

SEJ Practice Workshops Information

The SEJ Practice Workshops are a key and critical part of learning the SEJ Process, as this is where you get to practice what you have learnt. The SEJ training covers the *theory* of the SEJ in great detail, but the real change and benefit comes from your *practice* of the SEJ.

If the SEJ is integrated into the curriculum a Practice Workshop is included as lesson 7. However, it is best to continue attending regular workshops to enhance your practice of the SEJ Process.

Who can attend a SEJ Practice Workshop?

Open to anyone who has learnt and is practicing the SEJ Process, and would like to develop their practice, ask specific questions, or would simply like more support.

During the SEJ Practice Workshop you will have an opportunity to:

1. Ask questions about the SEJ Process.
2. Obtain any practice corrections.
3. Bring examples of your SEJ Worksheets to work through.
4. Practice key aspects of the process.
5. Listen to others sharing their life changing experiences of the SEJ.

How do I join the SEJ Practice Workshops?

Times, dates, and venues including live and online events, will depend upon your settings training or membership plan. Your setting will give you further information on the support they offer in the leaflet 'Ongoing Support Available'.

Alternatively, you can join a workshop independent of your setting via the SEJ education website www.staymentallyhealthy.org.uk

Please note the independent SEJ Practice Workshops will incur a small fee, however the SEJ organisation does offer a student discount. Workshops are free if part of setting training or membership plan, see leaflet 'Ongoing Support Available'.

