

# Wealden Psychology Institute Workshops & Short Course Programme

To book a place on a course please telephone the office for a flyer: 01892 655 195

## Sunday 27 December 2009

### 'Trauma and Recovery'

This workshop will introduce participants to the psychology of shock and trauma, the clinical difficulties that result and the nature of effective treatment. Drawing on the work of Judith Lewis Herman and Babette Rothschild, topics such as the effect of childhood abuse, violence, and serious accidents will be outlined. Much of the day will be spent looking at the characteristics and stages of effective treatment including the "don'ts" as well as the "dos". This day is the first of a number of possible workshops, attendance at which may lead to an Introductory Certificate in Trauma Therapy.

Counts as 6 hours CPD & Advanced TA Training

Cost: £65

Led by Joanna Beazley Richards TSTA

## Monday & Tuesday 28-29 December 2009

### 'Official TA101'

A 2-day introductory workshop to TA.

'Transactional analysis is a theory of personality and a systematic psychotherapy for personal growth and personal change'

That's the definition of TA suggested by the International Transactional Analysis Association. In fact, TA today is all this and much more. Among psychological approaches, Transactional Analysis is outstanding in the depth of its theory and the wide variety of its applications.

As a theory of personality, TA gives us a picture of how people are structured psychologically.

TA also provides a theory of communication. This can be extended to give a method of analysing systems and organisations.

TA offers a theory of child development and a theory of psychopathology; the concept of life-script explains how our present life patterns originated in childhood. Also for people interested in using TA in their professional work.

Counts for 12 hours CPD. Also leads to an internationally recognised certificate.

Cost: £95

Led by: Joanna Beazley Richards, TSTA

## Wednesday 30 December 2009

### 'Treating Traumatized Children'

This workshop, which follows on from the basic Trauma and Recovery workshop, enables participants to learn the particular ways that children may be helped to recover from trauma.

Counts as 6 hours CPD & Advanced TA Training.

Cost: £65

Led by Joanna Beazley Richards TSTA

## Thursday 31 December 2009

### 'Severe and Complex Trauma'

This workshop is for people who have already completed at least one day of training on trauma and recovery. Participants will explore the nature of severe and/or complex trauma, which, if it occurs in children, may result in the diagnosis of personality disorder.

The workshop will look at treatment possibilities, including some of the difficulties in treating this client group.

Counts for 6 hours CPD & Advanced TA Training

Cost: £65

Led by Joanna Beazley Richards TSTA

## Monday 11 January 2010

### 'What goes wrong in relationships – understanding psychological games'

Psychological games are the process of doing something with an ulterior motive. Unfortunately, we are not aware we are playing them, and we usually don't know we are in a game until we realise that we are confused, feel misunderstood, or want to blame someone for something.

This workshop will enable participants to learn about how we play psychological games, how to spot when we are in one, and how to stop ourselves playing games. Strategies will be offered for preventing games, spotting games, and getting out of them without doing harm to ourselves to others.

Counts as 6 hours CPD

Cost £65

Led by John Baxendale

## Tuesday 12 January 2010

### 'Diploma in Counselling Exam prep day'

This exam prep day is for all students at all stages of training.

The time is negotiated so that each student can get what they need from the day. It is an opportunity to clarify any admin queries around hours, and a time to look at the type of questions you may be asked and to get an idea of the exam process. It is also possible to do a practice exam.

This is a good opportunity to get a feel for the actual examination, to ask all the questions you haven't dared to ask so far, and to demystify the process.

Please note this workshop will run if there are 6 people who have booked in using the form below. If there are less than this number then the workshop will be for a half-day.

Counts as 6 hours CPD

Cost £65

Led by Sally Valentine

## Saturday 16 January 2010

### 'How to hide from reality – a TA understanding of Discounting and Passivity'

Discounting is minimizing or ignoring important aspects of reality, which often leads to unassertiveness or passivity by responding to challenges in ways that do not lead to problem solving. In this workshop we will look at our own patterns of discounting and passivity, in the light of TA theory.

Counts as 6 hours CPD

Cost £65

Led by John Baxendale

## Saturday 23 January 2010

### 'Contact & Immediacy'

An experiential and theoretical workshop for people wanting to expand their capacity to be and work in the "here and now" and make the most of direct experience for themselves and their clients.

