

Psychology Associates



Training Directory

2019



Who are Psychology Associates?

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

We strive to **make a meaningful difference** through evidence based and effective interventions including **therapy, consultations assessment, supervision and training.** We are constantly developing new training programmes not only with our own team but also in collaboration with external organisations.

For nearly 20 years, Psychology Associates have provided training and other support services to a wide range of organisations such as charities, local authorities, legal firms and educational settings.

Our Training...

Due to 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, trauma, suicide prevention training, learning disabilities and school related topics, to name a few!

Our training courses are not just a 'tick box' exercise, we ensure they are **thought provoking, evidence based and tailored to your needs.**

Unless specified we can tailor most of the training identified in our directory within a time that suits you and your team, for example a full or half day. Please contact us for more information.

Who to contact....

If you would like to find out more about our training courses and workshops, please contact our Service Development Manager Lamorna Lindfield-Cole on **0845 026 7260** or email: **lamorna.lindfield@psychologyassociates.org.uk**

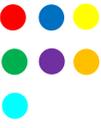
Our Training Directory...

We have listed our training, in this directory, alphabetically. We have also specified next to each programme who the training is most relevant and beneficial to, using a Key as highlighted below.

Please note that this is not an exhaustive list, rather a 'flavour' of what our fantastic team can offer.

- Social Workers
- Education Staff (Teachers, SENCO's, Senior Leaders, Teaching Assistants)
- Mental Health Professionals (Psychologists, Counsellors, Psychotherapists)
- Local Authorities
- GPs and other medical professionals
- Adoptive Parents, Special Guardians & Foster Carers
- Children's Residential Home Managers & Teams
- Students/Pupils
- Solicitors/Paralegals
- Professionals working with adoptive families and foster carers



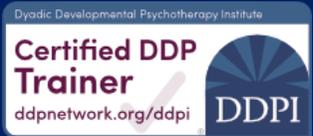
TITLE	INFORMATION	KEY
Adverse Childhood Experiences (A.C.E's) and Early Trauma	<p>This training will develop understanding for education staff around the difficulties a child faces who has experienced early trauma and/or A.C.Es. The training will provide strategies and practical approaches to ensure your school environment is a safe and nurturing place to encourage learning. This training would be suitable for all members of education staff including Teaching Assistants to members of Senior Leadership Team.</p> <div data-bbox="1041 220 2056 427" style="border: 2px solid blue; border-radius: 15px; padding: 10px; text-align: center;"> <p><i>“Really enjoyed training thank you. Great opportunity to have thinking time to reflect on current practice and learn new ideas to integrate too and to put framework round things already using in practice”</i></p> <p>Teacher - Elburton Primary School</p> </div>	
Aggressive and Risk taking behaviour - How to keep professionals safe	<p>This course will increase knowledge and awareness of how to engage with individuals who have difficulty managing emotional responses, such as anger. It will increase knowledge and information around what may trigger an aggressive episode in an individual. It will give a greater understanding of the psychological and biological basis of anger and the delegate will gain confidence in increasing a client's awareness of what may cause them to become dysregulated.</p>	
Anxiety and Dysregulation - in young people and adolescents	<p>This course looks at significant brain development as some parts increase in volume, some areas of the brain become better integrated and those connections that are used less often are 'pruned.' It looks at 'Mismatch' theory – brain development occurs at varying rates, leaving adolescents more reactive to emotional context, but less effective at regulating emotions. It covers hypersensitivity to peer rejection and peer influence of children & adults as well as discussing stability and positivity of daily emotional states worse in teenage years (particularly early teenage years).</p>	
Attachment – What is it?	<p>This training will give you an understanding of attachment and explain what 'attachment behaviour' looks like in children. The training will develop an understanding and explains what if the attachment relationship is poor and what is happening in the brain that helps us understand why children do what they do with their caring adults. This training will also explore at attachment relationships affect a child's their parents and carers, and other key adults such as teachers. The training will also cover how we support and nurture the development of healthy attachment relationships.</p> <div data-bbox="1070 1053 2020 1168" style="border: 2px solid blue; border-radius: 15px; padding: 10px; text-align: center;"> <p><i>“Brilliant training, a fantastic trainer, very knowledgeable”</i></p> <p>Support Worker, NSPCC</p> </div>	
Attachment and Trauma- what do vulnerable children need	<p>This course will develop a deeper understanding on what can make a child feel less and more secure, such as; brain development, attachment, trauma, shame & blocked care. The training will focus on putting those theories into practice. This training is particularly beneficial for professionals and parents who are supporting children in the adoption, fostering or other care process.</p> <p>Psychology Associates can also undertake this training for parents and carers of children who have experienced trauma and attachment difficulties.</p>	

