

Psychology Associates



TRAINING AND EVENTS - 2020

www.psychologyassociates.org.uk

Who are Psychology Associates?

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

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

For nearly 20 years, Psychology Associates have provided national training, workshops and CPD programmes to other support and charitable organisations, such as Local Authorities, Schools, NSPCC, Action For Children and Legal Firms.

Our Training...

Because of the wide range of skills, expertise and experience that our clinicians have at Psychology Associates, we are able to facilitate a variety of programmes across the mental health and wellbeing spectrums including; attachment, resilience, trauma, suicide prevention, learning disabilities and education related areas, to name a few!

We are experts in our fields - often providing consultation and advice on the areas we train on to other organisations across the UK. With vast collective years of training and experience, our training is not a 'tick box' exercise, we ensure our trainings are thought provoking, evidence based and provide deeper understanding and knowledge to delegates.

Our Training in 2020...

We have listed the trainings that we are hosting in 2020 below in chronological order. If you need more information on any of these trainings, or would like to request a copy of our Training Directory (to have a look at other trainings and workshops we facilitate), please do get in touch - we'd love to hear from you. Our trainings this year are mainly hosted in the South West, however if you would be interested in attending any of the below trainings – but ideally in a location near you, let us know! As we are ever developing and meeting the needs of our colleagues, clients and associates, we will most likely be adding to our trainings for 2020, so please do keep an eye on our website which we will update as other trainings, presentations and workshops are announced.



Our Trainers for 2020....

Karen Allin, Counsellor (MBACP), is an experienced clinician who has worked extensively with children and young people, especially within educational settings. Karen is experienced in using creative approaches to develop a therapeutic relationship with young people and to ensure they feel safe and secure. Karen has provided supervision to fellow counsellors and therapists, and to teachers and educational staff.



Dr Suzanne Azer, Clinical Psychologist, is one of Psychology Associates' most experienced Adult Mental Health Clinical Psychologists. Suzanne specialises in working with adults with complex and severe mental health difficulties in NHS settings and in the independent sector. Suzanne has provided training, including on Vicarious Trauma, to trainee clinical psychologists, blue light professionals and health care professionals. Suzanne provides supervision and consultations to clinicians and professionals with complex trauma. She has also worked as a training lead in the NHS, responsible for delivering and overseeing training to Community Mental Health Teams across Devon.



Dr Molly Bodinetz, Clinical Psychologist who specialises in providing support to adoptive families, foster carers, special guardians and children in (or risk of) care and the professionals and systems around them. Molly has provided training, including attachment and trauma informed training, to foster carers, adoptive parents, social workers, fellow clinicians and other professionals. Dr Molly Bodinetz is Psychology Associates' Clinical Lead for Adoption and Fostering Support Services, which alongside direct clinical work, entails supervising other multi-disciplinary healthcare professionals involved in the adoption and fostering process and offering consultation and support to family members.



Dr Val Brooks, Consultant Speech & Language Therapist specialises in Complex Developmental Language Disorders, language/communication difficulties and Attachment. Val worked for many years in the NHS including as a consultant Speech and Language Therapist for children and young people presenting with complex language disorders in mainstream schools. She has extensive experience in assessing the language development and social cognition skills of older children and adolescents.



Emily Burns, Child Psychotherapeutic Counsellor is trained in Theraplay, Dyadic Developmental Practice and highly experienced in using creative approaches in her work with young people. Emily Burns has experience in training therapists, psychologists, carers and parents in attachment, trauma and using creative approaches with children.



Dr Sue Candy is a 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 of large organisations such as NSPCC, Action For Children and Barnardo's.