Counts as 6 hours CPD

Cost £65

Led by Stephen Richards

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**Tuesday 26 January 2010**

## **'Introduction to Working with Children and Adolescents'**

This workshop invites you to explore the similarities and differences you may experience when working with children, For example contracting, safety issues, skills (including play), and boundaries.

We will look at some of the pitfalls and joys of working with this client group and you are invited to bring your inner child along!

This workshop is open to anyone interested in being introduced to working with children.

Counts as 6 hours CPD

Cost £65

**Led by Sally Valentine and Pippa Copleston**

**Monday 8 February 2010**

## **'Going Round in Circles – the TA Racket System'**

Does your life seem as if it is a never ending cycle of the same things going wrong?

The racket system is a self-reinforcing, distorted system of feelings, thoughts and actions, that makes sure we always feel bad in the same way about anything that goes wrong, and indeed, that the same things DO go wrong. It leads to the games we play, the way we see life, and the way we live it out.

Participants will have a chance to explore their own racket system, and to develop their autonomy system, which is the way that we can make sure we feel fulfilled, and have good relationships.

Counts as 6 hours CPD

Cost £65

**Led by John Baxendale**

**Tuesday 9 February 2010**

## **'Power and Shame as Elements of Cultural Scripting'**

Cultural Scripting is an important aspect of TA theory that can expand our understanding of individual scripting and place it in its social context. In unequal societies where there is a real of perceived imbalance of power because of race, gender, class, ethnic, religious or regional factors, shame is attached to being relatively disempowered. The extent to which this shame is internalised has wide implications for the health both of individuals and the body politic. Drawing on her experiences in South Africa, Diane will demonstrate the use of Cultural Scripting in understanding and healing both personal and social dysfunction. This will be both a theoretical and experiential workshop and participants will be invited to examine their own cultural scripting and explore ways of creating healthy options.

Counts as 6 hours CPD

Cost £65

**Led by Di Salters PTSTA**

**Sunday 14 February 2010**

## **'Jung, Berne and Hellinger meet in Sandplay'**

These three names may seem unlikely playmates, but in this workshop Diane Salters will share how she draws on elements of Jungian, Family Constellation and TA in her work with clients. She will present a theoretical framework for her sandplay therapy and discuss case studies. The workshop will be experiential and participants will have the opportunity to engage in sandplay.

Counts as 6 hours CPD

Cost £65

**Led by Di Salters PTSTA**

**Monday 15 February 2010**

## **'Cognitive Behavioural Transactional Analysis'**

This form of treatment is a blend of Cognitive Behaviour Therapy (CBT) and Transactional Analysis (TA).

Cognitive-Behavioural Therapy is a form of psychotherapy that emphasizes the important role of thinking in how we feel and what we do. This too, is a central plank of the model developed by TA's originator, Eric Berne. He had been trained as a psychoanalyst, but was rejected by them because he applied his scientific training to therapy. He wanted to analyze what was happening; including the way in which the client's thinking was related to their feeling and behaviour.

Cognitive-behavioural therapy does not exist as a distinct therapeutic technique.

The term "cognitive-behavioural therapy (CBT)" is a very general term for a classification of therapies with similarities. There are several approaches to cognitive-behavioural therapy, and we argue that Transactional Analysis should also be included.

CBT and TA are based on the idea that our thoughts and beliefs underpin our feelings and behaviours, and are not inextricably and irrevocably caused by external things, like people, situations, and events. The benefit of this fact is that we can change what we believe and the way we think to feel / act better even if the situation does not change. Eric Berne believed this, and related it to existentialism. CBT and TA are both designed to be goal oriented and to enable rapid change. Eric Berne spoke disparagingly about the length of time that was being taken to effect cure in psychoanalysis, and emphasized rapid change in TA. He said if a therapist did not cure the patient in the first session, they should go home, work out why not, and go back and cure them the next session. Cognitive-behavioural therapy is considered among the most rapid in terms of results obtained. The average number of sessions clients receive (across all types of problems and approaches to CBT) is only 16. TA too, has proved itself effective as a brief psychotherapy. Counts as 6 hours CPD and Advanced TA Training

Cost £65

**Led by Joanna Beazley Richards TSTA**

**Tuesday 16 February 2010**

## **'Relational Therapy'**

In Relational TA psychotherapy the client and the person of the therapist co-create a relational space in which things happen. Both therapist and client use this space to make meaning and bring about more conscious awareness of the client's psychological material. This is a subtle psychotherapy which involves making psychological targets based upon insights which emerge through the course of the therapy.

