

Wealden Institute Workshops & Specialist Training Events



For individual flyers please go to wealdeninstitute.co.uk/Wealden_College/flyers.xalter
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, 1 st year Counselling students. They carry the number:	1
Blue workshops are suitable for people who have done at least one year of Diploma level training in Counselling. They carry the number:	2
Pink Training events are more specialised and it is advisable to speak to a College Tutor before booking onto them. They carry the number:	3
<p>NB. DIPLOMA IN COUNSELLING STUDENTS have five pre-paid workshops, at the standard fee of £110 per day. This fee will increase in July 2018, and is reflected on the individual flyers. For any workshop priced above this, Diploma students will be asked to pay the difference. Diploma students please also note that the TA101 course counts as two days of their 5 annual pre-paid workshops.</p>	

Saturday 16 February 2019

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. There is a minimum of 12 participants for the workshop to run.

6 Hours CPD, Cost: £110

Led by Anna Pester BA(Hons) Counselling, Reg. MBACP (Accred)

1

Saturday and Sunday 23 & 24 February 2019

Attachment, Attachment Disorder, Trauma and 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".

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: £220

2

Wealden Psychology Institute and College

2 Quarry View, Whitehill Road, Crowborough, East Sussex, TN6 1JT.

Tel: 01892 655 195 admin@wealdeninstitute.co.uk www.wealdeninstitute.co.uk

Wealden Institute Workshops & Short Course Programme



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



Please note - workshops in France are in green

Saturday and Sunday 23 & 24 February 2019

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: £178

1

Saturday 2 March 2019

Transference and Counter-transference – What's going on here?

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 £110

1

Saturday 23 March 2019

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. 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 £110

2

Sunday 24 March 2019

Introduction to Mindfulness and Stress Reduction

Mindfulness is a way of paying attention to the present moment and is designed to help people become more aware of their thoughts and feelings in a way that facilitates a greater ability to manage them appropriately.

This workshop will be an introduction into what Mindfulness is and what it means to be mindful, to the history and theoretical underpinnings of Mindfulness, and how you can use it both personally and professionally.

Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. Cost: £110

1

Wealden Institute Workshops & Short Course Programme



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



Please note - workshops in France are in green

Saturday and Sunday 23 & 24 March 2019

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: £178

1

Saturday 30 March 2019

Pre-trial Therapy for Sexual Violence and Abuse Counselling

This workshop aims to enable counsellors to develop their understanding of issues involved in working with adult clients who have experienced sexual violence who are also going to be giving evidence in court as witnesses. The workshop will consider the guidelines around provision of pre-trial therapy and how counsellors can work safely and appropriately with clients in accordance with legal requirements.

Led by Anna Pester BA(Hons) Counselling, Reg. MBACP (Accred)

Cost £110

1

Thursday 18 April 2019

Animal Assisted Therapy – specialist topic: ego-states

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 Wealden Institute farm, 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

1

Monday 22 April 2019

Trauma and Recovery – a one day Foundation for the Introductory Certificate in Trauma Therapy

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: £110

2

Wealden Institute Workshops & Short Course Programme



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



Please note - workshops in France are in green

Monday and Tuesday 22 & 23 April 2019

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: £178

1

Thursday 25 April 2019

Animal Assisted Therapy – specialist topic: the TA Functional model and egograms

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 Wealden Institute farm, 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

1

Saturday 27 April 2019

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. There is a minimum of 12 participants for the workshop to run.

