

# Psychology Associates



## TRAINING CALENDAR

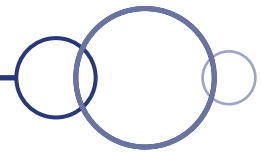
2022



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# Who are Psychology Associates?



We are a multidisciplinary team of Clinical Psychologists, Educational Psychologists, Counsellors, Psychotherapists, Creative Therapists, Occupational Therapists and Speech and Language Therapists.

We strive to make a meaningful difference through evidence based and effective interventions including therapy, consultation, assessment, supervision, coaching and training. We are constantly developing new training programmes to reflect developments in research, and as our expertise expands.

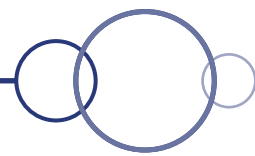
For nearly 20 years, Psychology Associates has provided national training, workshops and CPD programmes to other support and charitable organisations, such as Local Authorities, Regional Adoption Agencies, Schools, the NSPCC, Action for Children, Legal Firms and businesses.

Psychology Associates is an Ofsted Registered Adoption Support Agency. In 2019, Ofsted rated us 'Outstanding' with incredible feedback including "The agency is staffed by a range of therapists who are highly qualified, skilled and experienced in achieving excellent outcomes". With every service we provide, whether individual therapy, training or assessments, we deliver ethical and innovative approaches to ensure we deliver the best possible service for our clients.

For more information on our services please visit our website:  
**[www.psychologyassociates.org.uk](http://www.psychologyassociates.org.uk)**



# Our Training



Due to the wide range of skills, expertise and experience that our clinicians have, we are able to facilitate a variety of training programmes across the mental health and wellbeing spectrums.

This includes, but is not limited to, attachment, resilience, trauma, suicide prevention and response, de-escalation, mental health awareness, specialist support within learning disabilities and education related areas as well as bespoke training packages for businesses.

We are experts in our fields, and often provide consultation and advice on the areas in which we offer training to other organisations across the UK. With vast collective years of training and experience, we ensure our trainings are thought provoking, evidence based and draw upon contemporary research and knowledge. Our training provides deeper understanding of a subject as well as opportunities to practice and enhance practical skills.

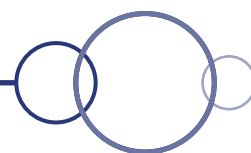
Please note that, due to the popularity of our training events, additional courses may be scheduled to meet high demand and so the trainings outlined in this calendar are not a definitive list. To be kept up to date with our training events and any further courses as they are scheduled, please visit our website and follow our social media platforms (Twitter, Facebook and LinkedIn).

**We are very excited to announce that we will be delivering our Annual Conference virtually in 2022, which will focus on the topic of Trauma-Informed Organisations.**

**The details of this conference will be announced in due course on our website ([www.psychologyassociates.org.uk](http://www.psychologyassociates.org.uk)) and our social media platforms. If you would like to register your interest in these trainings in advance, please contact us to be kept up to date with all details.**



# Meet Our Trainers



## **Dr Adam Lewis Cole** **Registered Educational** **Psychologist**

Adam is experienced in working with children, young people and families. Adam previously worked as a teacher

and programme leader in Further Education. He has experience in providing assessment, consultation, intervention and training to support children and families with a wide range of Special Educational Needs.



## **Dr Cara Redmond** **Registered Clinical** **Psychologist and Lead** **for Therapy at Psychology** **Associates**

Cara specialises in working with children and young people with developmental trauma, anxiety and depression. Cara is particularly interested in systemic and dyadic approaches to working with trauma and relationship difficulties. Cara worked as a clinical psychologist in the NHS CAMHS for over 10 years, and has

additional training in Systemic Family Therapy, CBT and Dyadic Developmental Practice (DDP). Her areas of specialist expertise are working with complex trauma, anxiety, depression, emotional dysregulation and self-harm. Cara has also completed additional training in DBT and NVR (Non-Violent Resistance) which allows her to be extremely effective when working with families with complex needs. She is also sought after to provide consultation to organisations who work with young people in care.

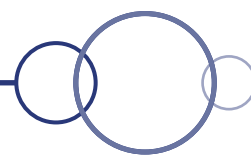


## **Dr Emma Greatbatch** **Consultant Clinical** **Psychologist and DDP** **Practitioner**

Dr Emma Greatbatch is a Consultant Clinical Psychologist and DDP Practitioner, Consultant and Trainer. Emma has expertise in working with developmental trauma and attachment disruption and has worked with families and children with these experiences, in a variety of roles, for

over 20 years. Emma specialises in DDP (Dyadic Developmental Psychotherapy and Practice) and is skilled in therapeutic work; supporting and training therapeutic parents and foster carers; and working with complex professional networks. Emma currently works independently, providing therapeutic input to families; supervision and consultation to professionals; assessment within the family courts; and DDP training to organisations nationwide.

# Meet Our Trainers



## **Dr Nneamaka Ekebuisi Registered Clinical Psychologist**

Eny has worked with children and young people for over 20 years. Her background includes working within residential drug rehabilitation units, prisons and criminal justice services, with homeless populations and managing a children's residential home. Eny has also worked in the NHS in both child and adult psychological services. Her special interests include attachment theory, offending behaviours, substance misuse, post-trauma work, family work

and providing support to children's homes via training and consultation. Eny is a reflective practitioner, particularly skilled in providing assessments and interventions with high risk clients, particularly within the fields of domestic abuse and substance misuse. Eny's extensive training and experience allows her to draw upon a range of therapeutic models and approaches including Dyadic Developmental Practice, Systemic, Narrative, Cognitive Behavioural Therapy (CBT), and Compassion Focused and Psychodynamic ideas within her direct and non-direct work.