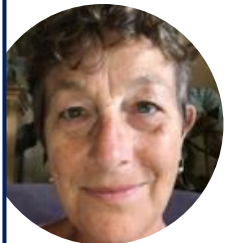
Dr Emma Corrigan, Educational & Community Psychologist, with extensive experience of working with families, schools and education providers to support children and young people in their educational progress, wellbeing and achievement. Emma has provided training around trauma, attachment and PACE to educational settings throughout the South West. Emma is Psychology Associates' Clinical Lead for Schools, Colleges and Services for Education, leading our multi-disciplinary services for education and providing supervision to Educational Psychologists and other clinicians supporting Educational Settings.



Dr Kerry Davison, Clinical Psychologist and Clinical Director at Psychology Associates, has significant experience working as a specialist in the child and adolescent mental health service (CAMHS) and also having worked independently with adults and children for over 15 years. Kerry has provided training to NSPCC, legal firms, national organisations and NHS teams around a plethora of areas including attachment, trauma and mental health.



Dr Sue Drake, Clinical Psychologist and is a Consultant, Trainer and Practitioner in DDP Sue is a HCPC Registered Clinical Psychologist who worked for the NHS for more than 15 years. In particular, her work was specialised in assessment and therapy with traumatised and looked after children, individually and alongside their families and carers. Sue has delivered training and supervision to other staff in this area, and managed a small team of professionals delivering a service to children in care and their families and carers.



Dr Karen Kershaw, Clinical Psychologist, who specialises in supporting individuals across the lifespan who are experiencing mental health difficulties such as anxiety, depression, bereavement and trauma. Karen has provided training, including Mental Health Awareness Training, to a variety of different organisations such as teachers, social workers, social care inspectors and charities. Karen is one of Psychology Associates' most senior and experienced psychologists and has worked within a variety of healthcare settings such as CAMHS.



Trudy Richards, Specialist Occupational Therapist, who has worked as a children's Occupational Therapist for the last 15 years. Trudy provides assessments and interventions to help people achieve functional independence and quality of life and specialises in children's sensory processing and fine motor difficulties. She has completed her Sensory Integration II training and is a qualified Bobath therapist. Trudy works with children with varied and complex difficulties including autism, cerebral palsy, dyspraxia, ADHD, chronic fatigue syndrome and learning disabilities. Trudy has provided trainings and workshops to a variety of different professionals such as teachers, social workers and psychologists.



SAVE THE DATE: PSYCHOLOGY ASSOCIATES ANNUAL CONFERENCE:

Complex Developmental Trauma, Shame & Dissociation –
Moving from Understanding Towards Healing and Recovery

12th November 2020

DYADIC DEVELOPMENTAL PRACTICE – LEVEL 1

Dr Sue Drake, Clinical Psychologist and DDP Trainer and Consultant

10th February – 13th February

Cost: £720+vat

Location: Buckfast, 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, attachment-resistant children. The principles and interventions are presented through formal presentations, discussion, videotape of sessions, role-play, and handouts.

BEING A COMPASSIONATE AND REFLECTIVE EMPLOYEE (USING AN ATTITUDE OF PACE)

Dr Sue Candy, Clinical Psychologist

25th February

Cost: £70+vat

Location: Saltash



This training is aimed to support professionals in becoming more compassionate, reflective and empathetic – using therapeutic strategies to enable a safe, secure and resilient working environment. The training will be led by Dr Sue Candy, Consultant Clinical Psychologist, who will be able to provide a deeper understanding to professionals, from all backgrounds, how being compassionate and reflective can help colleagues feel supported in the workplace. Research shows that being a 'compassionate employee' helps increase loyalty and trust amongst teams, and therefore decreases feelings of stress and feeling undervalued.

This training is now full – but if you'd like to know when the next one is being facilitated, please contact us: Kaley.Gibbs@psychologyassociates.org.uk or call us on 0845 026 7260.