Attention Deficit Hyperactivity Disorder (ADHD) Training	This course is facilitated by a Clinical Psychologist who specialises in working with, and supporting, individuals with ADHD. The training will enable delegates to develop an understanding of what someone with ADHD experiences on a daily basis and how best professionals can support someone with ADHD.	
Autism – Supporting individuals with Autistic Spectrum Condition (ASC)	This training will provide an overview of the needs and symptoms of ASC, how these may present itself within different settings and how to best support an individual with ASC needs. The facilitator providing the training will have vast experience in working with young people with ASC and will be able to provide helpful strategies to school staff who work on a one on one or close basis with pupils.	
Blocked Care and Attachment	The course will cover attachment as well as rethinking attachment – what do we know and not know? It will also look at the neurobiology of attachment, delving into how developing brains can cause feelings of feeling unsafe and insecure. An area of the training will be devoted to Blocked Care and how some parents and carers can experience feelings of being 'stuck' with their child and how professionals can develop strategies to help rationalise and remove this feeling.	
Brain development and Addiction – Pregnancy, Early Life, and Adolescence	The course looks at how addiction affects the brain and brain development in-utero. It discusses the impact of addiction on babies and beyond. It will also discuss strategies for caring for babies (and beyond) exposed to various substances, and those babies born with an addiction. Finally, it will signpost local support services available for people experiencing substance dependency or addiction.	
Child Sexual Exploitation (C.S.E)	This course will give you an understanding about what is sexual exploitation and how it can affect a child's development. The training will help professionals who work with individuals who have suffered from CSE, develop strategies to best support them, including help them understand how CSE may have affected them. The course can also help professionals identify children who they believe are being exploited and what next steps to take to protect those who are vulnerable.	
Circle Solutions Introductory Training	Circle Solutions is both a philosophy for healthy relationships and a positive pedagogy to facilitate learning. It is based on research evidence found in the fields of resilience, positive psychology and neuroscience. The framework can be used in many different ways and for all ages from young children to adult. Circles build relationships. Relationships build pupil resilience and enhance prosocial behaviours. Circle Solutions is not a stand-alone programme but a tool of wellbeing that incorporates the ASPIRE principles of Agency, Safety, Positivity, Inclusion, Respect and Equity.	

“Great example of theory and practice suggestions and sharing of life examples, thank you”

The trainer really made everyone feel their contributions were valued - And very knowledgeable.

