

A Day of Hope and Inspiration

Friday 6th December 2019: 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 inspiring Presentations on
The Power Within Us.

The Power Of Presence : Gillford D'Souza

Join us in exploring the amazing power of Presence that exists within us. How present are we in our lives and to those around us? Could we be more Present? Often misunderstood and undervalued, the Essence of our Presence in Human Relationship as the basis for any Meaningful Encounter will be explored.

“When I am intensely focussed on a client, just my presence seems to be Healing” (Carl Rogers)



Gillford D'Souza 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-Cathaoirleach 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.



The Power Of Power: Dr. Marie Murray

‘Power doesn’t corrupt people, people corrupt power’: William Gaddis

If there is one core issue confronting us today it is the issue of power. How do we use it, embrace it, contain it or abuse it? What emotions does the word ‘power’ evoke in us? Because at personal, Professional, national and international levels, psychological well-being depends upon understanding our experiences of power and powerlessness in our lives. This session on the ‘Power of Power’ explores the complexity of our individual and collective relationships with power and how we can embrace power beneficially for ourselves and on behalf of others too.



Dr Marie Murray is a Clinical Psychologist, Psychotherapist and author. She is a graduate of UCD from which she also received her M.Psych.Sc and her PhD. She is a Chartered Psychologist, a Registered Family Therapist and Supervisor, a Member of the Irish council of psychotherapy and of the European Association for Psychotherapy. Key clinical posts have included Director of Psychology in St Vincent’s Psychiatric Hospital and Director of Student Counselling in UCD. Marie was an Irish Times Health Columnist for many years and is Series Editor for the recently launched Cork University Press ‘MindYourSelf’ self-care, health and well being series. <https://mindyourselfbooks.ie>

The Power of Compassion: Death & Dying : Bryan Nolan

Compassionate Conversations

We spend our lives communicating with our friends and loved ones. Yet when there is a difficult diagnosis or we are made aware that a person’s life is coming to a close, communication can become a real challenge. Why is this so? How can we communicate compassionately with those we love at this most important time in their lives? How can we maintain hope while talking about what matters most to the person? This presentation will try to tackle these important questions.



Credit: Walker and Walker Stone Getty Images



Bryan Nolan is an experienced Training and Facilitation Consultant specialising in a person-centred approach to Healthcare, Teamwork, Life Transitions, End of Life Care and Compassionate conversations. Equipping people - How to have ordinary chat about extraordinary things. He is passionate about providing the best care for people who are going through difficult times particularly in hospital..." He believes that good communication is at the heart of excellent care, even when the outcome is not good, it is attention to the small things that will make the unbearable bearable.

Stories of Hope & Inspiration : Various

Songs of Hope and Inspiration

Musical Evening of Songs of Hope & Inspiration

From 7.30pm -9pm.

Featuring:



Patricia Bourke D'Souza (Soprano)

Mary Flynn (Soprano)

Deirdre Doyle (Keyboard)



&

The Stedfast Ensemble : Brass Band

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



For further details:

Awakenings 01-4920122

3 Dodder Park Drive, Lr. Dodder Road, Rathfarnham, Dublin 14.

Website: www.awakening.ie

E-mail: awakeningsinfo@gmail.com