Wealden Institute Workshops & Specialist Training Events

For individual flyers please go to: www.wealdeninstitute.co.uk
or phone the office on: 01892 655 195

Please note, some of the training events take place in France – these are clearly marked

Brown workshops are for people who have only done a little previous training, for example, 1st year Counselling students.

Blue workshops are suitable for people who have done at least one year of Diploma level training in Counselling.

Pink Training events are more specialised and it is advisable to speak to a College Tutor before booking onto them.

NB. DIPLOMA IN COUNSELLING STUDENTS have five pre-paid workshops annually, at the standard fee of £119 per day. This fee will increase in July 2020, and is reflected on the individual flyers. For any workshop priced above this, Diploma students will be asked to pay the difference. Wealden College diploma students please also note that the TA101 course counts as two days of their 5 annual pre-paid workshops. Attendance at a half day workshop uses up half a workshop credit.

Workshops run from 09.30 to 16.30 with a one-hour lunch break, and morning and afternoon refreshment breaks with tea and coffee provided, unless otherwise stated. A kitchen is available for your use, including a fridge and microwave oven should you wish to bring your food. Lunch is not provided. When workshops take place online, there will be additional breaks, at times negotiated with the participants.

Saturday 27 June – HALF DAY: 09.30 to 12.30 online

**Working Therapeutically with Teenagers**
The workshop offers an opportunity to consider adolescence from a developmental perspective alongside an exploration of the ever-changing cultural landscape within which teenagers today are living. There will be a focus on working with the complexities of teenage mental health in the context of brain development and 21st century British Culture.

Led by: Michelle Bowman, BA Hons, QTS, Wealden Diploma in TA Psychotherapy

Cost: £60

This is a Specialist Training Event: the cost for Wealden College Diploma in Counselling students is reduced exceptionally to £30

---

Thursday 9 July 2020

**Animal Assisted Therapy – specialist topic: ego-states**

This workshop is planned to go ahead at College Farm with a maximum of 8 participants in order to allow for social distancing.

This specialist training is one of five leading to a Wealden Institute ‘Introductory Certificate in Animal Assisted Therapy.

This training will take place entirely at College Farm, High Hurstwood (3.5 miles south of Wealden Institute in Crowborough) and will explore the use of animals in therapeutic work. Participants will work alongside the Institute’s animals during experiential exercises. The training will cover the theory and practice of animal assisted therapy and its widespread use with a range of clients.

Each Animal Assisted Therapy day will address a different aspect of TA Theory in the context of working with animals when helping people therapeutically.

Please check the weather forecast and wear clothing suitable for an outdoor training.

Counts as 6 hours CPD & recognised TA Training.

Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. and John Baxendale, MSc, CTA. - Cost: £150

FOR WEALDEN COLLEGE DIPLOMA STUDENTS THIS WORKSHOP USES ONE OF THEIR CREDITS
Thursday 16 July 2020 – half day 09.30 to 12.30 online
**UKATA Diploma oral presentation prep workshop**
This workshop will take place on Zoom
This workshop aims to help TA students prepare for their oral presentation as part of the UKATA Diploma in TA practice. Trainees are encouraged to bring recorded clips of their work, with a typed transcript, in order to get to grips with the requirements for a good oral presentation. Suitable for TA students with at least three years training, from any training institute.
Led by John Baxendale, 6 Hours CPD, Cost: £35

Saturday 18 July 2020 – HALF DAY: 09.30 to 12.30 online
**Working Therapeutically with Children in an Educational Setting**
This workshop is for people interested in or currently working in a school or other educational setting. During the day, we will explore, from a TA perspective, how the education system itself forms a significant part of a child's cultural script. We will also explore the complexities of working within a school setting, considering sensitive issues such as how to work ethically within school policies, how to sensitively and effectively handle child protection disclosures and how to manage a school's agenda for counselling, remaining mindful of how all of the above may impact on the therapeutic relationships with your clients.
Led by: Michelle Bowman, BA Hons, QTS, Wealden Diploma in TA Psychotherapy
Cost £60
This is a Specialist Training Event: the cost for Wealden College Diploma in Counselling students is reduced exceptionally to £30

