

*by*

*Alf McFarland*

**Saturday June 11<sup>th</sup>**

**10:30am - 1:30pm**

**Venue: Zoom**

The relationship to oneself is, as we know, the basis for one's own well-being and an essential foundation for our work as psychotherapists. Using the story 'Godfather Death' from the Grimms' collection, I will consider some of the vulnerabilities many of us carry, which undoubtedly led us into the work we do, and which remain a source of vulnerability and potential danger to ourselves and our patients. I will go on to describe how playing tennis has been, for me, a vital means by which I have been able to work at developing a more healthy and enjoyable relationship with myself.

### **About the Speaker:**

Alf McFarland trained initially as a Clinical Psychologist and worked in a CMHT and later in Student Counselling. He completed a training in Jungian Psychotherapy in Birmingham in the 1990's and has worked in private practice in Leicester ever since. He has taught, supervised and delivered several papers to colleagues at the West Midlands Institute of Psychotherapy over the years.

**FiP Members - Free (booking through the FiP website)**

**Non-FiP Members £55**

**Eventbrite** <https://www.eventbrite.co.uk/e/caring-for-the-wounded-healer-alf-mcfarland-tickets-316590479647>

**Early Bird Booking £40 (booked before 7<sup>th</sup> May 2022)**