

CENTRAL COAST PROFESSIONAL DEVELOPMENT GROUP

2025-6 Summary Programme

Sessions from 1.00 to 5.00 pm (4 PD hours per session). All category A with presenter and group participants. The five sessions equals up to 20 hours (40 PD points)

Venue: FootPrints Early Learning Centre, Erina Church facilities, Cnr Entrance Highway and Carlton Rd ERINA

Numbers need to be confirmed before the event to facilitate the printing of certificates and to manage limits. Currently, new attendees will be invited by members of the current group who will contact Kim beforehand.

DATE	SUBJECT & SPEAKER	Afternoon tea providers
Saturday		
AUGUST 2025 9th	C.G. JUNG, his life and work – Part 2 During the second part of this workshop, we will dive deeper into archetypes by exploring their meaning as represented in myths, fairy tales, literature, film, and in our everyday lives PRESENTER: Yolanda Waldman	
OCTOBER 11th	Navigating Your Practice in 2025 - What's the Same, What's New 1. unpack practice considering new ideas, frameworks, procedures, language, and terminology. 2. Reflect on private practice versus funded service delivery, inviting the question, how each guides your approach. PRESENTER: Lisa Moloney	
FEBRUARY 2026 14th	IS ANYONE REALLY THERE? AI, Projection, Introjection, Retroreflection and Persons in Counselling relationships. PRESENTER: Doug Sotheren	
April 11th	Family Constellation A constellation process offers an avenue to connect to the collective consciousness that we all belong to. Through this field we can obtain greater awareness about the blocks and pain we experience in life; thus, illuminating the path towards healing, transformation and love. This workshop will provide space to step intentionally into this field. I look forward to sharing some experiential learning in this workshop with you as we do some large and small group processes. PRESENTER: Sandy Gilbert	Werner & Lisa
June 13th	C.G. JUNG, his life and work – Part 3 Seven-Eyed Model of Supervision The Seven-Eyed Model of supervision, developed by Peter Hawkins and Robin Shohet, is a reflective framework used in counselling, coaching, and helping professions. It explores supervision through seven interconnected perspectives: the client, the supervisee's interventions, the relationship between client and supervisee, the supervisee's internal process, the supervisory relationship, the supervisor's own process, and the wider organisational or systemic context. The model encourages holistic reflection, deeper awareness, and professional growth by examining both practical and relational dynamics within supervision. It supports ethical practice, emotional insight, and improved effectiveness in therapeutic and professional work. Participants will discuss, as a whole team, the contents of a PowerPoint presentation and a YouTube Video on the topic. They will then discuss in six small teams three case studies to identify the supervisory strategies needed to assist the therapists in the studies, and share the outcomes of these discussions with the whole team Understanding and working with Dreams from a Jungian perspective Dreams have played an important role throughout history. The earliest, handed down in writing, are found in the Epic of Gilgamesh (Babylon, 2100 – 1200 BCE). The ancient Greeks undertook a pilgrimage to one of the 300 temples built to Asklepios, God of medicine and healing, in the hope of a revealing dream. The ancients believed that dreams were messages sent by the gods. Yet, the turning point in understanding the source of dreams came through Aristotle, who thought that dreams are an expression of the individual's soul- life. During the middle-ages the church viewed dreams as either	

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	<p>‘divine/angelic’ or sent by Satan, hence, the clergy encouraged people to submit their dreams to the judgment of the church.</p> <p>At the beginning of the 19th century, Philosophers such as Schlegel, Herder, and Schopenhauer saw dreams as a gateway to a deeper level of consciousness, which they named ‘true nature’ or the ‘unconscious’. Later on, pioneering neurologists and early psychologists such as Charcot, Janet, Freud and Jung further developed the concept of the sub- or unconscious through techniques such as free association, hypnosis, and dream work.</p> <p>Both Freud and Jung agreed that dreams are products of the unconscious and, therefore, important to understanding the individual’s psychic processes. However, Freud saw the unconscious as a repository of repressed memories and primal instincts, such as aggressive and sexual drives that prompt human behaviour, emotions, and decisions surfacing in dreams or irrational fears.</p> <p>For Jung, the unconscious is an active, creative matrix that sends spontaneous messages via dreams. These dreams, according to Jung, address the current situation of a person’s unconscious state and show our ‘blind-spots’, often revealing a ‘one-sidedness’ or various deficiencies within the person. Hence, their purpose is to restore psychological balance and personal growth.</p> <p>First presentation: During the first part of this two-part presentation, we will further explore what is mentioned above, discuss why dreams are so important to Jungians and for our work with clients, and look at some methods used in dream interpretation, such as the structure, types and symbols of dreams. Last but not least, we will discuss how to ‘ask for a dream’ because participants are expected to bring a dream to the second part later in the year.</p> <p>Second presentation in October 2026: Based on ‘dream case studies’, we will gain a better understanding of how these often-bizarre images can be interpreted in the context of a person’s life. During the practical segment, we will apply what we have learned in the two meetings to our personal dreams.</p> <p>Yolanda Waldman is a Jungian Psychotherapist with a master’s degree in Analytical Psychology. Recently retired, she worked in private practice and as a Casual Lecturer at the Austral-Asian College of Natural Therapies, the Jansen Newman Institute, and until the end of 2024 at Torrens University in Sydney. She has been teaching various modalities, including psychodynamic and sandplay therapy.</p>	
<p>AUGUST 15th</p>	<p>I’m A Counsellor your a <u>Hypnotherapist</u> What’s The Difference Dr. Leon Cowen and Doug. Sotheren</p>	
<p>2027 14th February</p>	<p>Counselling with the Aged and Dying</p> <p>With an increasingly ageing population the demand for counselling for older people and their families is on the increase. This involves complex lifestyle choices, grief work for both ageing, illness, cognitive impairment, death, and family care.</p> <p>Fleur and Ken have considerable experience in both counselling the aged as well as dealing with the dying and their families.</p> <p>This workshop will outline some of the important aspects for counsellors in dealing with this population as well as the variations needed in technique and style with aging clients."</p> <p>Ken & Fleur Duke</p>	

The CCPDG began in 2014 as a reaction against paying large sums of money to spend a day or two listening to a presenter read from their book without demonstrating skill or inviting practice.

The criteria that resulted was to form a group of practitioners to provide low cost, interactive, skills based sessions drawing on the research and skill of current members and invited guests. The format is a Category A PD session with presenter and participants.

Up to this point in time there is no cost to participate, other than members taking it in turns to provide an afternoon tea. Presenters have presented Pro Bono seeing it as an opportunity to explore their work in an interactive mutual sharing environment. This saves hundreds of dollars in PD expenses for the price of providing an occasional group afternoon tea.