## **Dr Karen Kershaw Registered Clinical Psychologist and Lead for Multidisciplinary Working and Specialist Assessment at Psychology Associates**

Karen specialises in providing psychological support services to children in care, children at risk of care, children who have been adopted, as well as their families. She also works with adults therapeutically and by assessing personal injury and capacity. Karen is our Clinical Lead for Specialist Assessments, which involves leading our

Multidisciplinary Assessment Team (MDT). Our MDT offers gold standard therapeutic needs assessments to provide recommendations around intervention and support to young people and their families. Karen is a highly skilled clinician who specialises in providing training, consultation and supervision to fellow healthcare and education professionals. She has developed expertise in providing businesses with Mental Health Awareness training which is becoming increasingly popular and valued.



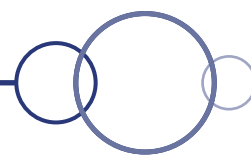
## **Dr Kerry Davison Registered Clinical Psychologist and Clinical Director at Psychology Associates**

Kerry manages and provides clinical supervision to members of the multidisciplinary team. She is passionate about protecting and enhancing the mental health and well-being of everyone within the practice. Kerry

provides supervision, individual and group consultation to a wide variety of organisations, promoting Mental Health informed decision making and practices. As well as holding a doctorate in Clinical and Community Psychology, Kerry is an accredited practitioner and trainee supervisor in Video Interaction Guidance (VIG). She has also successfully completed the practicum to become a certified practitioner in Dyadic Developmental Practice (DDP).



# Meet Our Trainers



## **Dr Rhianne Hanbury** **Registered Clinical** **Psychologist**

Rhianne specialises in working with children, young people and families. Rhianne has over 10 years of experience supporting children and young people with complex emotional and behavioural difficulties in a range of settings

including Social Care, Youth Offending Teams, CAMHS and early intervention within primary schools. Before working at Psychology Associates, Rhianne worked in CAMHS for a number of years providing support to young people experiencing depression, anxiety, trauma and attachment difficulties. Rhianne is also experienced in supporting Looked After Children and their families.



## **Pennie Lamkin** **Registered Occupational** **Therapist**

Pennie specialises in working with children and young people with complex mental health and social care needs. Pennie offers comprehensive occupation related support, including assessment and intervention. This focusses on a person's mental health needs, anxiety

management, building routines, and improving or rehabilitating skills relating to activities of daily living, leisure activities and emotional management. Pennie can also carry out assessments of daily skills for living, sensory and motor skills and can contribute to dyspraxia diagnoses. In 2018, Pennie was recognised as Plymouth University and Livewell Southwest's Occupational Therapy Practice Educator of the Year.

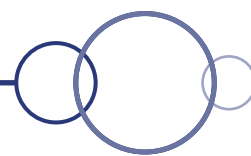


## **Dr Sue Candy** **Consultant Clinical** **Psychologist and Director** **at Psychology Associates**

Sue has extensive experience as a clinician, especially working with children and families. Sue provides therapeutic support to children and young people who have been adopted, and their

adopted families. She has over 20 years' experience providing expert witness testimony to the Courts, with particular specialism in assessing parenting capacity and attachment. Sue also specialises in providing training to professionals working for large organisations such as the NSPCC, Action For Children and Barnardo's.

# Meet Our Trainers



## **Suzanne Bryant Wellbeing Practitioner**

Suzanne's role involves supporting young people and families who are experiencing anxiety, low mood or behavioural issues. Suzanne worked for

many years as a secondary and Further Education (FE) teacher prior to retraining, and so she has a comprehensive understanding of how the school system works and what support is useful for schools to enable them to support the mental health of their students.



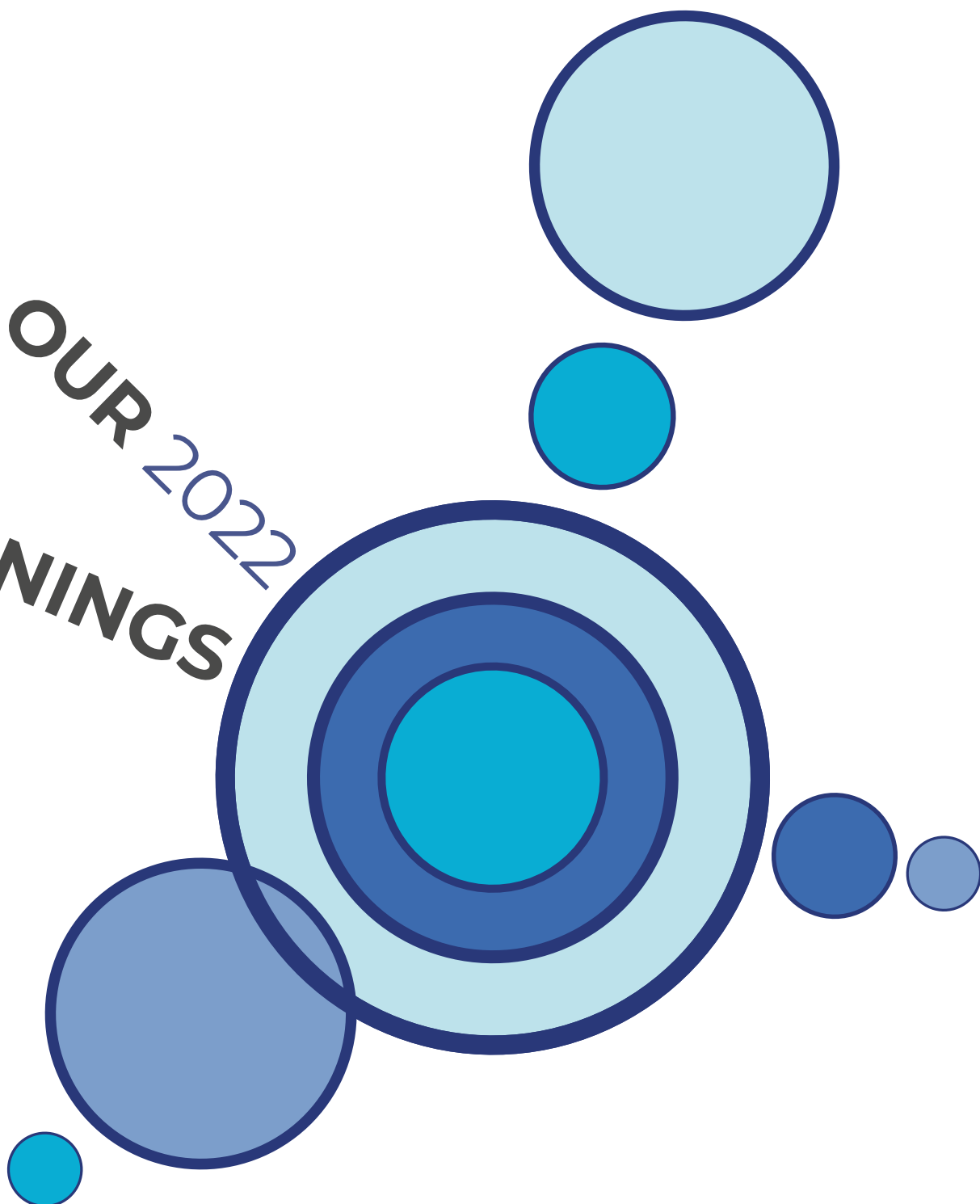
## **Dr Val Brooks Consultant Speech and Language Therapist SEMH**