Clients may, for example, project a parent or authority figure from the past onto many situations, or that they always identify with the underdog in every situation, or that they find it too difficult to tolerate being told 'no'. Having these insights enables a person to become more conscious of their automatic assumptions and behaviours and engage with their inner processes more consciously.

One of the positive gains of a more conscious connection with the unconscious processes can be an increased sense of vitality and creativity.

Counts as 6 hours CPD

Cost £65

**Led by John Baxendale**

**Saturday 20 February 2010**

## **'Advanced Counselling Skills Workshop'**

This is a workshop for Wealden College Counselling and Psychotherapy students who would like to see, do and experience an integrative, humanistic model of therapy.

Counts as 6 hours CPD

Cost £65

**Led by Stephen Richards**

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## Sunday 21 February 2010

### 'Personality Adaptations'

The concept of Personality Adaptations considers the positive as well as the negative aspects of personality – distinct from Personality Disorders, which represent severe psychopathology.

This workshop is intended for counsellors / psychotherapists who wish to further develop their knowledge and understanding of the model of Personality Adaptations (developed by Ware and Kahler and by Vann Joines and Ian Stewart).

Counts as 6 hours CPD

Cost £65

Led by Stephen Richards

## Monday 22 February 2010

### 'Laughter for Body, Mind & Spirit'

Counts as 6 hours CPD

This experiential workshop will introduce the concept, history and benefits of Laughter Yoga which was created by a medical doctor, and is supported by overwhelming scientific evidence that laughter is the best medicine, and does not depend on jokes, humour or comedy, just a playful attitude! It is suitable for anyone wanting to discover for themselves the proven physical, mental and emotional benefits of laughter. Of special interest to Health Professionals, Teachers, Psychologists, Counsellors, also a tool for personal and family use or with groups and clubs.

Counts as 6 hours CPD

Cost £65

Led by Brenda Spiers

## Monday 1 March 2010

### 'What is Integration?'

There is more to integration than mixing theory!

In this workshop we will look at how integration applies to all aspects of ourselves – theory, mind, body and spirit – in other words how we as counsellors "walk the talk" both in and out of the therapy room.

Counts as 65 hours CPD

Cost £65

Led by Pippa Copleston and Sally Valentine

## Monday 8<sup>th</sup> March 2010

### 'Allowing Despair, Fostering Hope'

Many people face moments of despair and this is often what brings them into therapy. In this workshop we will share ideas about the possible origins of despair and hopelessness. We will look at a treatment plan in which clients are invited to accept and embrace their despair in order to emerge into a place of hope and light. Participants will have the opportunity to experience this for themselves.

Counts as 6 hours CPD

Cost £65

Led by John Baxendale

## Monday & Tuesday 8-9 March 2010

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Counts for 12 hours CPD. Also leads to an internationally recognised certificate.

Cost: £95

Led by: Joanna Beazley Richards, TSTA

## Saturday 13 March 2010

### 'Depression'

This workshop will enable participants to understand the clinical picture of depression, and to see it in terms of a pattern which depressed people can change. Treatment methods will be described, and skills practiced.

Counts as 6 hours CPD

Cost £65

Led by John Baxendale

## Sunday 14 March 2010

### 'TA and Culture'

Culture implies difference and for some people difference implies conflict and misunderstanding and sometimes war. In this workshop we will look at the impact of culture on relationships, and attempt to discover, together, a TA perspective on improving relationships despite, or because of difference of culture. We will look at our own attitudes to cultural difference and diversity with a view to enhancing and enriching the 'world' in which we live.

Counts as 6 hours CPD

Cost £65

Led by John Baxendale

## Monday 15 March 2010

### 'Why bad things happen to good people – understanding Life Scripts'

Eric Berne, the founder of Transactional Analysis, discovered that we all write an unconscious life plan when we are young, which we then live out, and which influences all aspects of our lives, including our relationships, what we succeed at, and even how and when we die.

This workshop will enable participants to explore the idea of Life Scripts, and to discover how their own is influencing their lives. They will be given an opportunity to develop strategies for, freeing themselves from their Life Script and developing autonomy.

Counts as 6 hours CPD

Cost £65

Led by John Baxendale

## Tuesday 16 March 2010

### 'ADHD / Tourettes Syndrome'

This workshop will help you to understand and gain insight into these complex disorders. We will look at ways of recognising symptoms and where and how to get professional advice, including diagnosis, educational, behavioural and emotional support.