MENTAL HEALTH AWARENESS FOR PROFESSIONALS - WORKSHOP

Dr Karen Kershaw, Clinical Psychologist

2nd March 2020

Location: Plymouth

Cost: £45+vat

Times: 9.30am – 1.30pm



This workshop is applicable to all professionals who are wanting to better support their colleagues with their wellbeing within the workplace. Stress, depression and anxiety are thought to be responsible for 91 million lost working days each year in the UK*. The workshop will provide delegates with an understanding of mental health difficulties, including main symptoms, and provide strategies around how best to support someone at work who may be presenting with these symptoms. Delegates will leave feeling more confident in having open, safe and honest conversations around mental wellbeing and have knowledge to signpost colleagues to appropriate avenues when appropriate. We can provide Mental Health Awareness Training (full day course) to a wide variety of organisations, which can be created bespoke for your staff team and needs – if you'd like to know more about this, please contact us.

"Very well presented. The trainer gave examples in a meaningful and accessible way. Engaging and thought-provoking. Really enjoyed this training."
Delegate from previous Mental Health Awareness Training, facilitated by Karen Kershaw.

KEEPING LANGUAGE IN MIND

A presentation by Dr Val Brooks – Consultant Speech and Language Therapist

4th March 2020

Cost: £40+vat

Location: Exeter, Devon.

Time: 3.30pm – 5.30pm



Developmental Language Disorders (DLD) have been called “the most common disability you will never have heard of” (Prof Courtenay Norbury). DLD is 10 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. This presentation will 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 presentation 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.

“The most inspirational training – heart-breaking yet hopeful. I can't wait to get back to my setting and see my pupils through new eyes”

EXPANDING YOUR CREATIVE TOOLBOX

Dr Kerry Davison, Clinical Psychologist & Karen Allin, Counsellor

Thursday 23rd April 2020

Cost: £85+vat

Location: Saltash, Cornwall



This training is an all day training, which will be led by some of our most experienced multidisciplinary clinicians, who have used a vast range of creative approaches with young people, in a variety of different settings. Using creative therapeutic approaches appropriately with young people can develop a secure therapeutic and supportive relationship, help provide a fun, safe and secure environment for the children and also help professionals understand the child's strengths to aid confidence and self-esteem building.

The training will be beneficial for any professional who support young people and young adults, including teachers, teaching assistants, psychologists, therapists, youth workers and those who work in children's residential home. The training will explore a range of therapeutic approaches that can be added to a professional's 'toolkit'.

“Really enjoyable day and one of the best courses I have completed this year. Lots of interactive and hands on activities”
Delegate from Creative Toolbox Training, December 2019

SIBLINGS – TOGETHER OR APART?

Dr Sue Candy, Clinical Psychologist

Wednesday 29th April 2020

Cost: £70+vat

Location: Saltash, Cornwall



This training will be a full day training which will tackle one of the most challenging areas of how to assess if siblings can be safely placed together or whether it will be in their best interest to be placed apart. The training highlights the available guiding research and introduces a structured assessment process to consider those factors research identifies as salient. This training is suitable for social workers, children's guardians, adoption agency workers, psychologists, solicitors and other professionals working in this field.

VICARIOUS TRAUMA WORKSHOP FOR PROFESSIONALS

Dr Suzanne Azer, Clinical Psychologist

Thursday 14th May 2020

Cost: £35+vat

Location: Exeter, Devon

Time: 2.00pm-4.30pm



This training will be applicable to health and social care professionals such as social workers, solicitors, psychologists, therapists and counsellors. Due to the nature of their roles, health and social care professionals are routinely exposed to high levels of psychological trauma. This work has an impact on their psychological health and is often cumulative. Over time, it can lead to mental health difficulties in staff with the associated human and financial cost of sickness absence and low staff retention. This workshop will raise awareness about the risks of vicarious trauma to health and social care staff and to equip individuals with ideas and strategies to prevent it from occurring and reduce the impact of vicarious trauma.

