



ZestLife Who we are:

ZestLife Counselling Centre began in 2007 with the sole purpose of working with people in areas of personal development through training, facilitation and counselling in order for them to live at the highest levels of potential and fulfillment.

ZestLife Training offers courses to Institutions, Centres, Schools and Groups working particularly with young people and adult learning facilitation. These courses are specifically created to ensure excellent levels of best practice in working with group in academic and educational environments.

ZestLife College offers courses to individuals through in Counselling and Psychotherapy with our Foundation, Diploma and Degree courses as well as our varied Certificate courses. Our college courses assure you of a personal journey of self discovery as well as a course of academic and practical application and excellence.

ZestLife College Tutors:

Louise Ward MIACP

Louise Ward is an experienced counsellor, trainer and lecturer. She is based in South County Dublin and Dublin West. She specializes in working with couples, bereavement, panic disorders and depression. She holds a BSc (Hons) in Counselling & Psychotherapy and an MA in Cognitive Behavioural Therapy. She is accredited with the IACP. Louise sits on the board of Zest4Kidz Irish charity helping vulnerable children overseas, where she has also lectured. Louise is married and has three grown up children. She is a regular contributor to national radio.

Stuart Wilson MIACP LBCAI

Stuart Wilson began ZestLife Counselling in 2007 working mostly with mens issues & family therapy. He began ZestLife Training in 2008 connecting with schools and centres around the country. He has a particular passion for working with marginalized youth and training staff who work with them. He began ZestLife College with Louise Ward in 2009 when they felt there was a gap in the college market to learn in both academic and interactive practical models. He is founder of Zest4Kidz Irish charity assisting vulnerable kids worldwide. He has appeared on TV and Radio for his work. Stuart is married with 4 children. He holds a BA (HONS) in Counselling & Psychotherapy a DIP in Life & Professional Coaching, an Adv Cert in CBT & a DIP in Supervision.

ZESTLIFE CPD COLLEGE COURSES

One day Workshop for therapists 'Working with Grief & Loss'





ZESTLIFE COLLEGE COURSES

This course is for the helping professions and those within the therapeutic field who wish to know how to help those clients dealing with Grief & Loss. You will leave this workshop with a clear understanding of how to work with clients suffering the emotional and physical effects of grief and how best to treat it.

Venues Dublin ZestLife Office.

Duration: 6 CPD Hours

Learning: Tutor contact & Group Participation

Next Start Date: 26th April 2014

Fees: €130/£115 **PER MODULE** (Immediate €50 deposit and balance at registration) OR Early bird pay now €100 with application.

Course Content:

1. How grief & Loss effects the body
2. The emotional and psychological effects
3. Understanding the space and timing
4. Working therapeutically and effectively
5. Adaptation of therapy into practice

Certification model: Certificates at end of day.

Schedule 2014 CPD Courses

Dates	Time	Location
26th April 2014	9am-4.30pm	ZestLife Dublin Office
Registration 9 am	Coffee and Tea served at arrival	Course begins at 9.30am

ZestLife Counselling & Training College
Crossroads Centre,
Unit 1A EarlsCourt Ind Est,
Beaumont Avenue,
Churchtown,
Dublin 14.

Phone 01 2966047 email stuart@zestlife.ie

ZestLife College Courses offer :

ZestLife College offers a variety of courses designed to expand your knowledge and practical experiences in a course which you will find both educational and enjoyable. These courses are taught in an integrative way, learning theoretically but also adapting practically. This practice method ensures you leave each course with experience not just a qualification certification.

Our Courses are taught by counsellors who have vast levels of experience training groups and working in clinical settings. They are qualified to the highest levels and hugely experienced in their fields. Both tutors are:



Irish Association for Counselling and Psychotherapy
Accredited Member