Sunday 19 July 2020
**Mindfulness in Relationship**
This workshop is planned to go ahead at College Farm with a maximum of 8 participants in order to allow for social distancing.
In this workshop, held at College farm, participants will explore how mindfulness can;
- Help us be more present and attentive.
- Lower negative emotional reactivity.
- Improve emotional regulation.
- Enhance self-awareness.
- Enable us to be more empathic.
All the above are known to improve our relating to nature, other people, and other living creatures.
Led by Joanna Beazley Richards MSc, TSTA, C.Psychol. CPD 6 hours, Cost £119

Wednesday 29 July 2020
**Diploma in Counselling Exam Prep Day**
This workshop is planned to go ahead on Zoom.
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. There is a maximum of 12 participants for the workshop to run. Led by Anna Pester. 6 Hours CPD, Cost: £119

Saturday 1 August 2020
**Working with Couples in Therapy**
This workshop is planned to go ahead on Zoom.
This workshop will outline the basics of counselling and psychotherapy with couples. It will explore;
- Initial contracting and agreements
- Fundamentals of how to conduct sessions.
- Some useful concepts and techniques
- Pitfalls
Led by Joanna Beazley Richards MSc, TSTA Cost £119 CPD 6 hours
Tuesday 4 August 2020

Trauma and Recovery – a one day Foundation for the Introductory Certificate in Trauma Therapy
This workshop is planned to go ahead on Zoom.
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 “do’s”. 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 & recognised TA Training
Led by Joanna Beazley Richards, MSc, TSTA C.Psychol. Cost: £119

Thursday 6 August 2020

Animal Assisted Therapy – specialist topic: Egograms
This workshop is planned to go ahead at College Farm with a maximum of 8 participants in order to allow for social distancing.
This specialist training is one of five leading to a Wealden Institute ‘Introductory Certificate in Animal Assisted Therapy.
This training will take place entirely at College Farm, High Hurstwood (3.5 miles south of Wealden Institute in Crowborough) and will explore the use of animals in therapeutic work. Participants will work alongside the Institute’s animals during experiential exercises. The training will cover the theory and practice of animal assisted therapy and its widespread use with a range of clients.
Each Animal Assisted Therapy day will address a different aspect of TA Theory in the context of working with animals when helping people therapeutically.
Please check the weather forecast and wear clothing suitable for an outdoor training.
Counts as 6 hours CPD & recognised TA Training.
Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. and John Baxendale, MSc, CTA. - Cost: £155
FOR WEALDEN COLLEGE DIPLOMA STUDENTS THIS WORKSHOP USES ONE OF THEIR CREDITS

Saturday and Sunday 15 & 16 August 2020

Official TA101, a two day Introductory Workshop for Transactional Analysis.
‘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, TA 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 which 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.
This introductory, two day course is invaluable for people interested in using TA in their professional workplace, or in their private life, and is the starting point for anyone wishing to go on to further recognised TA training.
Counts for 12 hours CPD. Leads to an internationally recognised, “TA101 Certificate”.
Led by John Baxendale MSc, PTSTA Cost: £199

Tuesday 25 August 2020

Treating Traumatised Children
This workshop is planned to go ahead on Zoom.
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. Prior to attending this workshop, participants must have attended the one day ‘Trauma and Recovery’ training by Joanna Beazley Richards.
Counts as 6 hours CPD & recognised TA Training.
Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. Cost £119
Wednesday 26 August 2020

Diploma in Counselling Exam Prep Day
This workshop is planned to go ahead on Zoom.
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. There is a maximum of 12 participants for the workshop to run.
Led by John Baxendale 6 Hours CPD, Cost: £70

