

YEAR 1 - 2023

TERM 1 ASSIGNMENT



Choose a meaningful event in your life. Give a brief description of the event and then imagine that you take a photograph, a snapshot that encapsulates this event. Describe your experience of that moment through the lens of the structures and theories that we have explored this term.

The awareness continuum

The cycle of experience

Interruptions to contact

Critical oice

The Drama Triangle

The language of awareness The DTR

Emotions - Anger, Sadness, Fear & Joy

The Winter Assignment is to be handed in to your Training Advisor in hard copy (**2 copies** printed and stapled) on Friday 28th April 2023.

Your assignment is to be between 2000 - 3000 words.