Complex Developmental Trauma	<p>This course will develop an understanding of what is Complex Developmental Trauma and how it affects a child's development, including neurobiologically. Delegates will be able to learn and discuss strategies on how to best support an individual who has experienced Complex Developmental Trauma. This training is particularly beneficial for professionals providing support to children who are currently in care or in risk of being placed into care.</p>		
Court Skills Training	<p>The course is for professionals who provide their expert opinion within a court process and for those looking to become an expert witness. Professionals will learn about the basics of the court process. The facilitator will be a Clinical Psychologist who is vastly experienced in providing expert opinion. The facilitator will focus upon developing delegates understanding of how an expert witness provides evidence in court and how to manage challenge.</p>		
Development Language Disorder (DLD)	<p>This training will develop the understanding of Development Language Disorder (DLD) for teachers and it will focus on how DLD's affect children, not just within the educational setting, but throughout their childhood. Dr Val Brooks, Specialist Speech and Language Therapist has worked in this field for many years and will provide staff with approaches to best support a child with DLD, to support their learning and development within a school environment.</p> <div data-bbox="443 794 2078 943" style="border: 2px solid blue; border-radius: 15px; padding: 10px; margin: 10px 0;"> <p style="text-align: center;"><i>"It was so interesting and has provoked a lot of discussion within the staff. At the very least, it has made staff reflect on their own language and how they communicate and to see the children as children" Head teacher at a Primary school, Exeter</i></p> </div>		
Differential Diagnosis – Attachment and Autism	<p>Recent research, such as the revised 'Coventry Grid' states that many symptoms outlined in the diagnosis of Autism are also mirrored within a child with attachment difficulties. This training would be lead by a clinician who specialises in child mental health. This training will provide the delegates with tools to help them identify the differences and similarities between attachment difficulties and Autism, and also provide strategies on how to support a child experiencing either of these symptoms. Delegates who would benefit from this training include education staff, mental health professionals and residential home managers and their team.</p>		
Domestic Abuse – The impact and risk to children	<p>This training will develop on understanding of what domestic abuse is and why it is important we understand the risk to children. The training will discuss what the developmental consequences for children of being exposed to domestic abuse and how domestic abuse creates neurological changes affecting children's developmental potential and attachment.</p>		

<p>Dyadic Developmental Practice (DDP) (Level 1)</p> 	<p>In Level One the core components of DDP will be presented and explored through discussion and practice exercises. This includes practicing communication using PACE (Playfulness, Acceptance, Curiosity and Empathy). Participants will explore the use of DDP as therapeutic work with families and as a parenting framework. Level One represents 28 hours of DDP training. This will provide the knowledge and practice necessary for attendees to introduce DDP principles to their work with developmentally traumatised children and their families.</p> <p>Both Level 1 and 2 DDP Trainings are 4-day training courses.</p>	<p>●</p>
<p>Dyadic Developmental Practice (DDP) (Level 2)</p> 	<p>This course allows a deeper understanding of the theory and practice of the interventions and parenting principles used in this approach. It will follow up on any relevant themes that participants would like more teaching on. For each participant to have opportunities to focus on the successes and barriers experienced in applying the model in their practice via supervision or consultation about their work with families or their specific practice. It will provide participants with the opportunity to explore (in small groups of 3 people for one hour a day) how their attachment history and experiences may inform and have an impact on their work.</p> <p>Both Level 1 and 2 DDP Trainings are 4-day training courses</p> <div data-bbox="1019 662 2072 853" style="border: 2px solid blue; border-radius: 15px; padding: 10px; text-align: center;"> <p><i>“I found the course very useful and I am looking forward to seeing how I can use this in my work. A really positive and enjoyable experience”</i></p> <p>DDP Level 1 Delegate, 2017</p> </div>	<p>●</p>
<p>Emotional Literacy Support Assistants Training (ELSA)</p> 	<p>ELSA was designed to build the capacity of schools to support the emotional needs of pupils from within their own resources. ELSA recognises that children learn better and are happier in school if their emotional needs are addressed. ELSA is an initiative developed and supported by Educational Psychologists who apply psychological knowledge of children's social and emotional development to particular areas of need and to specific casework. The ELSA training will focus on key skills that enhance therapeutic conversations with children and young people. It will be an experiential training that includes tutor demonstrations.</p> <p>ELSA Training is a 5 Day course.</p>	<p>●</p>
<p>Exam Stress – supporting young people with exam related anxiety and stress</p>	<p>Clinicians will work closely with students in a workshop style training to help the students develop strategies to use during stressful periods during the school term, including lead up to exams. The strategies will enable the young people to feel less apprehensive about the exams, even when in the exam hall itself!</p>	<p>● ●</p>

