

Our Story

We see each person's life as a journey, unique and individual. On the journey their personal life story unfolds in relationship with others and in the context of the universe. We believe that each person has the capacity to heal, to grow and to live a full life.

Taking time to reflect on our life experiences, with their patterns and themes, is the key to growing awareness of who and how we are.

We see personal development as a means of living self-reflectively. The process of reflecting on one's life experience, in a group context, enables us to make some sense of our own lives so far. With the support of a group, we believe that it is possible to explore alternative ways of being and doing, thus having choices. This, in turn, leads to having a more satisfying life.

The Origins of this Course

Steps a Journey of Growth was started in 1999 by, Marie Stuart & Ann Parfrey, both of whom had completed five years of training in Humanistic and Integrative Psychotherapy with the Flatstone Institute. Moved by what they had learned about themselves during their training Ann and Marie decided to share their learning with others and so they started this course. Steps has run each year since 1999.

Course Structure and Approach

The course will take place on Wednesday evenings 7.00p.m. to 9.30p.m. from October to the end of March There will be two residential week-ends.

We use art, music, movement, journaling and ritual in our work. However no previous experience in any of these is required. Previous experience in group work, formal personal development work or therapy are not required.

Course Tutors

Marie Stuart is an accredited member of IAHIP. She has worked as a community worker, with a variety of groups in preventive and remedial programmes. She has worked as a psychotherapist with individual clients and with personal development groups for many years now. She is engaged in facilitation with a wide variety of groups and she also works on video and website communications. She has been a member of the Flatstone Psychotherapy Training Team for many years. Together with Ann Parfrey, she founded the Steps: A Journey of Growth course and is an accredited supervisor with IAHIP.

Ted Leahy trained as a psychotherapist with the Flatstone Institute and now works in private practice providing psychotherapy to adults, couples and adolescents. He completed further training in couples counselling and adolescent psychotherapy. Ted has worked for over 35 years in the disability sector providing support and training to people who have had an accident, illness, injury or had a disability. He also works for a large organisation providing support to those with suicidal ideation, self-harm or who have lost someone to suicide. He is an accredited member of IAHIP.

Steps:

a Journey

of Growth



Personal

Development

Course

2024/2025

*“ We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time “
T. S. Eliot.*

Seekers and Searchers

- ◆ Do you want more from life?
- ◆ Do you feel like your life is in a rut?
- ◆ Would you like an opportunity to look at your own life experience in a supportive group?
- ◆ Are your ways of coping getting the results you want?
- ◆ Are you experiencing distress or anxiety?
- ◆ Did you ever wonder why you re-act in certain ways, or get yourself into the same pickles over and over again?
- ◆ Do you ever feel your life is out of control?
- ◆ Would you like to explore your own life journey in a supportive group?
- ◆ Are you in personal therapy and feeling that a group process could benefit your growth?
- ◆ Did you ever wonder why you are the way you are, why you do the things you do?
- ◆ Are you asking, 'why am I reading this'?

If so this course could be for you

Steps on my Journey.....

For those who choose to join us on this journey we hope to provide a safe, healing space. We see each session as an 'oasis space' where you can take time to look back, look around and look forward. A place where nourishment and shelter are available even if the desert storms are raging. Your own life experience and an interest in taking time to look at your own journey and your own story are what you need to join this therapeutic group. No special gifts, talents or abilities are required.

The approach in the sessions will be one of inviting you to engage in each exercise and the focus will be on the 'here and now' of each person. Participants will be offered the opportunity to focus on their own experience and their own life story in different and creative ways.

The aim is to get a clearer picture of :

- **who you really are**
- **how you came to be that person**
- **the patterns and themes in your life and relationships**
- **the world in which you live.**

That way you will have more power and control over your life and you can live in a more satisfying way, enjoying your relationships with others and with the world, in a way that brings fulfillment.

Taking this journey with other people is a particularly positive way of approaching it.

Course Details

The course will run one evening each week from October to March. There will be two residential week-ends, one in November & one in February.

Details as follow:

Evening: Wednesday

Time: 7.00p.m. to 9.30p.m.

Dates: October 2, 9, 16, 23, 30
November 6, 13, 20, 27
December 4, 11, 18

January 8, 15, 22, 29
February 5, 12, 19, 26
March 5, 12, 19, 26

Venue: 17 Bridge Street, Cork

Week-ends November 1, 2, 3
February 7, 8, 9

Weekend venue & dates to be confirmed

Fee: £900
(accommodation and food for the residential week-ends not included. These will cost approximately €180)

If you are interested please contact us:

Website: www.stepsajourneyofgrowth.com

E-mail: stepsajourneyofgrowth@gmail.com

or call Marie 087-2459480

Ted 086-1598077