Suitable for anyone working or living with children and/or adults who may be affected by Tourette Syndromes or ADHD.

Counts as 6 hours CPD

Cost £65

Led by Sally Valentine

## Saturday & Sunday 20-21 March 2010

### 'Attachment, Attachment Disorder, Trauma & Recovery'

This workshop will introduce participants to the theory of attachment and attachment disorder, and of shock and trauma, the clinical difficulties that result and the nature of effective treatment.

Drawing on the work of John Bowlby, Judith Lewis Herman and Babette Rothschild, topics such as the effect of neglect, childhood abuse and domestic violence will be outlined.

Much of the first day will be spent looking at the theory and research findings. The second day will explore treatment, including the "don'ts" as well as the "dos".

Count for 12 hours CPD & Advanced TA Training.

Cost: £130

Led by Joanna Beazley Richards TSTA

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**Saturday 20 March 2010**

## **'Couples workshop'**

This workshop will explore specific techniques when working therapeutically with couples, and we will also look at some of the pitfalls to be aware of and the games that the therapist may guard against.

Counts as 6 hours CPD

Cost £65

Led by Stephen Richards

**Sunday 21 March 2010**

## **'Personality Disorders'**

A workshop for counsellors and psychotherapists to understand the different types of personality disorder, their impact on the individual and society, and what we can do to help.

Counts as 6 hours CPD

Cost £65

Led by Stephen Richards

**Friday, Saturday & Sunday 26/28 March 2010 - FRANCE**

## **'Contact and Mindfulness & Joy' – Seminar**

This workshop, held in the French branch of the Wealden Institute, will explore the value of contact and mindfulness for the individual, the therapist or the client. It is open for anyone to attend. Good food and local wine are included in the price. We will learn techniques on how to be more contactful and mindful in our relationships and in our personal life, in order to be ourselves and to live our lives to the full.

Counts as 18 hours CPD and Advanced TA Training

Cost €350. Please contact us for more information.

Led by Joanna Beazley Richards TSTA

**Saturday and Sunday 27/28 March 2010**

## **'Using creativity in the therapy room'**

Sandtray and creative work is insightful and potentially beneficial for clients of all ages. This weekend is very much experiential and we will use a range of creative medium, including sandtray, to demonstrate how effective working in ways that are not necessarily verbal can be.

This workshop is open to anyone interested in finding alternatives to the limitations of words, both for clients and for themselves.

Counts as 12 hours CPD

Cost £130

Led by Sally Valentine and Pippa Copleston

**Monday 5 April 2010**

## **'Trauma and Recovery'**

This workshop will introduce participants to the psychology of shock and trauma, the clinical difficulties that result and the nature of effective treatment.

Drawing on the work of Judith Lewis Herman and Babette Rothschild, topics such as the effect of childhood abuse, violence, and serious accidents will be outlined. Much of the day will be spent looking at the characteristics and stages of effective treatment including the "don'ts" as well as the "dos". This day is the first of a

number of possible workshops, attendance at which may lead to an Introductory Certificate in Trauma Therapy.

Counts as 6 hours CPD & Advanced TA Training

Cost: £65

Led by Joanna Beazley Richards TSTA

**Saturday & Sunday 10-11 April 2010**

## **'Introduction to CBT'**

This workshop will introduce the basic concepts underlying CBT, and how to use them in therapy with a focus on integrating them with other approaches. The workshop will set the method in its historical context, and will look at the type of difficulty for which it is ideal.

Counts as 12 hours CPD

Cost: £130

Led by Louise White

**Monday 12 April 2010**

## **'Anxiety'**

In this workshop we will look at anxiety and its origins. We will explore the clinical picture of anxiety and the symptoms that are its characteristics.

Different approaches to the treatment of anxiety will be discussed, and there will be opportunity for participants to practice in small groups skills that have been found helpful.

Counts as 6 hours CPD

Cost £65

Led by John Baxendale

**Saturday & Sunday 24-25 April 2010**

## **'Groupwork'**

This workshop is for people who want to know more about group process/are considering running groups or simply want to have an experience of being in a group that is self-reflective. It will also be a "taster" for people who may want to do the Certificate/Diploma in Groupwork.