Mental Health Awareness – in Adults	<p>This course will be facilitated by a clinician who specialises in adult and adolescent mental health. The course will provide delegates with an understanding of some of the most common mental health diagnoses, including the main symptoms and how to support an individual experiencing mental health difficulties such as depression and anxiety. This course would be useful for most professional organisations to improve mental health awareness and decrease stigma amongst colleagues and teams.</p>	
Mental Health Awareness for young people	<p>We can provide workshops for groups of young people, such as pupils, of all ages to develop an understanding of mental health issues, what they can feel like, who to approach if you feel you have a mental health issue and how to support a friend with a possible mental health issue. This workshop is also suitable for parents of students to develop understanding of mental health issues and how to support your child if they are suffering from a mental health issue.</p>	
Mental Health First Aid	<p>The course will look at how to respond to young people who are communicating acute emotional distress. The basic therapeutic skills will be explored that can be integrated in your existing toolkits. It will also look at how to respond to, and ask about mental health risk (such as suicide and self-harm) and there will be time for experiential practice – including role-play scenarios. This training can be adapted dependent on the delegates, for example our clinicians have provided this training to education staff, parents and social workers.</p>	
<div style="border: 2px solid blue; border-radius: 15px; padding: 10px; display: inline-block;"> <p><i>“Great trainer, clever and knowledgeable, will make a real difference to the way we work”</i> Social Worker - Action for Children</p> </div>		
Mental health tool kit for professionals	<p>The course will look at a toolkit that will help your organisation support the mental health and well-being of your employees. It will help you to look at your existing strategies and develop your skills to take positive actions to build a culture in your workplace and allow you to have a better understanding of how to help individuals who are experiencing mental health difficulties that need support. This toolkit can be used in a variety of workplaces from the business, charitable or public sector.</p>	
Mindfulness training	<p>Mindfulness has been scientifically proven to reduce anxiety, depression and stress. In addition, we consider the neurological changes that occur in the brain as a result of continued mindfulness practice. Lastly, we show how to implement mindfulness into daily life, using simple yet effective techniques to help you to become more mindful in your day to day life. The overall aim of the training is to provide theoretical understanding coupled with practical strategies to help increase physical and emotional wellbeing.</p>	
Motivational interviewing	<p>This training will define what motivational Interviewing is, discuss why it may be helpful in your workplace and allow you to practice techniques of motivational Interviewing and look at how you can change the way you work currently.</p>	

<p>Non-School Attendance ('school phobia' or 'school refusal')</p>	<p>Extended non-attendance can often be baffling for parents and educational practitioners, and for the children or young people experiencing it; intervention regularly proves difficult or ineffective, and frequently does not lead to a complete return to school.</p> <p>Although anxiety is often an element of the problem, the causes vary and are often difficult for the young person to articulate. This training session aims to explore what is known about difficulties of this type both in terms of causes and effective intervention, and as such aims to equip participants to better support children and families when attendance becomes difficult.</p>	<p>●</p> <div data-bbox="1243 207 2072 406" style="border: 2px solid blue; border-radius: 15px; padding: 10px; text-align: center;"> <p><i>"The scenarios were very well matched to our needs and offered an excellent vehicle for further discussion. They [staff] were certainly buzzing with ideas this morning".</i></p> <p>Deputy Head, Plymouth based Primary School</p> </div>
<p>Nurturing Attachments/ Therapeutic Parenting</p>	<p>This group is for foster carers, adoptive parents and special guardians of children/sibling groups of any age. We will use the approach described by Kim Golding in her book 'Nurturing Attachments' to consider the very particular parenting needs of children who experienced difficult relationships and trauma earlier in their lives.</p> <p>Each session we will consider a different topic, such as trauma and shame but all will be based on an understanding of attachment difficulties, trauma, and the effects of these on children's ability to form trusting and safe relationships as they grow older. Using the principles of therapeutic parenting we will consider how to help children feel more secure, how to build relationships and manage behaviour.</p> <p>This programme group typically consists of 12 sessions, spread over 7 months but can be adapted.</p>	<p>●</p>
<p>An attitude of 'PACE' - for professionals</p>	<p>PACE 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.</p>	<p>● ● ●</p> <div data-bbox="1164 981 2072 1101" style="border: 2px solid blue; border-radius: 15px; padding: 10px; text-align: center;"> <p><i>"First PACE training I have received- very interesting, informative and useful. Thank you!" – Teacher, Exeter Deaf Academy</i></p> </div>
<p>Person Centred Planning (PCP) Approaches – Using PCP to support young people's inclusion and participation</p>	<p>This training equips those working at a direct level with 'hard to reach' children and young people and those with a strategic role in planning SEND provision. Supporting participation and inclusion can bring opportunities and challenges; this training will provide a framework to support children and young people across the continuum of SEND – placing them at the centre of educational planning to improve outcomes in their engagement, participation, wellbeing and learning.</p>	<p>●</p> <div data-bbox="1131 1236 2072 1428" style="border: 2px solid blue; border-radius: 15px; padding: 10px; text-align: center;"> <p><i>"Thank you for fantastic staff training today. It was so clear and purposeful. I really valued seeing some light bulb moments among the staff today. Thanks again to you and your team".</i></p> <p>SENCO, Plymouth based Primary School</p> </div>

