

Reb's learning journal week 7

A busy week looking at a lot of journals. The standard was high overall, lots of good ideas, work done throughout the course showed real questioning of previous views of counselling, and of own opinions generally. I enjoyed it mostly because I found the intelligent questions posed challenging, and those people who were celebrating their triumphs very cheering! Almost all would get easy passes, and there's still time to improve.

I also had a lovely week playing with TA, talking about a form of counselling I find genuinely challenging and useful, that makes me look again at my own personal development. It suits people like me, who are happy to take emotional chances and like to use practical exercises. This week has been full of 'whispers', little hints that I might get back into art therapy, something I really loved.

Personally, we have just started looking at moving house, probably not yet but in the near future, and have been looking around. It must be Spring, I always get itchy feet in the spring! This has made me focus more on what other 'spring cleaning' I need in my life. Time to sort out a few priorities.