

## Ruth Bridges - Course at Higham Hall College:

### WHO AM I, REALLY? DEVELOPING SELF-AWARENESS THROUGH PERSONAL REFLECTION AND EXPRESSION

#### QUESTIONNAIRE TO BE COMPLETED AFTER BOOKING

Self-reflection can sometimes stir difficult and/or painful memories. Therefore, **each course with Ruth is subject to a very short application Questionnaire** regarding recent life events (it is not advisable, for instance, for someone who has undergone recent trauma to immediately jump on a residential course before other support has been sought).

**Therefore, we ask each student to provide us with the following information, sent confidentially to Ruth.**

*NB<sup>1</sup>: Ruth adheres to the British Association for Counselling and Psychotherapy (BACP) Ethical Code; your responses and anything discussed verbally with Ruth, will be held in the strictest confidence. Ruth may contact you to discuss anything she feels necessary.*

*NB<sup>2</sup>: This course is not designed to be personal therapy/counselling although this type of group work, discussion and reflection can often be experienced as therapeutic.*

Your Name (required)

Your Email

Landline

Mobile

Please answer the following questions:

1) Have you experienced a significant loss/bereavement/trauma within the last 12 months?

Yes  No

2) If you have answered 'yes' above, have you received any counselling/support?

Many thanks for providing this information.

Please send it back to

**Ruth Bridges (Tutor),  
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Cockermouth,  
Cumbria,  
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