Val is an award-winning clinician and a registered member of the Royal College of Speech and Language Therapists. She also provides training and is a popular keynote speaker at conferences. Before joining Psychology Associates, Val's role within the Devon Youth Offending Service focused on working with children and young people at risk of social and academic exclusion and offending. Val specialises in providing support to individuals who have a complex Developmental Language Disorder (DLD), language and communication

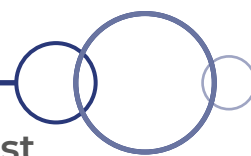
difficulties, and attachment difficulties. Her expertise lies in differential diagnosis of language and communication impairments and attachment trauma, and she has extensive experience in assessing the language development and social cognition skills of older children and adolescents. Val has an interest in the development of mentalization skills in children and young people and the impact of language disorders. Val is trained to provide Mentalization Based Treatment for Children (MBT-C) as well as being ACT trained with a focus on differentiating this approach for young people with communication difficulties.



**OUR 2022  
TRAININGS**



## Having Difficult Conversations



**Dr Kerry Davison – Registered Clinical Psychologist and Clinical Director**

**DATE: 18th January 2022, 3.00pm-5.00pm**

**£45+VAT Type of Training: Virtual**

This training will be beneficial for any professional, especially those who line manage or appraise, who have difficult conversations with either fellow employees and/or clients, customers or those you support in your profession (such as parents and carers). Having a difficult conversation can be anxiety provoking which, in turn, can lead to key messages of the conversations being misunderstood and misleading. This training will use knowledge and skills from therapeutic practice to help provide you with more confidence and practical methods to have difficult conversations while remaining calm, compassionate and facilitating a mutually helpful outcome. The training will be led by Dr Kerry Davison who

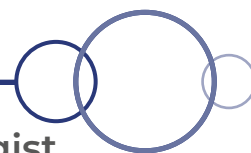
has experience in providing consultation and support to a wide range of individuals such as teachers, businesses and carers and parents.

*- "Thank you for the training that you delivered to our team. On both a personal and professional level I found it insightful and educational, and I will certainly be applying what I learned as we go forward."*

*- "Kerry is so lovely and personable. This session was a pleasure to attend."*



## Self-Care and Building Resilience



**Dr Cara Redmond – Registered Clinical Psychologist and Lead for Therapy**

**DATE: 26th January 2022, 9.00am-12.00pm**

**£45+VAT Type of Training: Virtual**

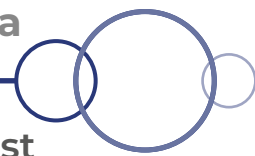
Self-care is increasingly recognised to be paramount in managing the impact of stress and facilitating well-being. This workshop will provide information and guidance in promoting personal resilience. Information will be shared on the most up to date science and understanding of self-care, and why it is so important. There will be a particular focus on developing self-compassion in line with recent developments in the understanding of the essential role this plays in our resilience. We will go on to explore our self-care needs, both personally and professionally, within busy everyday lives, and will focus on

how to recognise and meet them more routinely. This will be an interactive workshop with lots of practical and effective wellbeing toolkit strategies you can use to boost your emotional health and build resilience, both as individuals and within the workplace.

*- "I found the presentation very interesting and meaningful, I will definitely take a lot away from it. Thank you."*

*- "Thank you. I didn't know how much I needed this."*

## Understanding ACEs and Early Childhood Trauma



**Dr Kerry Davison – Registered Clinical Psychologist and Clinical Director**

**DATE: 3rd February 2022, 10.00am-4.00pm**

**£65+VAT Type of Training: Virtual**

This training will develop understanding for any professional working with children, young people and adults in a variety of settings around the difficulties caused by experiencing early trauma and/or Adverse Childhood Experiences ('A.C.Es').

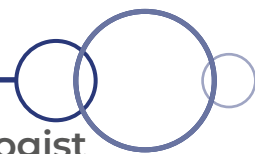
The training will provide theoretical underpinnings to understanding the effects of ACE's on the developing brain, behaviour and capacity to learn. Some practical approaches for working with children and adults who have experienced ACE's will be discussed. This training is suitable for education staff at all levels,

social workers, family support workers and therapists.

