**Self and Spirituality**
This is a new course:

Aims: to present a holistic perspective on being human that is grounded in both cognitive science and lived experience

To question received notions of The Self,

To question so called ‘Mental Illness’

Make space for spirituality in therapy.

 To include an exercise for exploring different aspects of the self on themselves, and reflection on this, so that participants will be able to use this clinically.