

By email

8 September 2014

Dear Colleague,

**Transforming Shame and Self-Loathing Workshop with Dr Janina Fisher**

With the workshop less than 2 weeks away, I thought I would write to you with some further information that I hope you will find useful.

**The Venue**

The workshop will take place in **Frobisher Room 1** at the Barbican Centre. Registration will be outside the **Conservatory Terrace Room**, where coffee and pastries will be served from 9.30am on Friday and from 9am on Saturday morning.

Frobisher Room 1 and the Conservatory Terrace Room are both on **Level 4**. The lifts are by the lakeside doors. Please note that only 2 of the lifts go to the 4<sup>th</sup> floor. Make sure you get in the right one!

Directions to the Barbican Centre may be found at <http://www.barbican.org.uk/visitor-information> .

The Barbican Estate has a very low crime rate - apparently due to concerns by potential criminals that they would get lost trying to make a quick escape. They are not the only ones to find the Barbican confusing. Please allow at least 10 minutes from arrival at the Centre to get to the 4<sup>th</sup> floor. If your sense of direction is not excellent, please double that!

**The Programme**

A copy of the Programme is attached to this email. As a courtesy to the workshop leader and your fellow delegates, please be seated and ready to start the sessions on time.

**Please note that there will be no admission to Frobisher Room 1 during the mindfulness meditation.**

**CPD Certificates**

These will be available in Frobisher Room 4 during tea-time on Saturday.

## Dietary requests

If anyone still hasn't notified me of any specific requests, please do so by no later than **Wednesday 10<sup>th</sup> September**. Searcys will do their best to accommodate. Please don't eat anyone else's meal – we don't want anyone to go hungry!

## Wi-Fi

Free Wi-Fi is available in the Barbican Centre via the Cloud. Register on your browser. For more information, please see the Barbican Centre website: <http://www.barbican.org.uk/visitor-information/wifi>

Any problems, please ask Barbican staff (not me!)

## Dinner on Friday evening

If you fancy some company for dinner on Friday evening in a congenial atmosphere, then we have organised a couple of options for you at **Gin Joint by Searcys on Level 2** in the Barbican Centre. The restaurant overlooks the lake and the church of St Giles. It even affords a glimpse of the dome of St Paul's Cathedral.

There is a sizeable contingent of delegates who have attended the Sensorimotor Psychotherapy Institute trainings. A table has been booked for this group in Gin Joint for 6.30pm. Feel free to bring along anyone attending the workshop with you. Those who will be attending the upcoming trauma training are also invited. To join this table you must book (including payment) via Christine Martin ( [christinemartin50@gmail.com](mailto:christinemartin50@gmail.com)) by **Thursday 11<sup>th</sup> September**.

A second table (also at 6.30pm) has been booked for those who would prefer to avoid endless Sensorimotor talk. To book onto this table, please call Gin Joint direct on 020 7588 3008 and quote "Cox Workshop". You will need to tell them your menu and drink choice. Payment will be on the evening. To join this table, you must book by **Friday 12<sup>th</sup> September**.

A special menu has been put together for us and is attached.

Gin Joint also has a bar and this will be open after the workshop finishes on Friday, so feel free to adjourn there and try one of their gin cocktails – it will be the "Gin Democracy" time of day!

## Local Amenities

The nearest ATM is by Barbican tube station. The nearest supermarket (a Waitrose), pharmacy, stationers and Prets are all in Cherry Tree Walk off Whitecross Street.

Coffee aficionados should head to *Fix* in Whitecross Street or *Dose* in Long Lane. (*Notes* in Citypoint will be open on Friday).

## Quiet spots

My top tip for quiet spots are Postman's Park (with its inspirational wall) and Bunhill Row Fields (where William Blake, Daniel Defoe, John Bunyan and Isaac Watts are buried). They are both marked on the map which the City of London has provided for your delegate pack. (The Park is

number 30; Bunhill Row Fields is in box F). You can also just sit by the Barbican Lake or head to the church of St Bartholomew the Great (which features in numerous famous films).

I wish you all a good journey (especially those coming from overseas) and look forward to meeting you on 19<sup>th</sup> September.

Kind regards

Yours sincerely