Counts as 12 hours CPD

Cost £130

Led by Stephen Richards

**Monday & Tuesday 26-27 April 2010**

## **'Official TA101'**

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Counts for 12 hours CPD. Also leads to an internationally recognised certificate.

Cost: £95

Led by: Joanna Beazley Richards, TSTA

**Monday 10 May 2010**

## **'How to be creative'**

Human beings are all born as creative, spontaneous, healthily playful individuals.

And little by little we are taught to keep ourselves in check, to put the brakes on, to be seen and not heard, and to hide away the very characteristics that make us interesting. In this workshop we will experience being creative, letting go of the brakes and checks, "being ourselves" and letting out the prisoner within.

Participants will have opportunity to have fun, to be creative and to make changes that will enhance their life.

Counts as 6 hours CPD

Cost £65

Led by John Baxendale

**Saturday 15 May 2010**

## **'I won't and you can't make me'**

This workshop will teach methods for engaging resistant clients in the therapeutic process and look at the nature of and reasons for resistance to change. We will also explore our own resistance to change and there will be opportunities for personal work.

Counts as 6 hours CPD

Cost £65

Led by Stephen Richards

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## Sunday 16 May 2010

### 'Who am I?'

We use the word 'self' in everyday language and in professional contexts as if there is common agreement about its meaning. We even talk about disorders of the 'self' and describe symptoms without defining 'self'.

If you are interested in the question 'Who am I?' and the ideas and ways people have found to answer the question – this workshop is for you.

Counts as 6 hours CPD

Cost £65

Led by Stephen Richards

### 'CBT Treatment of Phobias'

This workshop will enable participants who have already attended an introductory training in Cognitive Behaviour Therapy (CBT) to learn the basic treatment of phobias and irrational fears using this form of treatment.

Counts as 6 hours CPD

Cost £75

Led by Dr Joshua Carrett Baker

## Friday-Tuesday 21-25 May 2010 – Le Sarment, FRANCE

### 'Diploma Level Block Training in Trauma Therapy'

For people already holding the Wealden Psychology Institute Introductory Certificate in Trauma Therapy. Following this workshop, a substantial case study must be completed successfully for the award of the Diploma in Trauma Therapy.

Starts at 2pm on 21<sup>st</sup> May and finishes at 12:30pm on 25<sup>th</sup> May.

30 hours tuition and includes simple food and wine

Cost 500 Euros

Led by Joanna Beazley Richards, TSTA

## Saturday and Sunday 29/30 May 2010

### Come to your senses! (A weekend using all 5 senses therapeutically)

"Lose your mind and come to your senses" - Fritz Perls

Through our 5 senses, as babies, we first learn to experience and make sense of the world. Our ability to relate to these senses and understand them dwindles over time. We tend therefore to operate predominantly as thinkers.

This weekend provides an understanding of the five senses and how they may be used therapeutically, and how human beings also store memory using all 5 senses.

This workshop is open to anyone interested in the diversity of memory.

Counts as 12 hours CPD

Cost £130

Led by Pippa Copleston and Sally Valentine

## Monday 7 June 2010

### 'Genograms, transgenerational theory and family scripts'

We are all products of our environment, carrying around conscious and unconscious family messages and "script". Transgenerational theory holds that unspoken, unresolved issues from past generations can still be influential but out of our awareness. Genograms are a tool that can provide insight into this ancestral influence.

This largely experimental day will give participants the opportunity to learn how to use genograms by doing their own family diagram, and to identify family script.

Both these ideas can be integrated into the Wealden Model and are useful tools for the counsellors, both in their own journey and in clients work.

This workshop is open to anyone interested in learning about families and how and why we are who we are.

Counts as 6 hours CPD

Cost £65

Led by Sally Valentine and Pippa Copleston

## Monday 14 June 2010

### 'CBT Treatment of Anxiety'

This workshop will enable participants who have already attended an introductory training in Cognitive Behavioural Therapy (CBT) to learn the basic treatment of anxiety using this form of treatment. Research shows that CBT is particularly effective with anxiety.

Counts as 6 hours CPD

Cost £75

Led by Dr Joshua Carritt Baker

## Saturday & Sunday 19-20 June 2010

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Counts for 12 hours CPD. Also leads to an internationally recognised certificate.

