

## *Our Story*

**W**e 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 two psychotherapists who had completed five years of training in Humanistic and Integrative Psychotherapy with the Flatstone Institute in Cork. Moved by what they had learned about themselves during their training they decided to share their learning with others and so they started this course.

***Steps has run each year since 1999***

## *Course Structure and Approach*

**T**he 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*

**Ted Leahy** trained as a psychotherapist with the Flatstone Institute of Humanistic and Integrative Psychotherapy. He has many years of experience in his shared practice. He also works with people struggling with suicidal ideation and self-harm. He went on to complete further training in Adolescent and Couples Psychotherapy. He is an accredited member of IAHIP.

**Eileen Ryan** is a qualified psychotherapist/counsellor. She trained with The Flatstone Institute and is an accredited member of IAHIP. She has many years' experience working with both individuals and couples on both short and long term basis. She offers a warm, welcoming space where clients can safely self-reflect and explore their issues in a non-judgemental and confidential space. Eileen trained as a group facilitator in WRAP, The Wellness Recovery Action Plan, which she co-facilitates regularly. She holds a Diploma in Humanistic & Integrative Psychotherapy and a Certificate in Couples Counselling. She also engages in ongoing CPD

## *Steps*

## *a Journey of Growth*

## *Personal*

## *Development Course*

***2025/2026***

*“ 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.....*

**F**or 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 1, 8, 15, 22, 29  
November 5, 12, 19, 26  
December 3, 10, 17

January 7, 14, 21, 28  
February 4, 11, 18, 25  
March 4, 11, 18, 25

Venue: 17 Bridge Street, Cork

Week-ends November 14, 15, 16  
February 6, 7, 8

Venue: to be confirmed

Fee: £900

(accommodation and food for the residential week-ends not included. These will cost approximately €210)

Further information and application form from our website:

[www.stepsajourneyofgrowth.com](http://www.stepsajourneyofgrowth.com)

or call: Ted 086-1598077  
Eileen 087-2184671