*- "This was the most inspirational training. I can't wait to get back to my setting and see pupils through new eyes."*

*- "The training resonated both personally and professionally, and was one of the most important inputs in my 20+ years in policing, a must for all professionals that work with children and young people."*

## Child Mental Health Awareness



**Dr Rhianne Hanbury – Registered Clinical Psychologist**

**DATE: 9th February 2022, 9.00am-12.00pm**

**£45+VAT Type of Training: Virtual**

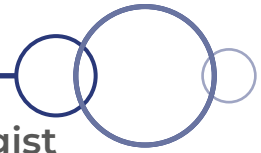
Children's mental health and wellbeing needs are a growing concern, particularly due to the substantial impact of the Coronavirus pandemic. This workshop will be relevant to any professionals working with children and young people. It will provide an understanding of the signs and symptoms of common mental health difficulties in children and young people, such as low mood, anxiety and eating difficulties. It will also explore the risk and protective factors, and how you may be able to support a young person who is struggling, including practical strategies and signposting to relevant agencies.

*- "A good balance of theory and practical approaches. I immediately used some of the resources with one of our children, which was very effective. Thank you."*

*- "We truly appreciate the content and quality of this training. This is so helpful in the next step of our journey towards understanding and helping all of our learners."*



## Therapy Model Introduction Training



**Dr Cara Redmond – Registered Clinical Psychologist and Lead for Therapy**

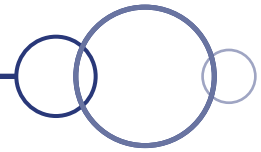
**DATE: 16th February 2022, 5.00pm-6.30pm**

**Cost: FREE** Type of Training: Virtual

This free 90-minute session will provide a broad overview of a range of core therapeutic models. This will include Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Eye Movement Desensitisation (EMDR), Systemic Family Therapy, Dyadic Developmental Practice (DDP), Video Interaction Guidance (VIG), Theraplay and Play Therapy. It will cover a key summary of each model, how they work and what would be involved in a typical session,

followed by opportunities for questions. The session aims to give professionals a better understanding of what might be available for clients and what would be involved therapeutically in different ways of working. The key purpose is to help professionals feel well informed and confident to support individuals and families in thinking about the best current approaches to managing their mental health difficulties.

## Precision Teaching Essentials



**Dr Adam Lewis-Cole – Registered Educational Psychologist**

**DATE: 10th March 2022, 2.30pm-5.00pm**

**£45+VAT** Type of Training: Virtual

Precision Teaching is a widely recommended, evidence-based intervention which supports children and young people in acquiring new skills and knowledge. The Essentials course is ideal for those who wish to begin using Precision Teaching with children and young people, or those who would like a refresher. There is also an advanced course which explores using Precision Teaching to support a wider range of skills including numeracy (we recommend that this course can be completed once you have been able to practice using Precision Teaching). This session will cover the theory and principles of the approach and go through, step-by-step, how to design, run and evaluate the intervention. We will focus on using Precision Teaching to support reading (See to Say). All the materials you need to get up and running with Precision Teaching will also be provided and there

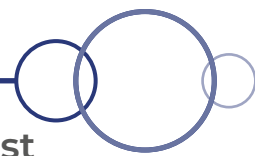
will be opportunities for practice and Q&A throughout so that you can build confidence and explore queries as they arise.

*- “An excellent workshop which was easy to follow and had lots of practical advice and information.”*

*- “Outstanding presentation  
- the presenter was well informed, well organised, personable, engaging  
- it was the best virtual training I have experienced.”*



## Grief and Loss in Children



**Dr Kerry Davison – Registered Clinical Psychologist and Clinical Director**

**Date: 16th March 2022, 9.00am-12.00pm**

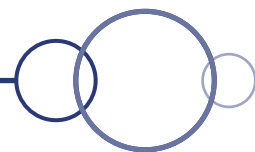
**£65+VAT Type of Training: Virtual**

This training will help to build the skills of those who work with children who have experienced loss and bereavement. It will provide helpful ideas and activities to use in practice as well as helping professionals to feel more confident in approaching this subject with children who have been directly affected or who are trying to support their friends or family. The training

will be a mixture of information giving, reflection and voluntary participation to help embed and practice new learning.

*- "This training provided some amazing ideas that can be easily adapted to a variety of students. It was very well delivered and I will definitely be using it a lot with the young people I work with."*

## Beyond Attachment: the impact of DLD and ACE's on development and behaviour



**Dr Val Brooks – Consultant Speech and Language Therapist**

**DATE: 23rd March 2022, 3.30pm-5.00pm**

**£45+VAT Type of Training: Virtual**

Developmental Language Disorders (DLD) have been called "the most common disability you will never have heard of" (Prof Courtenay Norbury). DLD is around 8 times more common than autism and affects around 2 pupils in every class of 30. However, it can be difficult to identify and often goes unrecognised, especially in children and young people who are at risk of school exclusion, are in care, are presenting with mental health difficulties, are vulnerable to exploitation, or known to youth offending and drug and alcohol services. Many of these most vulnerable children and young people have attachment trauma that can additionally mask their neurodevelopmental language and communication difficulties.

This training will seek to build on our understanding of attachment trauma to look beyond attachment and explore the impact of DLD and Adverse Childhood Experiences (ACEs) on children and young

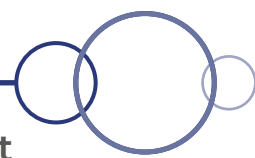
people's development and behaviour. It will look at the implications for emotional well-being, education and social relationships. This training aims to raise awareness about DLD and is suitable for all those working with vulnerable children and young people including teachers, teaching assistants, therapists, residential home support workers.

**Please note that the content of this training is very similar to our previous Keeping Language in Mind training.**

*- "I am very grateful to have attended this morning's training to explore a deeper insight into this topic. It was extremely relevant within our school and definitely provided food for thought."*

*- "The training was fantastic - probably the best and most interesting CPD that I have had within education."*

## Mindfulness and Relaxation Workshop



**Dr Eny Ekebuisi – Registered Clinical Psychologist**

**DATE: 27th April 2022, 12.30pm-1.30pm**

**Cost: FREE** Type of Training: Virtual

Mindfulness comes from Eastern traditions of Buddhism. It is not something we do but something we are. It is the basic human ability to be present and aware; of our body, our mind, our thoughts and our environment. It is the self-regulation of our attention. We do this in a curious, kind and compassionate way, and without judgement.