Saturday 29 August 2020

Mindfulness and the senses
This workshop is planned to go ahead at College Farm with a maximum of 8 participants in order to allow for social distancing.
This workshop will introduce participants to
• Finding inner peace with mindfulness and the five senses.
• Mindfulness and the power of living in the moment, embracing our current circumstances without judgement or pretence.
• Being a conscious observer.
• Our senses as our window to the world; experiencing life through our senses.
• The unique quality of each of our senses.
Led by Joanna Beazley Richards MSc, TSTA, C.Psychol. CPD 6 hours, Cost £119

Monday 31 August 2020

Severe and Complex Trauma and Dissociation
This workshop is planned to go ahead on Zoom.
This workshop is for people who have already completed the Trauma and Recovery Foundation workshop. 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.
Prior to attending this workshop, participants must have attended the one day ‘Trauma and Recovery Foundation’ training by Joanna Beazley Richards.
Counts as 6 hours CPD & recognised TA Training
Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. Cost: £119

Wednesday 2 September 2020

Transference and Counter-transference – What’s going on here?
This workshop is planned to go ahead on Zoom.
The workshop aims to develop counsellors’ knowledge of transference and counter-transference in working with clients to understand their internal structures and ways of relating interpersonally. It can be through working with the process of transference and our own counter-transference that the inner world of the client can be seen, understood and explored. This can be extremely helpful for the client’s journey in therapy.
Led by Anna Pester BA(Hons) Counselling, Reg. MBACP (Accred)
Cost £119
Thursday 3 September 2020

**Animal Assisted Therapy – specialist topic: Transactions**

This workshop is planned to go ahead at College Farm with a maximum of 8 participants in order to allow for social distancing.

This specialist training is one of five leading to a Wealden Institute 'Introductory Certificate in Animal Assisted Therapy.

This training will take place entirely at College Farm, High Hurstwood (3.5 miles south of Wealden Institute in Crowborough) and will explore the use of animals in therapeutic work. Participants will work alongside the Institute’s animals during experiential exercises. The training will cover the theory and practice of animal assisted therapy and its widespread use with a range of clients.

Each Animal Assisted Therapy day will address a different aspect of TA Theory in the context of working with animals when helping people therapeutically.

Please check the weather forecast and wear clothing suitable for an outdoor training.

Counts as 6 hours CPD & recognised TA Training.

Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. and John Baxendale, MSc, CTA. - Cost: £155

**FOR WEALDEN COLLEGE DIPLOMA STUDENTS THIS WORKSHOP USES ONE OF THEIR CREDITS**

---

Saturday 12 September 2020 – all day, online

**UKATA Diploma oral presentation prep workshop**

This workshop will take place on Zoom

This workshop aims to help TA students prepare for their oral presentation as part of the UKATA Diploma in TA practice. Trainees are encouraged to bring recorded clips of their work, with a typed transcript, in order to get to grips with the requirements for a good oral presentation. Suitable for TA students with at least three years training, from any training institute.

Led by John Baxendale, 6 Hours CPD, Cost: £70

---

Saturday and Sunday 12 & 13 September 2020

**Attachment, Attachment Disorder, Trauma and Recovery**

This workshop is planned to go ahead on Zoom.

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".

Prior to attending this workshop, participants must have attended the one day ‘Trauma and Recovery Foundation workshop’ training by Joanna Beazley Richards.

Counts as 12 hours CPD & recognised TA Training

Led by Joanna Beazley Richards MSc. TSTA C.Psychol. - Cost: £238

---

Wednesday 16 September 2020

**Diploma in Counselling Exam Prep Day**

This workshop is planned to go ahead on Zoom.

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. There is a maximum of 12 participants for the workshop to run. Led by Anna Pester.

