

Clinical Psychology Wellbeing Counselling Claremont



Dr Loretta do Rozario & Sharon Mitchell

Group Facilitation & Counselling Training

Wholeness & Well-Being Practises Creating Enduring Change

This cutting-edge training course for Health, Mental Health and Counselling Practitioners to create, revitalise, expand, deepen, and integrate your therapeutic practises as 'Helper, Healer, Facilitator & Change Agent'. A life-changing training offering foundational frameworks, experiential learning, innovative practises and resources to enable you to integrate and grow personally and professionally. In gaining greater perspectives, flexibility, creativity, depth, meaning, and purpose you can bring out unseen possibilities and create enduring changes.

This course synthesises the artful and holistic science of change facilitation inspired by the four forces and practises of Psychology and Counselling - Psychodynamic, Behavioural, Humanistic, and Transpersonal/Integral. Through creative and grounding processes of reflective, expressive, demonstrated learning, clinical and group counselling applications you will revolutionise your whole work practises.



Become your Whole Best Practice

- *Learn Integrated Wholeness & Well-Being Practises enabling you to meet & deeply work with anyone & everyone wherever they are in their life's journey.*
 - *Learn a greater perspective, holding recognising life narratives that transform divisions & fragments into cohesive, interconnected Whole of Life Story.*
 - *Learn holistic experiential individual & group practises to integrate head, heart, body, soul - creating, engaging, grounding, wise-hearted growth & development.*
- *Learn to integrate your professional group practice, framings & therapies with greater insights, coherence, confidence & effectiveness.*
 - *Learn to develop inner & outer Resources enabling you to deeply facilitate therapeutic and life-changing groups with people from diverse needs & contexts of change.*

Through 3 Stages of personal and professional development you will develop inner and outer insights, capacities and skills to become your optimal best as facilitators and leaders of transformational whole counselling & change.

Stage 1: Diploma Integral Wholeness & Well-Being Group Counselling Facilitation (Max: 8 participants)

1st Year Integrating Learnings: 'Coming to Know & Grow'

- *Spectrum of Self-ing & Group Consciousness Development - Growing Wholeness: Disorder, Dynamics, Deepenings, Developments & Delights*
- *Individual & Group Stages & Steps of Counselling, Facilitation & Well-Being - Patterns of Creative Chaos & Order: Working with Fractures, Fraughts & Dissolution; Toward Resolving, Evolving & Transforming*
- *Individual & Group Well-Being - Pathways, Patterns, Processes, Pathologies & Possibilities*

March-November 2023: 1st Sat of Month 9 X Group sessions 10am-4pm & light lunch
9 X 90min Individual Sessions & Reflective Individual Practicum
Total Cost: \$7500 (5% discount full upfront payment)

Stage 2: Advanced Diploma Integral Wholeness & Well-Being Group Counselling & Facilitation

2nd Year Integrating Learnings: 'Practising Being & Becoming'

- Individual & Group Artful Becoming - Plays, Possibilities, Problems, Paradoxes & Potential
- Individual & Group Counselling Practises of Integrated Becoming - Recreating Life: Meaning, Mutuality, Metaphors, Myths, Symbols & Dreams
- Practises of Conflict Resolution - Chaos, Culture, Connectedness, Compassion, Sacrifice & Flow

March-November 2024: 1st Sat of Month 9 X Group sessions 10am-4pm & light lunch
9 X 90min Individual Sessions & Reflective Group Practicum
Total Cost: \$7500 (5% discount full upfront payment)

3rd Year Stage 3: Master Practitioner Integral Wholeness & Well-Being Group Counselling & Facilitation

Master Level Integrating Learnings: 'Demonstrating All & Everything'

- Individual & Group Demonstrations of Integrated Whole Well-Being Counselling Practises
- Integrated Whole Well-Being Art of Practice - Portfolio & Project
- Spiral of Practice: Facilitating Creative Synthesis - Reviewing, Reforming, Releasing, Renewing & Remembering.

March-November 2025: 1st Sat of Month 9 X Group sessions 10am-4pm & light lunch
9 X 90min Individual Sessions & Reflective Group Practicum
Total Cost: \$7500 (5% discount full upfront payment)

**Dr Loretta do Rozario, B.Occ.Thy. (Qld). M.Transp.Psych, (USA)
PhD. (Qld), PACFA Approved Supervisor**

I offer Whole Ways of facilitating optimal wellbeing, growth & transformational change for individuals of all ages, organisations & professions. My longstanding passion is 'helping the helpers' & all, to develop their highest potential, deepening their Art of Living, vitality & love of Self no matter what. My PhD (1995) researched: *The Essential Nature of Health & Wellbeing - What Keeps People Alive & Well In Spite Of The Odds*. For 40 years I have worked in health, mental health & private practice as counsellor & mental health occupational therapist, transpersonal & gestalt psychotherapist, senior academic, supervisor, change facilitator & trainer. Authoring: *'Living Our Wholeness: The Alchemy of Change, Challenge & Suffering'*; *'Creating Foundations For Hope: A Personal Healing Journey Through Art & Psychotherapy'*; and now completing with Sharon: *'The Essential WorkBook Truly Changing You, All & Everything'*.



**Sharon Mitchell, M. Clin.Psych. (UWA), Master Practitioner in Wholeness Facilitation (WA),
AHPRA Approved Supervisor**



As a health professional of 40 years, throughout my life I have sought ways to nurture wellbeing and bring greater understanding, meaning and growth from whatever comes to one's life. Working as an oncology & paediatric nurse through times of trauma, illness and dying has showed me that through great vulnerability, uncertainty and pain comes strength, resilience, compassion & Love. In becoming a clinical psychologist, I have pursued extensive training in a range of scientifically based psychotherapies and practises, specialising in parent/child, family, intimate and work relationships. The depth of each human means that no one technique, approach or practice will suffice. Holistic integrated counselling and psychotherapy embracing heart, mind, body and soul offers real ways to grow one's agency, potential, creativity, potency and love of self and life. Through the lens of one's 'Whole Life' each person can gain greater perspective, understanding, meaningful connectedness thus creating enduring life changes for wellbeing.

Email Loretta@clinpsychcounselling.com or Sharon@clinpsychwellbeingcounselling.com

<http://www.ClinPsychWellbeingCounselling.com>