

THE relationship workshop

"If I am I because I am I and you are you because you are you, then I am and you are. But if I am I because you are you and you are you because I am I. Then I am not and you are not"

Rabbi Mendel

How do you respond in relationships?

Is it possible to re-work old relationship patterns and habits?

What do you want from your relationships?

What does relating mean?

How do you experience differing views in a relationship?

This is a practical and pragmatic workshop for anyone interested in relationships, whether you are in a relationship or not – or generally wanting to find a working model of understanding the ways in which you relate to others.

Often entering into relationships of various kind leaves us forgetting what was initially important or had value - we end up questioning who we are and what we want and how we arrived at this point.

This workshop offers an open caring forum, yet respect of private thought, feeling and enquiry. Some of the enquiring ways this forum may be of use in daily experience to you are:

- How do I move forward when I feel abandoned, but was seeking love and approval?
- What can I do to cope with overwhelming experiences and I feel uncared for?
- How I use giving and receiving as ways of staying in the dialogue, yet might feel unappreciated...
- When conflict arrives, where do I go?
- Forever seeking for some, eternally yearning for others – but why, and to what end?
- Who am I when the darker emotions arrive, especially anger, rage, resentment, envy and spite?
- Exploring the art of understanding and feeling understood...
- Wanting to need and needing to want – when everything feels too much...

The above list does not seem particularly hopeful or positive on the surface, however this workshop respects the confirming, affirming and celebratory aspect of relationships by taking the risk to explore the more complex and irrational aspects of relationship dynamics.

Workshop approach

This workshop offers practical relationship tools while holding individuality and soulfulness in mind. The entire facilitation approach will offer you, the participant, the following:

- a private space for thought, feeling and exploration
- opportunities to self-challenge your ways of operating in relationships without being exposed, undermined or humiliated
- practical tools to confront yourself with privacy as a central principle
- pragmatic boundaries that honour individuality and difference
- the experience of being re-connected with lost, tired or forgotten parts of yourself
- an opportunity to meet like-minded and contrast-minded people, yet all minded!

Who is this workshop for?

This experiential weekend workshop is for anyone interested in exploring how they relate or experience relationships – from intimate, through to family, social and community as well as relationships that are formed at work over the long term or even projects. This workshop requires and open an enquiring mind, and the rest will take care of itself.

Further information

If there is anything further that you would like to know about this workshop, please email the facilitator at jcbarlow@guti.co.uk

Workshop details

Venue: 52 St John's Road, Houghton Estate, Johannesburg

Dates: Friday 26th August from 18h00 to 22h30
Saturday 27th August from 10h00 to 22h00
Sunday 28th August from 10h00 to 17h30

Cost: R1850 per person

RSVP: Kelly Bose Kelly.Bose@mnet.co.za
083 302 1971 or (011) 686 6282

Facilitator: John-Charles Barlow MA BPC UKCP MBACP CAP IAAP
Further information jcbarlow@guti.co.uk

About the Workshop Facilitator – John-Charles Barlow

John-Charles is a counsellor, psychotherapist, coaching supervisor and analytical psychologist as well as a group-work facilitator of psychodynamic workshops. He has worked extensively as a psychotherapist within clinical settings in the NHS. He has various qualifications in therapy, completed a coaching training, an MA in analytical psychology and has trained as a Jungian Analyst with the Society of Analytical Psychology. He has also worked in the capacity of supervisor, trainer and course director on a number of coaching and personal development programmes in South Africa and Turkey. He is a registered member of the British Psychoanalytic Council (BPC), a member of The UK Council for Psychotherapy (UKCP), the British Association of Counselling and Psychotherapy (MBACP), The Confederation for Analytical Psychology in the UK, as well as The International Association of Analytical Psychology (IAAP), and COMENSA in South Africa.

Feedback from past Relationship Workshop participants

"I found new ways of thinking about myself"

"I never realised how much of me had gone to sleep from the slog of everyday life"

"I discovered me again – so did my partner"

"Feeling safe, respected and understood...I had a wonderful exploration"

"I thought I was hiding my rage, little did I know it was evident all along – I feel accepted, what a relief!"

"I had given up of relationships, always felt the odd one out. But maybe I am in with a chance"

"My partner and I found ways of connecting, having some fun and talking again"

"We are not ever taught this kind of thing, yet so need to learn it."

"Somehow I am more understood at home and at work"

"I am beginning to see my relationships differently and getting different feedback"

"I know what I want again."