

The Wellbeing Zone

Via Zoom

Suitable for

Student counsellors, counsellors, counselling supervisors

Trainer

Sarah Armitage

Date

Wednesday 8 March 2023, 10am – 2.45pm (inc. a 30-min lunch break); 4 hours CPD

Cost

ACC members: £35; non-members: £50

Booking

Please click [here](#) to book for the training.

About the Training

Wellbeing is a dynamic state of being that is constantly changing in response to external and internal influences. The Wellbeing Zone is a holistic graphic presentation of some of the potential normal responses that may be experienced during and following situations or events that are either demanding, adverse, stressful, abusive, or traumatic. It also gives an overview of a number of features attributed to holistic wellbeing. The Wellbeing Zone was created to aid compassionate understanding of the inter-related nature of wellbeing and survival responses, and to bring awareness of when the margins of wellbeing may have been reached. The Wellbeing Zone facilitates on-going *noticing* in how we and others are experiencing and responding to the challenges of life. This *noticing* provides the base from which to *reflect* and be *curious* to discern the focus of helpful interventions. It then, through the Wellbeing Zone's PRAY model, invites

sensitivity and *creativity* as to how to respond to specific features of distress, alongside how wellbeing and flourishing maybe nurtured.

A copy of The Wellbeing Zone article published in ACC's professional journal *accord* (winter 2022 issue) can be accessed [here](#).

Attendees are Invited to bring/share one thing/practice that nurtures their wellbeing.

Learning Outcomes

- To have an overview understanding of the counselling theories and Christian theology that informs the Wellbeing Zone.
- To have an opportunity to try out using the Wellbeing Zone in relation to your personal wellbeing through developing the skills of compassionate noticing, reflection, curiosity, and creativity.
- To consider the integration of the Wellbeing Zone into counselling practice.

Trainer Bio



Sarah Armitage, MARCP, BA (Hons) Counselling, Registered Member ACC (Accredited Counsellor), Registered Member MBACP (Accredited Counsellor).

Sarah created the Wellbeing Zone to aid the compassionate understanding of the inter-related nature of wellbeing and survival responses.

Sarah's counselling and supervision practice is based in Harley Street, London, working alongside others who practice holistic care, with a focus on serving those working in charitable, volunteer and ministry roles. Sarah is also a counselling trainer, having taught counselling at Waverley Abbey College, been involved in pioneering the development of counselling education in Cambodia, and delivers wellbeing and trauma informed counselling skills training to professionals and pastoral workers serving individuals and communities impacted by trauma. Her early career was in nursing and community health care.

Sarah can be contacted at saraharmitage.counselling@gmail.com.

Timetable

9:45 - 10:00	Zoom open and informal welcome
10:00 - 10:05	Welcome, housekeeping, keeping and respecting attendees' wellbeing including confidentiality in discussions
10:05 - 11:30	Introducing the Wellbeing Zone and the counselling theories and Christian Theology which informs the Wellbeing Zone
11:30 - 11:45	Refreshment break
11:45 - 12:10	Breakout rooms - apply the Wellbeing Zone to personal Wellbeing <ul style="list-style-type: none"> • What do you notice when your margins of the Wellbeing Zone are being reached? • What nurtures your Wellbeing Zone in relational to your counselling role?
12:10 - 12:30	Group feedback
12:30 - 13:00	Lunch
13:00 - 14:00	Overview of each of life presented in the Wellbeing Zone (physical, emotional, thinking, relational, behavioural, and spiritual) and consideration of how the Wellbeing Zone maybe integrated into counselling
14:00 - 14:20	Breakout rooms - opportunity for attendees to share their <i>noticings, reflections, curiosity</i> and <i>creativity</i> in relation to the Wellbeing Zone. <ul style="list-style-type: none"> • What would you change or add to the Wellbeing Zone? • What resources would you like created to support the use of the Wellbeing Zone?
14:20 - 14:35	Group feedback
14:35 - 14:45	Q&A and official closing of training day
14:45 - 15:00	Trainer available for further Q&A