SENSORY PROCESSING AND INTERGRATION WORKSHOP

Trudy Richards, Specialist Occupational Therapist

22nd May 2020

Cost: £35+vat

Location: Saltash, Cornwall

Time: 2.00pm-4pm



This workshop would be suitable for professionals who work with children and young adults. The training will provide an overview of sensory processing and sensory integration theory, and how sensory processing difficulties may manifest in a child's behaviour. The training will develop a wider understanding of an individual's senses and how they can be affected by sensory processing difficulties. The training will provide delegates with strategies on how to help children and young people with sensory processing difficulties to regulate. It will include how to best support a young person with sensory processing difficulties within different settings, including at school and home.

"Trudy's training was very informative and inspiring"

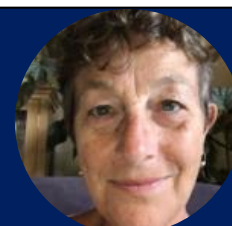
DYADIC DEVELOPMENTAL PRACTICE (DDP) – LEVEL 1

Dr Sue Drake, Clinical Psychologist and DDP Trainer and Consultant

8th June – 11th June 2020

Cost: £720+vat

Location: Buckfast, 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, attachment-resistant children. The principles and interventions are presented through formal presentations, discussion, videotape of sessions, role-play, and handouts.

ASSESSING SAFE PARENTING

Dr Sue Candy, Clinical Psychologist

Friday 5th June 2020

Location: Saltash, Cornwall



This training will be a whole day training which 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.

"Excellent delivery of a lot of information, making clear and accessible many complex concepts."

Support Worker, NSPCC

UNDERSTANDING ATTACHMENT AND TRAUMA - USING AN ATTITUDE OF PACE

Dr Molly Bodinetz, Senior Clinical Psychologist & Dr Emma Corrigan Senior Education and Community Psychologist

1st July 2020

Cost: £85+vat

Location: Exeter, Devon



This will be an interactive training day for any professional who works with children, young people and adolescents, such as social workers, teachers, teaching assistants, therapists, psychologists, children's residential home support workers and managers. This training will develop a deeper understanding of attachment and trauma, and to discover strategies to best support a child who has experienced trauma. 'PACE' (Playfulness, Acceptance, Curiosity and Empathy) was developed by Dan Hughes, a Clinical Psychologist who specialises in attachment and trauma which enables key adults to support children in developing their self-awareness, emotional intelligence and resilience. PACE has been shown to be particularly useful with children who have experienced trauma and neglect. This course will be facilitated by a clinician who specialises in child mental health. PACE training would be beneficial for professionals who work with children and adolescents such as social workers, family support workers and mental health professionals.

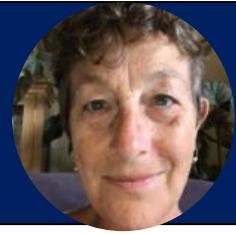
This training would be ideal for professionals who already have an awareness and understanding of PACE, trauma and attachment – but are needing a training to revisit and recap these areas, but mainly to develop an even wider knowledge and understanding, and to be able to apply more strategies in their working day.

"Very impressed and some of more experienced staff who have had 'similar' training stated that it was the best they had attended".

Headteacher, Devon.



DYADIC DEVELOPMENT PRACTICE (DDP) TRAINING – LEVEL 2
Dr Sue Drake, Clinical Psychologist and DDP Trainer and Consultant
5th October – 8th October 2020
Cost: £720+vat
Location: Buckfast, Devon



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 DDP practice, such as case studies and/or recordings, to share with the group.

EXPANDING YOUR CREATIVE TOOLBOX (PART 2)

Dr Kerry Davison, Clinical Psychologist, Emily Burns, Child Psychotherapeutic Counsellor & Karen Allin, Counsellor
Tuesday 6th October 2020
Cost: £85+vat



This training is a follow on/'Part 2' of the Expanding Your Creative Toolbox training that Psychology Associates facilitated in December 2019 and April 2020. This training will recap on areas visited during the trainings in December and April 2020, but will mainly focus on providing additional creative approaches and ideas, including sandtray therapy and other play therapy techniques, to further expand a professional's therapeutic creative 'toolkit'.