6 Hours CPD, Cost: £119
Thursday 24 Sept at 2pm to Monday 28 September 2020 at noon

**Diploma level training in Trauma Therapy – Training HELD IN FRANCE**

This training is planned to go ahead with a maximum of 6 participants in order to allow for social distancing

This is an advanced training event, only open to people who have completed the Wealden Institute Introductory Certificate in Trauma Therapy with Joanna Beazley Richards. The training is a blend of teaching of research and theory, discussion, small group exercises and skills training. It will culminate in an assessment of what has been learned on the course.

While it is not a requirement to stay in the accommodation at Le Sarment, it is advised to do so insofar that space is available.

Given the need for all concerned to prepare well in advance of the training, it is strongly recommended that participants reserve their place and network with other participants and Wealden College admin in good time. For example, participants travelling by air to Bordeaux may want to coordinate their travel arrangements for the journey and for travel from the airport to Wealden Institute French branch. For further information contact the office.

Counts as 36 hours CPD & recognised TA Training.

Led by Joanna Beazley Richards, MSc, TSTA, CPsychol., Registered Trauma Specialist, and John Baxendale, MSc, PTSTA, EMDR Europe Accredited Practitioner

Fees: tuition and mid-day meal 890 Euros, plus 290 Euros for dinner bed and breakfast for the five days, payable in cash on arrival.

---

**Saturday and Sunday 3 & 4 October 2020**

**Official TA101, a two day Introductory Workshop for Transactional Analysis.**

This workshop is planned to go ahead on Zoom.

‘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, TA 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 which 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.

This introductory, two day course is invaluable for people interested in using TA in their professional workplace, or in their private life, and is the starting point for anyone wishing to go on to further recognised TA training.

Counts for 12 hours CPD. Leads to an internationally recognised, “TA101 Certificate”.

Led by John Baxendale MSc, PTSTA Cost: £199

---

**Sunday 18 October 2020**

**Animal Assisted Therapy – specialist topic: Transactions**

This workshop is planned to go ahead at College Farm with a maximum of 8 participants in order to allow for social distancing.

This specialist training is one of five leading to a Wealden Institute ‘Introductory Certificate in Animal Assisted Therapy.

This training will take place entirely at College Farm, High Hurstwood (3.5 miles south of Wealden Institute in Crowborough) and will explore the use of animals in therapeutic work. Participants will work alongside the Institute’s animals during experiential exercises. The training will cover the theory and practice of animal assisted therapy and its widespread use with a range of clients.

Each Animal Assisted Therapy day will address a different aspect of TA Theory in the context of working with animals when helping people therapeutically.

Please check the weather forecast and wear clothing suitable for an outdoor training.

Counts as 6 hours CPD & recognised TA Training.

Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. and John Baxendale, MSc, CTA. - Cost: £155

FOR WEALDEN COLLEGE DIPLOMA STUDENTS THIS WORKSHOP USES ONE OF THEIR CREDITS
Thursday 29 October 2020

**Animal Assisted Therapy – specialist topic: Mindfulness**
This workshop is planned to go ahead at College Farm with a maximum of 8 participants in order to allow for social distancing.
This specialist training is one of five leading to a Wealden Institute 'Introductory Certificate in Animal Assisted Therapy.
This training will take place entirely at College Farm, High Hurstwood (3.5 miles south of Wealden Institute in Crowborough) and will explore the use of animals in therapeutic work. Participants will work alongside the Institute’s animals during experiential exercises. The training will cover the theory and practice of animal assisted therapy and its widespread use with a range of clients.
Each Animal Assisted Therapy day will address a different aspect of TA Theory in the context of working with animals when helping people therapeutically.
Please check the weather forecast and wear clothing suitable for an outdoor training.
Counts as 6 hours CPD & recognised TA Training.
Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. and John Baxendale, MSc, CTA. - Cost: £155

