

Dear Members

Please find some information below which may be of interest to you.

Please note: if interested, you should contact the advertisers of these posts directly and not the IACP. Thank you.

Yours sincerely

Shane Kelly

Professional Services Manager

IACP

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<https://www.facebook.com/IACP.CounsellingPsychotherapyIreland>

Suspicious Email Warning!

Please be advised, IACP has received reports of a suspicious email being sent to IACP members.

The email purports to be from an individual asking therapists to lie in court on their behalf in exchange for a percentage of any reward the court may issue.

This is most likely a Phishing Scam.

If you receive this email (or anything like it), I strongly advise that you simply ignore the email, do not respond and delete it immediately.

Wellness Workshop, Bray, Co Wicklow – SOS

SOS is delighted to be hosting a Wellness Workshop on **Saturday 13th September, 2014 at The Barracuda, Strand Road, Bray**. This is a full day workshop running from **9.30am – 4.30pm with lunch included**.

If you or anyone you know would like to attend please **contact Lisa or Jacqui on 1890 577 577 to book your FREE place**.

Please see below a brief outline of the Workshop:

The Wellness Workshop is a one day workshop that aims to help people understand, take charge of and responsibility for their own mental health. SOS is currently running a series of workshops throughout the country which are being offered free of charge to participants, thanks to our wonderful funders the National Office of Suicide Prevention, our Donors and our Fundraisers.

Our facilitators come from very diverse backgrounds including clinical psychology, motivational speakers, lived life experiences and trained therapists. They combine personal testimony with practical tools and tips that you can use in your everyday life to improve your own wellness.

Throughout the day the workshop will look at our thinking process, the wellness continuum, mindfulness, personality traits, and the wheel of change. This is all done in a very interactive non-intrusive and fun way. Areas covered on the day include relaxation and stress management, understanding the relationship between thoughts and emotions, developing a wellness toolkit and daily plan.

Website: <http://www.suicideorsurvive.ie/>

Places are limited so if you would like to attend, please **contact Lisa or Jacqui on 1890 577 577 to book your FREE place.**

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