

# CREATIVE APPLICATION OF THE FIVE ELEMENTS

15 to 20 CPD hours for Counsellors and Psychotherapists

18 April and 16 May 2026 | Sign up at [www.theolivebranch.org.uk/workshops](http://www.theolivebranch.org.uk/workshops) QR code:

Olive Branch volunteers: £150. All other counsellors/psychotherapists: £180

**Half of your fee<sup>1</sup> is donated to the Olive Branch.**



The Five Element metaphors of Wood, Fire, Earth, Metal and Water have played a guiding role within Traditional Chinese Medicine for over two thousand years. The Creative Application of the Five Elements (CAFE) gives you a practical way to integrate some of the healing richness of this ancient wisdom tradition with other therapeutic systems, such as IFS and Energy Psychology, and your own approach.

Running on two Saturdays (18 April and 16 May 2026) at [theolivebranch.org.uk](http://theolivebranch.org.uk) in Winchester, you'll:

- Attend two, five-hour, collaborative workshops using creative metaphors to put theory into practice.
- Do five hours of self-directed online learning to build underpinning knowledge and reflect on experiences.
- Optional: 1) Peer supervision. 2) To receive a **Certificate in Creative Application of the Five Elements** and five additional CPD hours, you're asked to use CAFE Online to map and consider how two clients responded to the core method and to write some brief reflections about therapeutic integration.



## Relate

Enjoy time with colleagues as you prepare to use these engaging methods with your clients.



## Create

Make pom-pom metaphors and use other versatile resources in your awesome box of creative goodies.



## Navigate

Experience how the CAFE process can help you to map, track and work through complex therapeutic issues.

### **Make: Create the physical metaphors you'll use from day one of your CAFE journey**

Saturday 18 April 2026, 10am to 4pm

- Use your fab box of creative resources to make your Five Element pom-pom metaphors.
- Explore patterns of feelings, needs, strengths and beliefs within yourself and a colleague.
- See how CAFE and CAFE Online offer an accessible and evolving approach to formulation.

### **Extend and balance: Explore other metaphor models and applied Energy Psychology**

Saturday 16 May 2026, 10am to 4pm

- Consider how CAFE can support other parts/metaphor models, with a focus on Internal Family Systems.
- See how acu-touch/tapping may promote regulation and integration within therapy.

Your facilitator is David Whistance, who started his counselling practice by volunteering at the Olive Branch.

<sup>1</sup> After allowing £20 for creative resources.