FOR WEALDEN COLLEGE DIPLOMA STUDENTS THIS WORKSHOP USES ONE OF THEIR CREDITS

Saturday 31 October 2020

**Shame and Self-Esteem**
This workshop is planned to go ahead on Zoom.
In this workshop we will explore the theoretical origins of shame, drawing on the work of Allan Schore as well as earlier writers, and the impact of shame on self-esteem. We will consider options for therapy, and participants will have the opportunity of working together in pairs or small groups to look at their own self-esteem and shame, and to think about how to work with clients presenting with these issues.
Led by John Baxendale MSc, PTSTA Cost: £119 CPD 6 hours

Tuesday 3 November 2020

**Trauma and Recovery – a one day Foundation for the Introductory Certificate in Trauma Therapy**
This workshop is planned to go ahead on Zoom.
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 “do’s”. 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 & recognised TA Training.
Led by Joanna Beazley Richards, MSc, TSTA C.Psychol. Cost: £119

Monday and Tuesday 9 & 10 November 2020

**Official TA101, a two day Introductory Workshop for Transactional Analysis.**
This workshop is planned to go ahead on Zoom.
‘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, TA 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 which 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.
This introductory, two day course is invaluable for people interested in using TA in their professional workplace, or in their private life, and is the starting point for anyone wishing to go on to further recognised TA training.
Counts for 12 hours CPD. Leads to an internationally recognised, “TA101 Certificate”.
Led by John Baxendale MSc, PTSTA Cost: £199
Tuesday 1 December 2020
Treat Traumatised Children
This workshop is planned to go ahead on Zoom.
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. Prior to attending this workshop, participants must have attended the one day ‘Trauma and Recovery’ training by Joanna Beazley Richards.
Counts as 6 hours CPD & recognised TA Training.
Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. Cost £119

Friday and Saturday 18 & 19 December 2020
Official TA101, a two day Introductory Workshop for Transactional Analysis.
This workshop is planned to go ahead on Zoom.
‘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, TA 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 which 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.
This introductory, two day course is invaluable for people interested in using TA in their professional workplace, or in their private life, and is the starting point for anyone wishing to go on to further recognised TA training.
Counts for 12 hours CPD. Leads to an internationally recognised, “TA101 Certificate”.
Led by John Baxendale MSc, PTSTA Cost: £199

Saturday and Sunday 23 & 24 January 2021
Attachment, Attachment Disorder, Trauma and Recovery
This workshop will probably take place on Zoom.
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”.
Prior to attending this workshop, participants must have attended the one day ‘Trauma and Recovery Foundation workshop’ training by Joanna Beazley Richards.
Counts as 12 hours CPD & recognised TA Training.
Led by Joanna Beazley Richards MSc. TSTA C.Psychol. - Cost: £238

Saturday 30 January 2021
Trauma and Recovery – a one day Foundation for the Introductory Certificate in Trauma Therapy
This workshop will probably take place on Zoom.
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 “do’s”. 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 & recognised TA Training.
Led by Joanna Beazley Richards, MSc, TSTA C.Psychol. Cost: £119
Saturday 6 February 2021
**Severe and Complex Trauma and Dissociation**
This workshop will probably take place on Zoom.
This workshop is for people who have already completed the Trauma and Recovery Foundation workshop. 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. Prior to attending this workshop, participants must have attended the one day ‘Trauma and Recovery Foundation’ training by Joanna Beazley Richards.
Counts as 6 hours CPD & recognised TA Training
Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. Cost: £119

Saturday and Sunday 6 & 7 February 2021
**Official TA101, a two day Introductory Workshop for Transactional Analysis.**
This workshop will probably take place on Zoom.
‘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, TA 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 which 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.
This introductory, two day course is invaluable for people interested in using TA in their professional workplace, or in their private life, and is the starting point for anyone wishing to go on to further recognised TA training.
Counts for 12 hours CPD. Leads to an internationally recognised, “TA101 Certificate”.
Led by John Baxendale MSc, PTSTA Cost: £199

Tuesday 23 February 2021
**Treating Traumatised Children**
This workshop will probably take place on Zoom.
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. Prior to attending this workshop, participants must have attended the one day ‘Trauma and Recovery’ training by Joanna Beazley Richards.
Counts as 6 hours CPD & recognised TA Training.
Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. Cost £119

