CHRISTMAS LUNCH INVITATION

of the Penrith Branch of the
Professional Counselling Association of the ACT and NSW Inc

Date	Saturday 26 November 2016
Venue	McAuley Room, Penrith Bowling Club. Cnr Woodriff St. and Derby St. Penrith
Time	11.30am to 12.30pm *(or so)*
Menu	Cocktail Menu

Assorted Quiche, Satay Chicken Skewers with peanut dipping sauce, Crumbed Prawn Cutlets with Tartare and Lemon, Gourmet Filled Mini Pies, S & P Squid with Confit Garlic Aioli, Peking Duck Spring Rolls, Cheese & Spinach Filo Triangles.

If you have any food allergies or intolerance, please advise to Ngan at your time of RSVP so we can ensure these are catered for

Cost	Current financial PCA Members	$10.00
	Non-Financial PCA Members	$21.50

RSVP Strictly Tuesday 15 November 2016

Ngan Le, Secretary Penrith PCA - nganle.counsellor@gmail.com

- Please include any food allergies or intolerances so we can ensure these are also catered for on the day.
- Please note that once you RSVP your attendance will be catered and paid for
- We are not able to accept any late registrations, sorry. You are welcome then to attend our normal meeting which will commence at approximately 12.45pm.

Other Information

- All money must be paid to Tamara, Treasurer Penrith PCA, in cash *first thing* on the day of the Christmas meeting, Saturday 26 November 2016
- All beverages purchased from the Bar will be at your own expense, sorry.
- Our normal meeting will commence from about 12.30pm, please see following Agenda for information
- If you do not want to attend the Christmas lunch, we would still love to see you for our normal Penrith PCA of ACT & NSW meeting which will commence at approximately 12.45pm.

AGENDA

Christmas Meeting of the Penrith Branch of the Professional Counselling Association of the ACT and NSW Inc

Saturday 26 November 2016
Catered Lunch – 11.30am to 12.30pm
Meeting - 12.30pm: – 3:30pm

Venue: McAuley Room, Penrith Bowling Club. Cnr Woodriff St. and Derby St. Penrith.

Meeting Administrators
Josephine Byrnes-Luna (Convener)
Ngan Le (Secretary)
Tamara Hamilton (Treasurer)

Guest Speaker:

Glenn Cameron

Forgiveness

As a Safe and Effective Therapeutic Intervention.

Glenn is a professional counsellor with ten years' experience often working with trauma victims and couples with relationship difficulties. He runs a counselling practice (*Restoring Hope Counselling*) in St Marys and also works as a relationship counsellor for Merrylands Counselling. In addition to his initial studies in counselling and family therapy Glenn has recently completed a Bachelor of Psychology.

Glenn has a special interest in forgiveness therapy, particularly in the context of intimate relationships and abuse. He believes that forgiveness offers a positive alternative to the 'natural' response to a significant grievance which typically involve motivation towards revenge and estrangement. Of course estrangement is sometimes necessary to avoid victimisation so forgiveness can seem like a dangerous therapeutic choice. This conundrum often makes forgiveness therapy a controversial topic but still, efficacy studies show a long list of benefits in forgiveness. As part of his honours study Glenn has recently completed exploratory research into the Motivators of Forgiveness. This research has identified a previously untested motivational factor and may lead to improvements in assessment and the effective use of forgiveness therapies.

Glenn's presentation will provide an overview of two types of forgiveness intervention highlighting some of the risks of using forgiveness as a counselling intervention, and some of the expected benefits for the client

Agenda Items

12.30pm -1.35pm	**Introductions and Welcome** Welcome, registration and apologies.	Josephine Byrnes-Luna
12:35pm – 12:45 pm	**Branch Business** 1. Business arising from September 2016 meeting 2. 2017 Speakers 3. PCA Board Update 4. Further questions and discussion	Josephine Byrnes-Luna
12.45pm to 2.00pm	**Guest Speaker – Glenn Cameron** Forgiveness as a Safe and Effective Therapeutic Intervention.	Glenn Cameron
2.00pm – 2.20pm	Afternoon Tea Drinks and snacks are also available from the Bar, at your own expense.	
2:20pm – 3:20pm.	**Group Supervision** To ensure we get the most out of supervision **members are asked to prepare a case for supervision, 3 cases would be ideal and should include** the presenting issue, symptoms, brief history, summary of work to date & therapy used, skills implemented, techniques introduced, client support, risk factors, and concerns about the case for group discussion. **Joy would appreciate these forwarded to her one week prior to the meeting, and has provided her Email address -** joykennedy2@bigpond.com .	Joy Kennedy
3:20pm – 3.30pm.	**Final word and close of Meeting**	Josephine Byrnes-Luna

2017 Meeting Dates - Penrith Branch of the Professional Counselling Association of the ACT and NSW Inc

McAuley Room, Penrith Bowling Club. Cnr Woodriff St. and Derby St. Penrith – 12.30pm to 3.30pm

Saturday 4 March 2017
Saturday 22 July 2017
Saturday 18 November 2016
Saturday 6 May 2017
Saturday 9 September 2017

Additional Information: - • Guests are welcome.
There is a $20 charge as per the PCA of Act & NSW policy, which can be found at - http://www.pcaonline.com.au/page-1661657 .