Cost: £95

Led by: Joanna Beazley Richards, TSTA

## Monday 5 July 2010

### 'Time Structuring'

Eric Berne suggested that people have a basic structure hunger. He identified six ways in which we structure our time, some of them healthy, others not. In this workshop we will learn the basic concept of time structuring, and participants will have opportunity to examine their own patterns with a view to making changes in order to lead more fulfilled lives, and to be better equipped to help their clients meet their own needs.

Counts as 6 hours CPD

Cost £65

Led by John Baxendale

## Saturday & Sunday 10-11 July 2010

### 'Introduction to CBT'

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## Monday 26 July 2010

### 'The Miniscript'

The Miniscript is a process in which a section of the Script process is played through in a short period of time, (seconds or minutes). The process involves responding to an external or internal stressor by going into Driver Behaviour from an Adapted Child position. In this workshop we will explore the significance of the miniscript and learn how to step out of it into patterns that we have decided upon as adults.

Counts as 6 hours CPD

Cost £65

Led by John Baxendale

## Friday - Sunday 30 July – 1 August 2010

### EMDR Training (Part 1)

EMDR is recommended by the National Institute for Clinical Excellence as an approach to trauma therapy. It is not a simple technique characterized primarily by the use of eye movements. EMDR is founded on the premise that each person has both an innate tendency to move toward health and wholeness, and the inner capacity to achieve it. This is for accredited practitioners in counselling, psychotherapy and psychology. Some places may be available for people eligible for accreditation, providing they have completed at least 300 clinical hours under supervision, and submit their CV and reference from their supervisor.

Cost £1,250 for the whole course (in 3 parts)

Led by Sandi Richman

## Monday & Tuesday 2-3 August 2010

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Led by: Joanna Beazley Richards, TSTA

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### 'Diploma in Counselling Exam prep day'

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Cost £65

Led by Sally Valentine

## Saturday & Sunday 11-12 September 2010 - FRANCE

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Cost: €125

Led by: Joanna Beazley Richards, TSTA

## Saturday & Sunday 2-3 October 2010

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TA offers a theory of child development and a theory of psychopathology; the concept of life-script explains how our present life patterns originated in childhood. Also for people interested in using TA in their professional work.

Counts for 12 hours CPD. Also leads to an internationally recognised certificate.

Cost: £95

Led by: Joanna Beazley Richards, TSTA

## Monday 4 October 2010

### 'Trauma and Recovery'

This workshop will introduce participants to the psychology of shock and trauma, the clinical difficulties that result and the nature of effective treatment.

Drawing on the work of Judith Lewis Herman and Babette Rothschild, topics such as the effect of childhood abuse, violence, and serious accidents will be outlined.

Much of the day will be spent looking at the characteristics and stages of effective treatment including the "don'ts" as well as the "dos". This day is the first of a number of possible workshops, attendance at which may lead to an Introductory Certificate in Trauma Therapy.

Counts as 6 hours CPD & Advanced TA Training

Cost: £65

Led by Joanna Beazley Richards TSTA

## Saturday & Sunday 30-31 October 2010

### 'Trauma and Attachment'

This workshop will introduce participants to the theory of attachment and attachment disorder, and of shock and trauma, the clinical difficulties that result and the nature of effective treatment.

Drawing on the work of John Bowlby, Judith Lewis Herman and Babette Rothschild, topics such as the effect of neglect, childhood abuse and domestic violence will be outlined.

Much of the first day will be spent looking at the theory and research findings. The second day will explore treatment, including the "don'ts" as well as the "dos".

Counts as 12 hours CPD & Advanced TA Training.

Cost £130

Led by Joanna Beazley Richards TSTA

# Wealden Psychology Institute Workshops & Short Course Programme

To book a place on a course please telephone the office for a flyer: 01892 655 195

## Monday 1 November 2010

### 'Self Esteem'

Counts as 6 hours CPD  
Course content t.b.c.  
Cost £65

Led by John Baxendale

## Monday 8 November 2010

### 'Trauma in Children'

This workshop, which follows on from the basic Trauma and Recovery workshop, enables participants to learn the particular ways that children may be helped to recover from trauma.

Counts as 6 hours CPD & Advanced TA Training.

Cost: £65

Led by Joanna Beazley Richards TSTA

## Sunday 14 November 2010

### EMDR Training (Part 2)

EMDR is recommended by the National Institute for Clinical Excellence as an approach to trauma therapy. It is not a simple technique characterized primarily by the use of eye movements. EMDR is founded on the premise that each person has both an innate tendency to move toward health and wholeness, and the inner capacity to achieve it. This is for accredited practitioners in counselling, psychotherapy and psychology. Some places may be available for people eligible for accreditation, providing they have completed at least 300 clinical hours under supervision, and submit their CV and reference from their supervisor.