Monday and Tuesday 22 & 23 March 2021
**Attachment, Attachment Disorder, Trauma and Recovery**
This workshop will probably take place on Zoom.
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”.
Prior to attending this workshop, participants must have attended the one day ‘Trauma and Recovery Foundation workshop’ training by Joanna Beazley Richards.
Counts as 12 hours CPD & recognised TA Training
Led by Joanna Beazley Richards MSc. TSTA C.Psychol. - Cost: £238
Monday and Tuesday 12 & 13 April 2021

Official TA101, a two day Introductory Workshop for Transactional Analysis.

This workshop will probably take place on Zoom.

‘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, TA 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 which 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.

This introductory, two day course is invaluable for people interested in using TA in their professional workplace, or in their private life, and is the starting point for anyone wishing to go on to further recognised TA training.

Counts for 12 hours CPD. Leads to an internationally recognised, “TA101 Certificate”.

Led by John Baxendale MSc, PTSTA Cost: £199

---

Thursday 15 April 2021

Animal Assisted Therapy – specialist topic: Life Scripts

This workshop will take place face to face at College Farm.

This specialist training is one of five leading to a Wealden Institute ‘Introductory Certificate in Animal Assisted Therapy.

This training will take place entirely at College Farm, High Hurstwood (3.5 miles south of Wealden Institute in Crowborough) and will explore the use of animals in therapeutic work. Participants will work alongside the Institute’s animals during experiential exercises. The training will cover the theory and practice of animal assisted therapy and its widespread use with a range of clients.

Each Animal Assisted Therapy day will address a different aspect of TA Theory in the context of working with animals when helping people therapeutically.

Please check the weather forecast and wear clothing suitable for an outdoor training.

Counts as 6 hours CPD & recognised TA Training.

Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. and John Baxendale, MSc, CTA. - Cost: £155

FOR WEALDEN COLLEGE DIPLOMA STUDENTS THIS WORKSHOP USES ONE OF THEIR CREDITS

---

Thursday 22 April 2021

Animal Assisted Therapy – specialist topic: the Miniscript

This workshop will take place at College Farm.

This specialist training is one of five leading to a Wealden Institute ‘Introductory Certificate in Animal Assisted Therapy.

This training will take place entirely at College Farm, High Hurstwood (3.5 miles south of Wealden Institute in Crowborough) and will explore the use of animals in therapeutic work. Participants will work alongside the Institute’s animals during experiential exercises. The training will cover the theory and practice of animal assisted therapy and its widespread use with a range of clients.

Each Animal Assisted Therapy day will address a different aspect of TA Theory in the context of working with animals when helping people therapeutically.

Please check the weather forecast and wear clothing suitable for an outdoor training.

Counts as 6 hours CPD & recognised TA Training.

Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. and John Baxendale, MSc, CTA. - Cost: £155

FOR WEALDEN COLLEGE DIPLOMA STUDENTS THIS WORKSHOP USES ONE OF THEIR CREDITS
Thursday 29 April 2021  
**Animal Assisted Therapy – specialist topic: strokes**  
This workshop will take place at College Farm  
This specialist training is one of five leading to a Wealden Institute ‘Introductory Certificate in Animal Assisted Therapy.  
This training will take place entirely at College Farm, High Hurstwood (3.5 miles south of Wealden Institute in Crowborough) and will explore the use of animals in therapeutic work. Participants will work alongside the Institute’s animals during experiential exercises. The training will cover the theory and practice of animal assisted therapy and its widespread use with a range of clients.  
Each Animal Assisted Therapy day will address a different aspect of TA Theory in the context of working with animals when helping people therapeutically.  
Please check the weather forecast and wear clothing suitable for an outdoor training.  
Counts as 6 hours CPD & recognised TA Training.  
Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. and John Baxendale, MSc, CTA. - Cost: £155  
FOR WEALDEN COLLEGE DIPLOMA STUDENTS THIS WORKSHOP USES ONE OF THEIR CREDITS