Since its inception, mindfulness has been scientifically proven to reduce anxiety, depression and stress. During the workshop, we will give a brief tour of the history of mindfulness in Western Societies, considering the research into the neuroscience of mindfulness and its use in various therapeutic approaches before

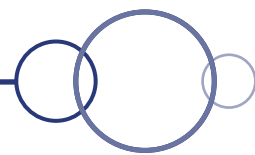
providing some exercises where you will have the opportunity to practice some simple yet effective techniques to help you to become more mindful in your day to day life.

The overall aim of the workshop is to provide theoretical understanding coupled with practical strategies to help increase physical and emotional wellbeing.

*- "I feel totally relaxed and ready to tackle anything that may come my way."*

*- "A really useful and calming session which provided tools I know I will use in the future."*

## Introducing Working Memory and Executive Functioning



**Dr Adam Lewis-Cole – Registered Educational Psychologist**

**DATE: 3rd May 2022, 3.00pm-5.00pm**

**£45+VAT** Type of Training: Virtual

Many children and young people find curriculum learning increasingly demanding; they can also struggle with daily tasks and activities, leading to situations where they feel confused, upset, overwhelmed and unable to complete tasks. Executive Functioning and Working Memory are the tools we use to help us navigate our daily worlds and are essential to our success in any learning task. This training session is applicable for school and education setting staff including teachers, teaching/learning assistants, SEN staff and school leaders. Other professionals who support young people in school/liaise regularly with school staff will also benefit. It will introduce the concepts of Working Memory and Executive Functions; we will look at barriers and challenges to these

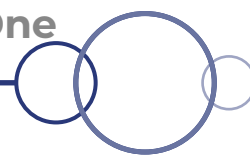
functions and signs to look out for to help adults know when children and young people would benefit from support. The session will also explore useful strategies and approaches to support Working Memory and Executive Functioning needs to help empower children and young people and build their learning resilience.

*- "Dr Lewis-Cole was very clear and focused on practical things to recognise difficulties and apply strategies. I really liked the way he presented the training. Thank you very much."*

*- "Very informative and thought provoking. I feel well prepared to disseminate information back to the teaching team in my school. Thank you."*



## Dyadic Developmental Practice Training – Level One



**Dr Emma Greatbatch – Registered Clinical Psychologist and DDP Trainer**

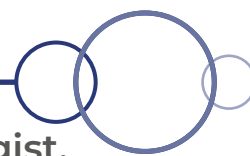
**DATES: 9th, 10th, 11th and 12th May 2022**

**£720+VAT Type of Training: Face to Face. Venue: Buckfastleigh, Devon**

This is an introductory 4-day course on Dyadic Developmental Practice (DDP), an intervention model developed by Dan Hughes, Clinical Psychologist. This approach assists therapists and other professionals to understand and effectively support children, young people and their families. In this model, theory and research in the areas of developmental trauma, attachment theory, intersubjectivity and child development are integrated to

produce a therapeutic approach used for relationship development and trauma resolution. DDP recognises the vital role which adoptive parents, foster carers and residential workers play as primary attachment figures in the recovery of traumatised, distrusting children. The principles and interventions are presented through presentations, discussion, videotape of sessions, role-play, and handouts.

## Mental Health Awareness for Managers



**Dr Karen Kershaw – Registered Clinical Psychologist, Lead for Multidisciplinary Working and Specialist Assessment**

**DATE: 16th May 2022, 9.30am-1.00pm**

**£48+VAT Type of Training: Virtual**

This workshop is applicable to all professionals across different backgrounds of work. Many organisations are becoming more aware of the impact of mental health on their staff, particularly in the wake of the Coronavirus pandemic. Stress, depression and anxiety have previously been thought to be responsible for 83 million lost working days each year in the UK\*. Following the potential increased workloads, financial pressures and changes to our coping strategies caused by the pandemic, it is highly likely that these levels will majorly increase. The workshop will provide attendees with an understanding of common mental health difficulties, including main symptoms, and provide ideas from a variety of psychological therapies that can be used to support ourselves to bolster our resilience and

improve our wellbeing. These strategies along with additional ideas will then be presented to support those that you work with, line manage or support.

The training will help you to feel more confident in having open, safe and honest conversations around mental wellbeing, have knowledge to signpost colleagues to appropriate avenues, and feel more comfortable with suggesting strategies to others, or use yourself.

\*Das-Munshi et al., 2008

## Mental Health Awareness for Managers (cont.)

- "A very clear, well organised presentation, and the trainer had extensive knowledge and experience. Thank you very much
- I enjoyed it and will be able to use the strategies within the work place."
- "Very enjoyable and thought provoking. The training was delivered very well."
- "A very worthwhile session with lots of practical advice. Karen is an engaging speaker who explains complex issues very clearly. Thank you for this opportunity today."



## Inside Out: Understanding complex trauma and language difficulties

### Dr Val Brooks – Consultant Speech and Language Therapist

**DATE: 15th June 2022, 2.30pm-5.00pm**

**£55+VAT** Type of Training: Virtual

Mentalization is the ability to understand human behaviour (one's own as well as others) in terms of inner mental states such as thoughts, feelings, wishes, and intentions **(1)**. In other words, it is the capacity to see ourselves from the outside and others from the inside **(2)**. There is now increasing acceptance that parental mentalization i.e. sensitivity to, and understanding of, the infant's mental world creates the infant's attachment security **(3)**. This training will explore the development of children and young people's ability to mentalize and the impact of poor parental mentalization. It will introduce the role of language in developing mentalization skills and the implications for children and young people with language and communication difficulties.

**1.** Bateman A, Fonagy P. Mentalization-based treatment for personality disorders: a practical guide. Oxford: Oxford University Press; 2016 (p3).

