

No Bullshit Therapy

Presented by: Jeff Young, The Bouverie Centre

DATE: Thursday 19th April 2018

TIME: 1:30pm—4:30pm

VENUE: Grampians Community Health,
8-22 Patrick Street, Stawell, 3380

COST: \$165

Participants **MUST** register, please visit: www.trybooking.com/UTNU

No Bullshit Therapy (NBT) has been developed by The Bouverie Centre over the past decade as a way of engaging people who are reluctant to seek counselling. It is partly derived from the 'cutting to the chase' aspect of Single Session Therapy and was chosen primarily for its potential relevance for engaging people who are cynical, suspicious or unsure of what to expect from counselling.

On completion of this workshop, participants will be able to:

- Describe the philosophy and principles that guide NBT
- Identify and apply strategies for developing authentic relationships with clients
- Apply a range of skills consistent with NBT to their work with clients

Dr Jeff Young (PhD) is the Director of The Bouverie Centre. He is a clinical psychologist and family therapist and has worked, published and presented in the area of Mental Health for over 28 years. Jeff has an interest in responsive and contextually compassionate health services. Jeff developed No Bullshit Therapy which combines honesty and directness with warmth and care. He is married with two children who keep him from taking his family therapy theories too seriously.

For further information, contact Caleb Lourensz:

E: caleb.l@grampianscommunityhealth.org.au

P: 5358 7400