

# *A Day of Hope and Inspiration*

*Friday 2nd December 2016: 2pm - 6.30pm*

Venue: Avila Centre: Morehampton Road: Donnybrook: Dublin 4

This day focuses on Hope and Inspiration for those working especially within the helping and caring professions. Join us for a day promising the following inspiring Presentations

## **EMBRACE YOUR NARCISSISM: Christine Louis De Canonville**



It is official, the 21<sup>st</sup> Century has brought with it a narcissistic epidemic, and with it much suffering for the victims of narcissistic abuse. So you may wonder why anybody would be encouraged to “embrace their narcissism”? It is important to understand that narcissism is a general personality trait, and that we are all narcissistic to some degree. However, narcissism is a spectrum disorder, which means it is on a continuum from healthy to the most pathological, with stages in between. Pathological narcissism is the dark side of the self, and before we can embrace our healthy narcissism, we need to be able to recognise our unhealthy narcissistic traits. In this seminar I shall reveal the nine criteria for diagnosing unhealthy narcissism, as laid down in the DSM, the bible of Mental Health Professionals. With that understanding we can then choose to transcend beyond the ego state of unhealthy narcissism to become a fully authentic self; moving from selfish to selfless, from coldness to compassion, and from ego-centric to self-transcendent modes of consciousness. With a totally integrated personality we can centre the “self” into the “Self” – putting us in touch with our basic goodness, our primordial wisdom, and what it means “to be a whole authentic self”.



**Christine Louis de Canonville (B.A. Hons; MIACP; MTCI; MPNLP; CMH; CHyp.)** is an Author, Psychotherapist, Supervisor, Theologian, External Examiner, Lecturer, and specialist in Narcissistic Victim Syndrome (NVS). She worked in the Trauma Unit of St. Brendan's psychiatric hospital, and has worked specifically with victims of narcissistic abuse both in her private practice and internationally for many years. Much of Christine's knowledge has come from her post-grad studies in Criminology and Forensic Psychology, and it is through these disciplines that she has gained her understanding of The Dark Triad, (Narcissism, Machiavellianism, and Psychopathy), better understood by health providers under the terms of the narcissist, malignant narcissist and psychopath. Her book, “The Three Faces of Evil” is vital information for understanding the full spectrum of narcissistic abuse.

## **EMBRACING LOVE: Dr. Marie Murray**

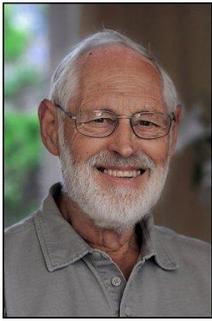


Embrace is a beautiful word. It evokes deep emotions and ignites our wish to be enfolded, encircled, entwined and held tightly in all that makes us human. Embracing love; letting love into our lives, means ‘learning by heart’. In a world of unhealthy narcissism; in a time when anger is often unbalanced; in the search for hope, respect, compassion and humanity, can we learn to love by heart? How do we love? Can we ‘count the ways’? How do we cope with loss of love, with ‘ruptures of attachment’ on our capacity to love? This presentation will explore ‘embracing’ love in psychology, psychotherapy and in life as lived. As a Clinical Psychologist of more than forty years Marie has had the opportunity to work at the coalface of individual and family concerns across the lifespan and to reflect, broadcast, teach and write on these topics



Dr Marie Murray is a Clinical Psychologist, Psychotherapist and author. She is an honours graduate of UCD from which she also received her M.Psych. Sc in Psychotherapy and her PhD. She is a Registered Psychologist PsSI and Registered Family Therapist FTAI; Member of the European Association for Psychotherapy and former member of the Heads of Psychology Services in Ireland. Marie has worked clinically across the developmental spectrum in posts including Director of Psychology in St Vincent's Psychiatric Hospital, Director of the Masters in Psychotherapy in UL and Director of Student Counselling in UCD. She was an Irish Times Health Columnist for many years. A former member of the Irish Medical Council she is currently on the Council of the Psychological Society of Ireland. [marie.murray@ucd.ie](mailto:marie.murray@ucd.ie)

## **EMBRACING HOPE : An Interview with Prof. Ivor Browne**



Ivor Browne is a retired Irish psychiatrist, author, former chief Psychiatrist of the Eastern Health Board and Professor emeritus of psychiatry at University College Dublin. Now in his eightieth years he has been described as ' a very pure spirit -nourishing to be around because he's such a healing type of person.'. He is a man who has always been respected for his compassion and fearless opposition to orthodox psychiatry. He developed the conviction that when given the right support and circumstances, people can heal themselves mentally and spiritually. Ivor based his approach on his own personal struggle to change. "When you come to changing fixed emotional ways of looking at the world, like myself, that you've gathered through your upbringing, to make that sort of change is extremely painful and makes you open up areas that you simply don't want to look at. Now, no drug can do that for you."

Featured in RTE's Would You Believe programme which looked back on a life worth living and a man that made a difference, join us now in an interview to hear Professor Ivor Browne's Vision for Hope and Change ...based on community and heart-based support.



Credit: Walker and Walker Stone Getty Images

## **EMBRACING COMPASSION: John Lonergan**



John Lonergan is a native of Bansha, Co. Tipperary. He served in the Irish Prison Service for over 42 years. He was Governor of Mountjoy Prison for over 22 years and Governor of the top security prison at Portlaoise for almost 4 years. He retired in June 2010 and later that year his autobiography "The Governor" was published. His philosophy is that change, personal or otherwise, cannot be enforced on people, he believes that real and meaningful change only comes about through dialogue, consent and agreement. He believes that people change from the inside out and suggests that the big task for all of us as human beings is to find the humanity in others and then to nurture it. He's convinced that the more people are in touch with their own humanity the more likely they are to treat others with humanity. He also strongly believes that there is no



substitute for human kindness insisting that if human kindness doesn't work, nothing will.

## **EMBRACING ANGER: Gillford D'Souza**

How comfortable are we with anger? How do we express our anger? Where does our anger go to? Are we able to hear others' anger??.....especially those significant to us? How does our society deal with anger? Can we embrace our anger more healthily?



**Gillford D'Souza** will explore the area of embracing our anger. He works in the psychological arena as a counsellor and psychological therapist. He supervises many professionals working in the area of psychological healing and wellbeing. He is passionate about learning within his open, pluralistic humanistic approach. He is director of Awakenings Counselling and Psychotherapy Services and is an ex-Cathoirleach of the IACP. As an experienced educator he continues to facilitate creative learning in working with issues of mental, emotional and relational distress towards recovery and wellbeing.



## *Songs of Hope and Inspiration:*



*Musical Evening of Songs of Hope & Inspiration*  
**7.30pm -9pm .**

### **Songs including:**

Voice of an Angel   Fix You   Something Inside So Strong   A thousand years   He's my Brother:  
Who I was Born to Be   How Long will I Love You   Time   When a Child is Born

### **Soloists**

Patricia Bourke D'Souza  
Mary Flynn  
Susan Kinsella  
Paul Cahill

### **Instrumentalists**

Mary O Donnell: Harp and Keyboard  
John Henderson: Guitar  
Jane Hughes: Cello  
Pat Fitzpatrick: Flute



*All Profits from the day will be donated to the Peter McVerry Trust*



**For further details:**

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