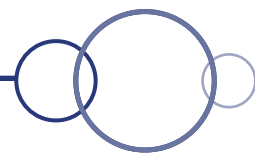
**2.** Bateman A, Fonagy P. Mentalization-based treatment for personality disorders: a practical guide. Oxford: Oxford University Press; 2016 (p5).

**3.** Fonagy P, Steele M, Steele H, Moran G, Higgitt A. The capacity for understanding mental states: the reflective self in parent and child and its significance for security of attachment. *Infant Mental Health Journal*. 1991; 12(3): 201–218.

- "Val was exceptional and had so much knowledge to give."

- "I found this training very interesting both professionally and personally. I know I will use the information to better my interaction with the children in my care both at home and work."

## Giving Expert Opinion and Testimony



**Dr Sue Candy – Consultant Clinical Psychologist and Director**

**DATE: 21st June 2022, 9.30am-4.00pm**

**£80+VAT Type of Training: Face to Face (venue to be confirmed in Devon/Cornwall area)**

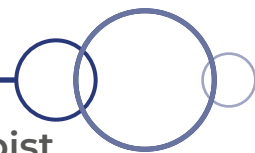
Dr Sue Candy has been giving expert testimony since 1993 and has accumulated extensive experience, including high profile and complex cases. This training seeks to explain and demystify the Court Arena for Psychologists practicing in a range of fields from Child & Family, Criminal and Clinical Negligence. Sue will take you through step by step the expert process; from taking instruction, assessment and formulation, report and giving testimony in Court. Although the training will be virtual, it will be practical and engaging and ensure you leave the training feeling more confident

in providing your expert opinion. We also provide a discount for our network of Associates.

- "I strongly believe that anyone and everyone within the Expert Opinion therapeutic area should attend this training. It is absolutely invaluable."

- "Sue is an amazing trainer - such a wealth of experience. I am so grateful."

## Sensory Processing Workshop for Parents and Carers



**Pennie Lamkin – Registered Occupational Therapist**

**DATE: 30th June 2022, 10.00am-12.00pm**

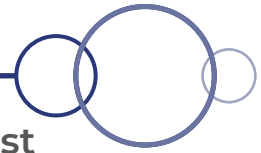
**£45+VAT Type of Training: Virtual**

The workshop will provide an overview of Sensory Processing (SP) and sensory integration theory, and how SP difficulties will manifest in a child's behaviour. The training will develop a wider understanding of an individual's 8 senses and how they can be affected by SP difficulties. The training will provide attendees with practical guidance and strategies on how to help children and young people with SP to regulate. It will focus on how to best support a young person with SP difficulties in their everyday life in the home environment. The workshop will be suitable for Parents, Carers, grandparents, or anyone who lives with, cares for, or supports young people with sensory processing differences.

- "The presentation was very clear and informative. I took a lot from the training."

- "It was really informative and extremely well presented at just the right pitch. All completely relevant and I really enjoyed it."





**Dr Kerry Davison – Registered Clinical Psychologist and Clinical Director**

**DATE: 4th July 2022, 9.00am-12.00pm**

**£65+VAT Type of Training: Virtual**

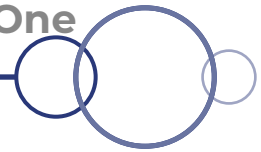
This training is for employees in any organisation who may be working with colleagues, clients or parents who have experienced loss and bereavement. It will help to build skills and confidence to approach the subject and provide helpful and appropriate support. It draws on research as well as the lived experiences of those who have survived loss. The training will explore the effects of grieving and will consider social and cultural differences.

There will be a mixture of information giving, reflection and voluntary participation to help embed and practice new learning.

*- "I thoroughly enjoyed this course, and Kerry was very kind and easy to talk to."*

*- "Thank you for a wonderful informative day, brimming with ideas and delivered in an interesting manner."*

## Dyadic Developmental Practice Training – Level One



**Dr Emma Greatbatch – Registered Clinical Psychologist and DDP Trainer**

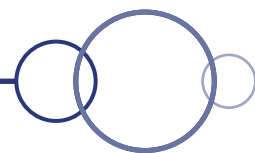
**DATES: 4th, 5th, 11th and 12th July 2022**

**£720+VAT Type of Training: Virtual**

This is an introductory 4-day course on Dyadic Developmental Practice (DDP), an intervention model developed by Dan Hughes, Clinical Psychologist. This approach assists therapists and other professionals to understand and effectively support children, young people and their families. In this model, theory and research in the areas of developmental trauma, attachment theory, intersubjectivity and child development are integrated to

produce a therapeutic approach used for relationship development and trauma resolution. DDP recognises the vital role which adoptive parents, foster carers and residential workers play as primary attachment figures in the recovery of traumatised, distrusting children. The principles and interventions are presented through presentations, discussion, videotape of sessions, role-play, and handouts.

## Sensory Processing and Integration – For Professionals



**Pennie Lamkin – Occupational Therapist**

**DATE: 20th September 2022, 10.00am-12.00pm**

**£45+VAT Type of Training: Virtual**

The training will provide an overview of Sensory Processing and sensory integration theory, and how SP difficulties will manifest in a child's behaviour.

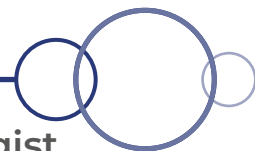
The training will develop a wider understanding of an individual's 8 senses and how they can be affected by SP difficulties. The training will provide delegates with strategies on how to help children and young people with SP to regulate. It will include how to best support a young person with SP difficulties within different settings. The workshop is suitable for a wide range of professionals,

such as education setting professionals, social workers and mental health professionals.