6 Hours CPD, Cost: £110

Led by Anna Pester BA(Hons) Counselling, Reg. MBACP (Accred)

1

Thursday 2 May 2019

Animal Assisted Therapy – specialist topic: Transactions and the 3 rules of communication

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 Wealden Institute farm, 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

1

Wealden Institute Workshops & Short Course Programme



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



Please note - workshops in France are in green

Thursday 23 May 2019

Animal Assisted Therapy – specialist topic: Psychological Games

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 Wealden Institute farm, 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

1

Saturday 27 May 2019

Severe and Complex Trauma and Dissociation

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: £110

2

Saturday 15 June 2019

Connecting with Cognitive Behaviour Therapy in Counselling for OCD and Hoarding

This workshop will develop counsellors' knowledge of CBT skills to use them in their work compassionately with clients who are affected by OCD and Hoarding. CBT has been established as an effective treatment for these difficulties. OCD and Hoarding not only affects the client but also their family and friends and can have a debilitating effect on relationships. The workshop will focus on working with people using Exposure and Response Prevention, a principal CBT technique.

Led by Anna Pester BA(Hons) Counselling, Reg. MBACP (Accred)

Cost £110

1

Thursday 20 June 2019

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. 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 £110

2

Wealden Institute Workshops & Short Course Programme



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



Please note - workshops in France are in green

Saturday and Sunday 22 & 23 June 2019

Redecision TA with Relationship

In the 1970's Robert and Mary Goulding developed the theory and practice of 'Redecision Transactional Analysis', this can be understood as extension of Classical TA ideas and practice. In the last 20 years TA has incorporated new ideas, concepts and practice of using the relationship between therapist and client as an important aspect of TA psychotherapy. In this workshop we will explore how we can incorporate the Relational practice into Redecision TA. We will explore the theory and practice of both Redecision and Relational TA through discussion, examples and live work. A new theory of the Type 3 Impasse will be offered. This will be an opportunity to clarify any aspect of Redecision Therapy and explore the concepts of working Relationally. Each day will count as 6 hours of advanced training.

Led by John Renwick TSTA. Cost £230

1

Thursday 8 August 2019

Animal Assisted Therapy – specialist topic: Rackets

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 Wealden Institute farm, 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

1

Saturday 17 August 2019

Trauma and Recovery – a one day Foundation for the Introductory Certificate in Trauma Therapy

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: £115

2

Saturday 24 August 2019

Severe and Complex Trauma and Dissociation

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: £115

2

Wealden Institute Workshops & Short Course Programme



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



Please note - workshops in France are in green

Saturday 31 August 2019

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. 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 £115

②

Thursday 5 September 2019

Animal Assisted Therapy – specialist topic: Reachback and Afterburn

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 Wealden Institute farm, 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

①

Saturday and Sunday 7 & 8 September 2019

Attachment, Attachment Disorder, Trauma and 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".

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: £230

②

Monday and Tuesday 9 & 10 September 2019

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: £185

①

Wealden Institute Workshops & Short Course Programme



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



Please note - workshops in France are in green

Friday 4 October at 2pm to Wednesday 9 October at 12 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 840 Euros, plus 270 Euros for dinner bed and breakfast for the five days, payable in cash on arrival.

3

Saturday 26 October 2019

Trauma and Recovery – a one day Foundation for the Introductory Certificate in Trauma Therapy

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: £115

2

Saturday and Sunday 26 & 27 October 2019

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: £185

1

Wealden Institute Workshops & Short Course Programme



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



Please note - workshops in France are in green

Sunday 27 October 2019

Severe and Complex Trauma and Dissociation

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: £115

2

Saturday and Sunday 23 & 24 November 2019

Attachment, Attachment Disorder, Trauma and 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".

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: £230

2

Saturday and Sunday 23 & 24 November 2019

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: £185

1

Saturday 30 November 2019

Treating Traumatised 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. 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 £115

2

Wealden Institute Workshops & Short Course Programme



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



Please note - workshops in France are in green

Sunday 01 December 2019

Introduction to Mindfulness to help anxiety and worrying

Mindfulness is a way of paying attention to the present moment and is designed to help people become more aware of their thoughts and feelings in a way that facilitates a greater ability to manage them appropriately.

This workshop will be an introduction into the Mindfulness approach to the therapy of worrying and anxiety.

Led by Joanna Beazley Richards, MSc, TSTA, C.Psychol. Cost: £115

1
