitator on the Norwich Centre's post-graduate counselling course. Anna has a creative background and enjoys exploring the creative and collaborative dimensions of therapeutic encounters and group work.

## Course Dates

The course will take place on Tuesday evenings from 6:00-9:00pm, on the following dates:

**29<sup>th</sup> April; 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> May; 3<sup>rd</sup>, 17<sup>th</sup> & 24<sup>th</sup> June** (please note there will be a break on Tuesday 10<sup>th</sup> June).

Please do check the course dates before applying – it is hoped you will be able to attend all of our sessions together. For the group's cohesion, please do ensure that you are able to attend the first evening of the course, which will include introductions and forming the group agreement.

## How to Apply

The group is open to all those who have experience of Person-Centred group work, whether that be through the Norwich Centre Introduction, Certificate or Diploma courses, and/or those who have had equivalent experience of Encounter Groups/Community Time. Please email [admin@norwichcentre.org](mailto:admin@norwichcentre.org) to request an application form. 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.

## Fee

The course fee is £295 per person for the complete course. Please note that once you have been successfully accepted onto the Encounter Group, the **full fee must be paid in advance of the course** to secure your place – please see our Cancellation Policy below.

## 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.

## **Location and Car Parking**

The group will meet at the Norwich Centre, 7 Earlham Road, Norwich NR2 3RA. There is no available parking on-site but pay and display parking is available nearby.

## **Accessibility**

We have one car parking space for Blue Badge holders. The rooms we use are accessible for wheelchair users from the rear of the building. Please contact us for further information.

## **Contact Details**

The Norwich Centre, 7 Earlham Road, Norwich NR2 3RA

Tel: 01603 617709

Email: [training@norwichcentre.org](mailto:training@norwichcentre.org)

Website: [www.norwichcentre.org](http://www.norwichcentre.org)

**If you would like this information in large print, audio, Braille, alternative format or in a different language please contact us on 01603 617709 and we will do our best to help.**