Thursday 6 May 2021  
**Animal Assisted Therapy – specialist topic: Psychological Games**  
This workshop will take place at College Farm  
This specialist training is one of five leading to a Wealden Institute ‘Introductory Certificate in Animal Assisted Therapy.  
This training will take place entirely at College Farm, High Hurstwood (3.5 miles south of Wealden Institute in Crowborough) and will explore the use of animals in therapeutic work. Participants will work alongside the Institute’s animals during experiential exercises. The training will cover the theory and practice of animal assisted therapy and its widespread use with a range of clients.  
Each Animal Assisted Therapy day will address a different aspect of TA Theory in the context of working with animals when helping people therapeutically.  
Please check the weather forecast and wear clothing suitable for an outdoor training.  
Counts as 6 hours CPD & recognised TA Training.  
Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. and John Baxendale, MSc, CTA. - Cost: £155  
FOR WEALDEN COLLEGE DIPLOMA STUDENTS THIS WORKSHOP USES ONE OF THEIR CREDITS

Thursday 13 May 2021  
**Animal Assisted Therapy – specialist topic: autonomy**  
This workshop will take place at College Farm  
This specialist training is one of five leading to a Wealden Institute ‘Introductory Certificate in Animal Assisted Therapy.  
This training will take place entirely at College Farm, High Hurstwood (3.5 miles south of Wealden Institute in Crowborough) and will explore the use of animals in therapeutic work. Participants will work alongside the Institute’s animals during experiential exercises. The training will cover the theory and practice of animal assisted therapy and its widespread use with a range of clients.  
Each Animal Assisted Therapy day will address a different aspect of TA Theory in the context of working with animals when helping people therapeutically.  
Please check the weather forecast and wear clothing suitable for an outdoor training.  
Counts as 6 hours CPD & recognised TA Training.  
Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. and John Baxendale, MSc, CTA. - Cost: £155  
FOR WEALDEN COLLEGE DIPLOMA STUDENTS THIS WORKSHOP USES ONE OF THEIR CREDITS
Wealden Institute Workshops & Short Course Programme

For individual workshop flyers please go to our website, or phone the office on: 01892 655 195

Please note - workshops in France are in green

Thursday 20 May 2021

Animal Assisted Therapy – specialist topic: psychobiological hungers
This workshop will take place at College Farm.
This specialist training is one of five leading to a Wealden Institute 'Introductory Certificate in Animal Assisted Therapy.
This training will take place entirely at College Farm, High Hurstwood (3.5 miles south of Wealden Institute in Crowborough) and will explore the use of animals in therapeutic work. Participants will work alongside the Institute’s animals during experiential exercises. The training will cover the theory and practice of animal assisted therapy and its widespread use with a range of clients.
Each Animal Assisted Therapy day will address a different aspect of TA Theory in the context of working with animals when helping people therapeutically.
Please check the weather forecast and wear clothing suitable for an outdoor training.
Counts as 6 hours CPD & recognised TA Training.
Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. and John Baxendale, MSc, CTA. - Cost: £155
FOR WEALDEN COLLEGE DIPLOMA STUDENTS THIS WORKSHOP USES ONE OF THEIR CREDITS

Thursday 10 June 2021

Mindfulness of Nature
This workshop will take place at College Farm.
This workshop will enable participants to be mindful of their experience of being outdoors in the natural environment of a rural setting. Exercises will include mindfulness of emotional response, of sensory experience and awareness of ego-states. Participants are encouraged to wear clothing and footwear suitable for outdoor activities.
Led by Joanna Beazley Richards MSc, TSTA, C.Psychol.
CPD 6 hours, Cost £119

