

**DO YOU FEEL THAT OTHER PEOPLE'S NEEDS  
ARE MORE IMPORTANT THAN YOUR OWN?**

**DO YOU SOMETIMES FIND IT HARD TO SAY NO  
WHEN YOU REALLY NEED TO?**

**A WORKSHOP OVER TWO EVENINGS**

**'THE RESCUER ROLE'**

with

**DELICIA McNEIL**



If you are in a professional or domestic caring role and you experience a deal of exhaustion, guilt, frustration, or feelings of dissatisfaction then this workshop is a must for you. In fact, many people are 'rescuer' types in all their relationships.

In this workshop you will learn about the psychological model from which the term 'rescuing' comes and the origins of this in your own life. You will learn ways to change your behaviour so that you are better equipped to take care of yourself and consequently be more effective in your relationships and caring role.

Date: 2 evening sessions Tuesdays 24 January & 28 February 2012  
Place: 5 Woodlands Close, Storth, Milnthorpe, Kendal, Cumbria LA7 7JH  
Booking: £60, payable in two instalments of £30 - one being the deposit to secure your place. A commitment to both sessions is required.

**Delcia McNeil** is a UKCP registered psychotherapist, and a qualified healer. She is a teacher, published author and workshop facilitator. Her article "The Healer and the 'Rescuing Role' " has been published in several complementary health magazines, and she has been successfully running the 'Rescuer Role' workshops since 1994. Previously a qualified social worker, Delcia has thirty years experience of working in the caring professions.

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