*- "I found this training very useful and was able to identify areas of my work and the clients I work with where I will be able to implement the practical tips and strategies that were suggested."*

*- "This was a really informative training event, with lots of useful information and a very knowledgeable trainer."*

## Supporting Clients with Mental Health Difficulties – Supporting Them and Supporting You



**Dr Karen Kershaw – Registered Clinical Psychologist,**

**Lead for Multidisciplinary Working and Specialist Assessment**

**Date: 26th September 2022, 9.30am-4.00pm**

**£80+VAT Type of Training: Face to Face. Venue: Buckfastleigh, Devon**

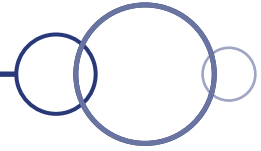
Please note that government guidance regarding COVID-19 will be reviewed around the time of the training to determine if it will be possible to deliver it face to face. If the training is unable to take place face to face, it will be delivered virtually.

This training is aimed at professionals who support people with mental health difficulties in their professional role. This could include teachers who take a pastoral role, solicitors who support clients with mental health difficulties, or other professionals who are part of a wellbeing support team within their organisation. The training will provide attendees with an overview of mental health difficulties and presentations. It will also explore how best

to have difficult conversations with people, how to support someone in emotional distress and how to support them to build their emotional resilience. As part of this, it will focus on using the same structure to bolster your own emotional resilience and will cover the impact of compassion fatigue and vicarious trauma, which can affect those in professions that entail caring for and supporting others in distress.

The training will encompass much of the same material as our Mental Health Awareness and Vicarious Trauma trainings, but will include additional detail and will expand to provide time to practice implementing elements of the training to build your own confidence in supporting clients with mental health difficulties.

## Recognising and Supporting Anxiety in the Classroom



**Suzanne Bryant – Wellbeing Practitioner**

**DATE: 5th October 2022, 9.00am-12.00pm**

**£45+VAT Type of Training: Virtual**

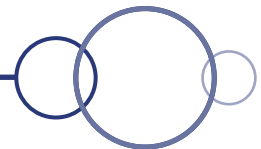
This training will cover social and biological ideas behind anxiety in the classroom, thinking about the functions of anxiety and how young people may experience it within a school setting. It will look at how anxiety may present within this context and there will be a chance to discuss the impact of the Coronavirus pandemic on the mental health of young people. Some key ideas of Cognitive Behavioural Therapy (CBT) will be explored and some strategies for applying these ideas within education discussed. More general psychological wellbeing and support ideas will also be included. There will be time for attendees to discuss ideas and strategies they find helpful, in order to share good practice, and techniques to support ourselves in our work with young people will also be explored.

*- "Fantastic insight and relevant to our work. Useful resources and sources to use in the classroom."*

*- "Really insightful and interesting, with useful techniques to put into practice."*



## Supporting children with DLD and SEMH Needs in Practice



**Dr Val Brooks – Consultant Speech and Language Therapist**

**DATE: 18th October 2022, 9.30am-11.00am**

**£45+VAT Type of Training: Virtual**

This training explores practical activities to support the social and emotional development of primary school children who have Developmental Language Disorders (DLD) and Social, Emotional, Mental Health needs (SEMH). The workshop will begin with an overview of the rationale for intervention. This will be followed by looking at a range of games-based activities targeting key skills and areas of development. Attention will also be paid to adult-child interpersonal skills and how adults can adapt their own

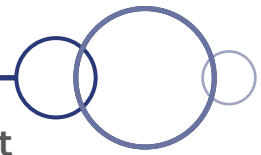
communication in order to best meet the social-emotional needs of these very vulnerable children.

*- "Dr Brooks is clearly very knowledgeable and I found her training extremely informative."*

*- "A fascinating session which completely and utterly engaged me. Thank you to Dr Brooks for such an informative training session."*



## Vicarious Trauma Workshop



**Dr Eny Ekebuisi – Registered Clinical Psychologist**

**DATE: 1st November 2022, 2.30pm-5.00pm**

**£45+VAT Type of Training: Virtual**

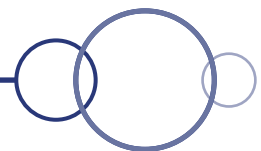
Professionals such as social workers, medical staff, mental health professionals, drug and alcohol workers and solicitors are routinely exposed to high levels of psychological trauma when supporting their clients. This work impacts their psychological health and is often cumulative. While 'burnout' can affect workers in any profession, those encountering trauma and distress in their role can find themselves more deeply impacted by the work, experiencing 'compassion fatigue' and, at its most significant, vicarious traumatisation. This is due to the high levels of emotional engagement and attunement required from staff for this type of work. Additionally, staff may report that trauma they encounter at work re-triggers personal experiences of trauma or distress in their own lives.

This workshop aims to raise awareness about the risks of compassion fatigue and vicarious trauma and to equip attendees with ideas and strategies to prevent it from occurring, or minimise its effect on the individual when it does occur. It will be delivered using information sharing, individual exercises and small group discussions with the aim of supporting individuals to identify practical ideas to prioritise their own wellbeing at work.

*- "It was the best training I have ever been on. I loved it and feel that all of our staff should be attending."*

*- "Very informative course, and I can use the information both at work and in my personal life. The trainer was very engaging and was able to deliver the information very well."*

## Precision Teaching Advanced Workshop



**Dr Adam Lewis-Cole – Registered Educational Psychologist**

**DATE: 17th November 2022, 3.00pm-5.00pm**

**£48+VAT Type of Training: Virtual**

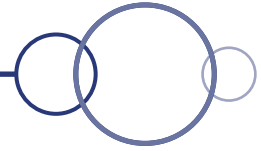
This training builds upon our Essentials Training course and is suitable for those who have completed Precision Teaching Essentials and wish to further develop their practice with Precision Teaching. In the advanced course, we will explore how Precision Teaching can be applied to develop a broader range of skills including reading, spelling and a variety of mathematics skills. There will also be opportunities for exploring feedback,

successes and challenges that delegates have experienced from their practice and use of Precision Teaching.