This training will be suitable for professionals working with children, young people and adolescents who want to develop their understanding and confidence with using creative approaches in one to one work.

UNDERSTANDING THE NEUROBIOLOGY OF EMOTIONAL DEVELOPMENT

Dr Sue Candy, Clinical Psychologist
Friday 4th December 2020
Cost: £70+vat
Location: Saltash, Cornwall



This training will develop an understanding of how people learn to regulate their emotions, in addition to how the brain is affected by trauma and early attachment disruption. The training will explore how secure attachment creates trusting, healthy brain development, and attachment insecurity and complex trauma creates a mistrusting brain focused on survival. The training will provide an understanding and creative ideas about how to help when working with children or adults whose emotional brain development has been affected by their adverse childhood experiences.

"Sue was an excellent trainer. Fantastic knowledge and approach".

Our Other 2020 Trainings....

Nurturing Attachments Group – For Adoptive Parents and Special Guardians

Dates to be confirmed.

Cost: £995 per place.

Location: Saltash, Cornwall

In 2020 we will be running a Nurturing Attachments Group, based on the programme developed by Kim Golding, for adoptive parents and Special Guardians. The group will be developing a deeper understanding of attachment theory and the impact of trauma on children's development and security. The group will provide ideas and approaches that carers and parents can demonstrate with their child(ren) to develop a safe and secure attachment and environment. To register your interest in this group, please email Kaley.Gibbs@psychologyassociates.org.uk

Baby Bonding Group – for parents of babies aged 0 – 9 months.

Cost: £600 per place

Dates to be confirmed

Location: Cornwall.

This group will be a weekly group, consisting of 12, two hour sessions. The group will be relaxed and supportive group expertly facilitated by two of our clinicians, experienced in child and parent mental health. The group will provide support and nurture for parents and include discussion, sensory input, parental self-care and opportunities for reflection. Supporting parents to be a safe, secure and consistent presence for their babies is known to increase the 'feel-good' chemicals in their baby's brain necessary for building a secure attachment. This group will also provide the most vulnerable parents an increased chance to bond with their babies and help prevent the risk of parent/baby separation. To register your interest in this group, please email Kaley.Gibbs@psychologyassociates.org.uk.

Emotional Literacy Support Assistant (ELSA) Training

£600 per place

Dates to be confirmed

Location: Cornwall.

The ELSA (Emotional Literacy Support Assistant) project was originally developed in Southampton by Educational Psychologist Sheila Burton, and now consists of a network of practitioners across the UK. ELSA training was designed to build capacity within schools to respond to the emotional needs of their pupils; it recognises that children and young people learn better and are happier in school if their emotional needs are addressed. ELSA is an extremely flexible programme. Trained ELSAs will work both with individual young people, and with small groups. They may focus on helping support the development of emotional literacy skills, or social skills, or on providing more targeted intervention where children have significant challenges such as attachment needs, anxiety, or when they face challenges at home. They often help children find appropriate ways of expressing their emotions, and play a key role in pastoral support in any school system.

The training is typically delivered over six days, usually one day per week, in order to give trainees time to practise and reflect on skills learned between sessions. To register your interest in this group, please email Kaley.Gibbs@psychologyassociates.org.uk.

Please do get in touch with us if you have any queries or would like more information on any of the above Trainings, Workshops and Presentations.

To book a place on any of the above Trainings please email Kaley Gibbs:

Kaley.Gibbs@psychologyassociates.org.uk

To download a copy of our Training Directory please visit our website, or contact us and we can provide you with a copy:

enquiry@psychologyassociates.org.uk

www.psychologyassociates.org.uk

0845 026 7260

Psychology Associates



"Therapists provide organisations with bespoke, high quality training and consultation"

-Ofsted 2019