Monday and Tuesday 14 & 15 June 2021

Official TA101, a two day Introductory Workshop for Transactional Analysis.
This workshop will probably take place on Zoom
‘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, TA 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 which 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.
This introductory, two day course is invaluable for people interested in using TA in their professional workplace, or in their private life, and is the starting point for anyone wishing to go on to further recognised TA training.
Counts for 12 hours CPD. Leads to an internationally recognised, “TA101 Certificate”.
Led by John Baxendale MSc, PTSTA Cost: £210

Thursday 8 July 2021

Mindfulness of the Senses
This workshop will take place at College Farm.
This workshop will introduce participants to
• Finding inner peace with mindfulness and the five senses.
• Mindfulness and the power of living in the moment, embracing our current circumstances without judgement or pretence.
• Being a conscious observer.
• Our senses as our window to the world; experiencing life through our senses.
• The unique quality of each of our senses.
Led by Joanna Beazley Richards MSc, TSTA, C.Psychol. CPD 6 hours, Cost £119
Monday 26 July 2021  
**Diploma in Counselling Exam Prep Day**  
This workshop will probably take place on Zoom.  
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. There is a maximum of 12 participants for the workshop to run. Led by Anna Pester and John Baxendale.  
6 Hours CPD, Cost: £125

Wednesday 18 August 2021  
**Diploma in Counselling Exam Prep Day**  
This workshop will probably take place on Zoom.  
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. There is a maximum of 12 participants for the workshop to run. Led by John Baxendale.  
6 Hours CPD, Cost: £125

Monday and Tuesday 13 & 14 September 2021  
**Official TA101, a two day Introductory Workshop for Transactional Analysis.**  
This workshop will probably take place on Zoom.  
‘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, TA 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 which 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.  
This introductory, two day course is invaluable for people interested in using TA in their professional workplace, or in their private life, and is the starting point for anyone wishing to go on to further recognised TA training.  
Counts for 12 hours CPD. Leads to an internationally recognised, “TA101 Certificate”.  
Led by John Baxendale MSc, PTSTA  
Cost: £210

Saturday 25 at 2pm to Wednesday 29 September 2021 at noon  
**Diploma level training in Trauma Therapy – Training HELD IN FRANCE**  
This is an advanced training event, only open to people who have completed the Wealden Institute Introductory Certificate in Trauma Therapy with Joanna Beazley Richards. The training is a blend of teaching of research and theory, discussion, small group exercises and skills training. It will culminate in an assessment of what has been learned on the course.  
While it is not a requirement to stay in the accommodation at Le Sarment, it is advised to do so insofar that space is available.  
Given the need for all concerned to prepare well in advance of the training, it is strongly recommended that participants reserve their place and network with other participants and Wealden College admin in good time. For example, participants travelling by air to Bordeaux may want to coordinate their travel arrangements for the journey and for travel from the airport to Wealden Institute French branch. For further information contact the office.  
Counts as 36 hours CPD & recognised TA Training  
Led by Joanna Beazley Richards, MSc, TSTA, CPsychol., Registered Trauma Specialist, and John Baxendale, MSc, PTSTA, EMDR Europe Accredited Practitioner  
Fees: tuition and mid-day meal 980 Euros, plus 320 Euros for dinner bed and breakfast for the five days, payable in cash on arrival.
Saturday and Sunday 6 & 7 November 2021

**Official TA101, a two day Introductory Workshop for Transactional Analysis.**

This workshop will probably take place on Zoom.

‘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, TA 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 which 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.

This introductory, two day course is invaluable for people interested in using TA in their professional workplace, or in their private life, and is the starting point for anyone wishing to go on to further recognised TA training.

Counts for 12 hours CPD. Leads to an internationally recognised, “TA101 Certificate”.

Led by John Baxendale MSc, PTSTA Cost: £210

---

Wednesday 17 November 2021

**Diploma in Counselling Exam Prep Day**

This workshop will probably take place on Zoom.

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. There is a maximum of 12 participants for the workshop to run. Led by John Baxendale.

6 Hours CPD, Cost: £125