*- "A great, informative session which provided lots to take away and think about."*

*- "Really well presented and explained. I feel that I can now approach Precision Teaching with confidence."*

## Dyadic Developmental Practice Training – Level Two



**Dr Emma Greatbatch – Registered Clinical Psychologist and DDP Trainer**

**DATES: 28th, 29th and 30th November and 1st December 2022**

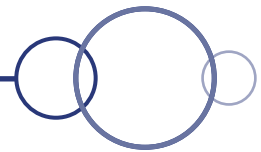
**£720+VAT** Type of Training: Face to Face. Venue: Buckfastleigh, Devon

Please note that government guidance regarding COVID-19 will be reviewed around the time of the training to determine if it will be possible to deliver it face to face. If the training is unable to take place face to face, it will be delivered virtually.

This four-day course is open to those professionals who have undertaken Level 1 training and are beginning to use the principles and interventions of Dyadic

Developmental Practice, Parenting and Psychotherapy in their day-to-day work. It focuses on gaining a deeper understanding of the theory, successes and barriers experienced by participants in applying the model in practice, more videos and discussion of DDP and the impact of participant's own attachment experiences. It is helpful if participants have examples of their own therapeutic practice, such as case studies and/or recordings, to share with the group.

## Assessing Safe Parenting



**Dr Sue Candy – Consultant Clinical Psychologist and Director**

**DATE: 29th November 2022, 10.00am-4.00pm**

**£80+VAT** Type of Training: Face to Face. Venue: Buckfastleigh, Devon

Please note that government guidance regarding COVID-19 will be reviewed around the time of the training to determine if it will be possible to deliver it face to face. If the training is unable to take place face to face, it will be delivered virtually.

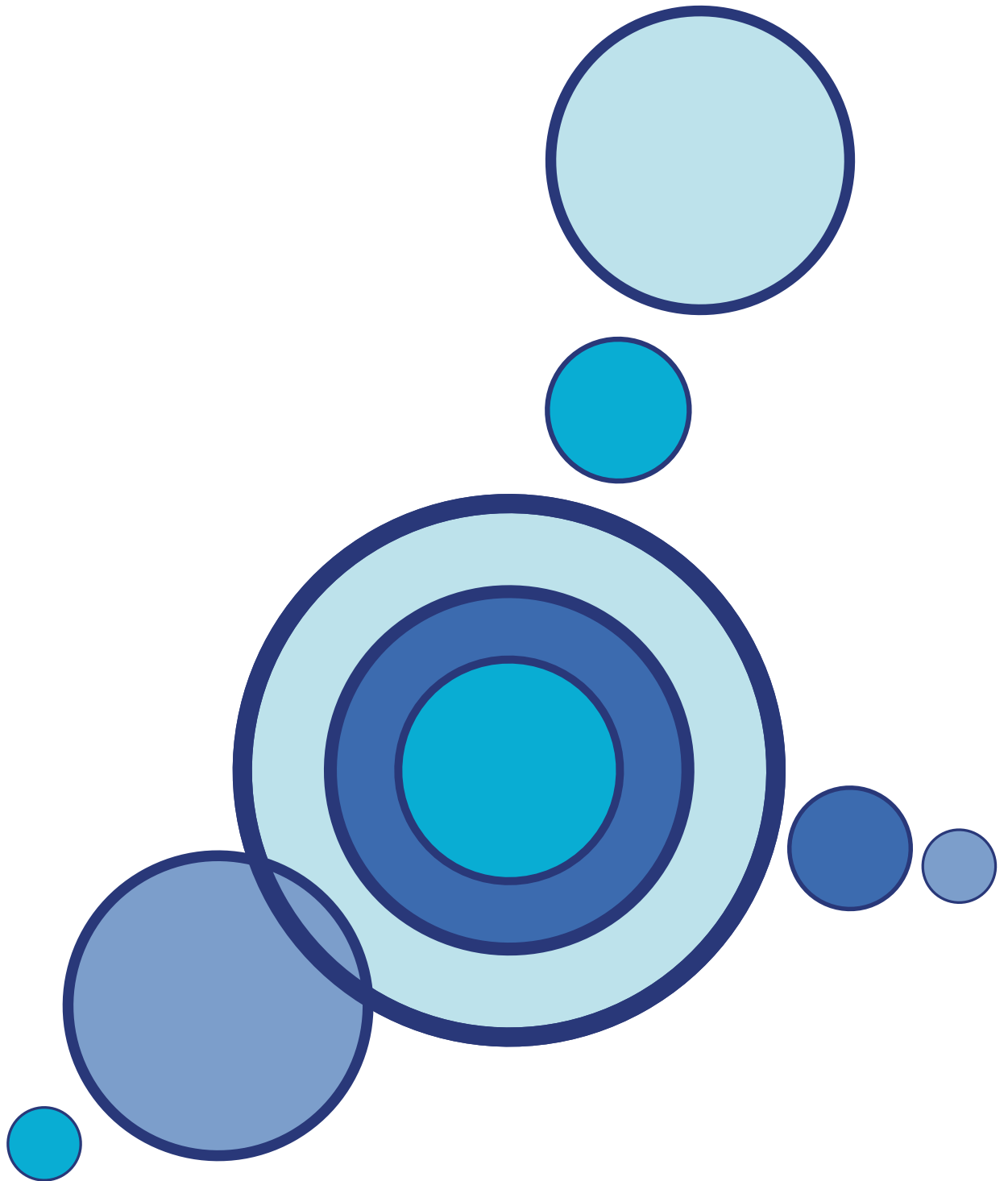
This training will look at the factors that impact on parenting capacity and presents a model of how to assess if a parent is a safe carer, and if they are not, what needs to happen for them to become safe. Healthy parenting brain systems will be described and brought to life with examples drawn from clinical work. Strategies to build increased parenting capacity will be

introduced. This training is suitable for social workers, children's guardians, adoption and foster care agency workers, psychologists, solicitors and other professionals working in this field.

*- "An excellent training day. My colleagues all really enjoyed the day, which will impact on all of our parenting assessments in the future."*

*- "I found this training really interesting and thought provoking, and I will certainly use the thinking, tools and resources to feed in to my work."*

# Psychology Associates



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