

The Norwich Centre

Encounter Group Brochure



Format

Meeting weekly over a period of ten 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. Her approach is person-centred, relational, growth mindset, creative, transcultural, racial justice-allied, social justice-allied and needs supportive. She holds a BACP accredited Post-Graduate Diploma in Counselling from The Norwich Centre and is a Tutor for The Norwich Centre Post-Graduate Diploma in Counselling. Mary is a registered member of the British Association for Counselling and Psychotherapy (BACP) and the Black African and Asian Therapy Network (BAATN).

Emma Allchurch Emma completed the BACP accredited Post-Graduate Diploma in Counselling through The Norwich Centre in 2024 and since then has been working as a counsellor at The Norwich Centre and in private practice. Emma has also facilitated Introduction to Counselling and Certificate in Counselling Courses and is in training to be a tutor/facilitator on the Post-Graduate Diploma in Counselling. She has a keen interest in encounter work, enjoying the dynamics of showing the self and being seen, while meeting others and developing the rich congruence that comes from group work.

The group will be facilitated by 2 person-centred counsellors with experience of facilitating encounter style groups and will be skilled in the holding of group space and process, creating a space where people can be present and heard whilst also allowing for difference, challenge, compassion and respect for all group members.

Course Dates

The course will take place on Tuesday evenings from 6:30-9:30pm for 10 weeks, with a break around the half way point.

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's Introduction, Certificate or Diploma courses, and/or those who have had equivalent experience of Encounter Groups/Community Time.

Please email training@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 £370 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 £370.

Registrations cancelled from later than two months before the start date will be refunded 50% of the full fee of £370.

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 where the carpark is and also from the street entrance. Please contact us for further information.

Contact Details

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

Tel: 01603 617709

Email: training@norwichcentre.org

Website: 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.