Cost £1,250 for the whole course (in 3 parts)

Led by Sandi Richman

## Monday 15 November 2010

### 'Inner Child Workshop'

Within each of us is a part of our personality that is the child we used to be. That part often influences how we feel, what we do, and indeed, how successful we are.

We all need to develop a loving, supportive relationship with the child within us, so that that child will feel safe and supported, and bring out the creative, fun loving aspects of our character, to which others will respond positively.

Counts as 6 hours CPD

Cost £65

Led by John Baxendale

## Monday 6 December 2010

### 'Severe and Complex Trauma'

This workshop is for people who have already completed at least one day of training on trauma and recovery. Participants will explore the nature of severe and/or complex trauma, which, if it occurs in children, may result in the diagnosis of personality disorder.

The workshop will look at treatment possibilities, including some of the difficulties in treating this client group.

Counts for 6 hours CPD & Advanced TA Training

Cost: £65

Led by Joanna Beazley Richards TSTA

## Monday 13 December 2010

### 'TA and Energy'

Counts for 6 hours CPD

Course content t.b.c.

Cost £70

Led by John Baxendale

## Monday & Tuesday 20-21 December 2010

### 'Official TA101'

A 2-day introductory workshop to TA.

'Transactional analysis is a theory of personality and a systematic psychotherapy for personal growth and personal change'

That's the definition of TA suggested by the International Transactional Analysis Association. In fact, TA today is all this and much more. Among psychological approaches, Transactional Analysis is outstanding in the depth of its theory and the wide variety of its applications.

As a theory of personality, TA gives us a picture of how people are structured psychologically. TA also provides a theory of communication. This can be extended to give a method of analysing systems and organisations.

TA offers a theory of child development and a theory of psychopathology; the concept of life-script explains how our present life patterns originated in childhood

Also for people interested in using TA in their professional work.

Counts for 12 hours CPD. Also leads to an internationally recognised certificate.

Cost: £105

Led by: Joanna Beazley Richards, TSTA

## Tuesday 28 December 2010

### 'Trauma and Recovery'

This workshop will introduce participants to the psychology of shock and trauma, the clinical difficulties that result and the nature of effective treatment.

Drawing on the work of Judith Lewis Herman and Babette Rothschild, topics such as the effect of childhood abuse, violence, and serious accidents will be outlined.

Much of the day will be spent looking at the characteristics and stages of effective treatment including the "don'ts" as well as the "dos". This day is the first of a number of possible workshops, attendance at which may lead to an Introductory Certificate in Trauma Therapy.

Counts as 6 hours CPD & Advanced TA Training

Cost: £70

Led by Joanna Beazley Richards TSTA

## Wednesday & Thursday 29-30 December 2010

### 'Attachment and Trauma'

This workshop will introduce participants to the theory of attachment and attachment disorder, and of shock and trauma, the clinical difficulties that result and the nature of effective treatment.

Drawing on the work of John Bowlby, Judith Lewis Herman and Babette Rothschild, topics such as the effect of neglect, childhood abuse and domestic violence will be outlined. Much of the first day will be spent looking at the theory and research findings. The second day will explore treatment, including the "don'ts" as well as the "dos".

Counts as 12 hours CPD & Advanced TA Training.

Cost £140

Led by Joanna Beazley Richards TSTA

## Friday 31 December 2010

### 'Trauma in Children'

This workshop, which follows on from the basic Trauma and Recovery workshop, enables participants to learn the particular ways that children may be helped to recover from trauma.

Counts as 6 hours CPD & Advanced TA Training.

Counts for 6 hours CPD

Cost £70

Led by Joanna Beazley Richards TSTA

## Monday 10 January 2011

### 'Severe and Complex Trauma'

This workshop is for people who have already completed at least one day of training on trauma and recovery. Participants will explore the nature of severe and/or complex trauma, which, if it occurs in children, may result in the diagnosis of personality disorder.

The workshop will look at treatment possibilities, including some of the difficulties in treating this client group.

Counts for 6 hours CPD & Advanced TA Training

Cost: £70

Led by Joanna Beazley Richards TSTA