Personal Injury – Psychological responses	<p>The training will be facilitated by a Clinical Psychologist who specialises in personal injury interventions including assessment and therapeutic support. The training will provide delegates with a deeper understanding of when a psychological experts' opinion should be sort, preparing your client for a psychological assessment and what is entailed in a psychological assessment. The facilitator will also cover what the psychological and neurological responses can occur within an individual after an injury and what can be undertaken with the individual to support them. This training is ideal with law professionals involved in the Personal Injury sector.</p>	
Personality Disorder – the impact	<p>This training will show you how personality disorders are different from other mental health issues. It will give you the knowledge so you will be able to name different types of personality disorder. Delegates will learn how personality disorder might impact relationships and review how the current evidence base helps address the question: what treatment are likely to help a person with personality disorder.</p>	
Playfulness, Acceptance, Curiosity and Empathy (PACE) - for adoptive parents and foster carers	<p>PACE is a highly successful parenting approach for working with children who have experienced trauma in their attachment relationships. In these sessions we will briefly explore the principles and theoretical foundations of PACE, a therapeutic model developed by Dan Hughes (Clinical Psychologist) before spending most of our time practicing practical ways to help you as a carers and parents use this approach.</p>	
Precision teaching	<p>A psychologically informed, evidence-based intervention for teaching key skills such as basic literacy and numeracy where whole school/whole class approaches have failed to support desired progress. Precision Teaching is highly adaptable, designed for 1:1 delivery, and allows children to see and appreciate their progress with the result that it builds the learner's belief in their ability to learn as well as their knowledge.</p> <p>This training is delivered in 3 Parts: Part 1: 2 hour workshop focusing on reading Part 2: 1 hour follow up workshop approx. three weeks later to support staff with issues arising during initial implementation. Part 3: 2 hour workshop, can be tailored to need, but typically focuses on spelling and maths.</p>	
Reflective Practice	<p>This course is beneficial for mental health professionals such as counsellors, therapists and psychologists. The training is in a workshop style and it will help provide tools to make you as a professional more aware of the process whereby you stop and think about your practice, consciously analyse your decision making and draw on the theory and relate it to what you do in practice.</p>	
Resilience – Building Resilience in the workplace	<p>This training will develop an understanding of the concept of emotional resilience and identify strategies and tools employers and managers can use to help prevent staff 'burn-out', compassion fatigue and sickness. The training will also outline the specialist support that's available and also time to discuss ideas around building staff resilience to your organisation.</p>	

Resilience – Building Resilience in young people	<p>Understand the concept of resilience and how it helps children and young people to manage difficult situations and feel safe. The training will identify ways in which children and young people can build confidence, self-efficacy and self-compassion. Participants will learn practical strategies to help children and young people identify and cope with emotions, maintain well-being and access support. This training will be facilitated by a clinician who has vast experience in young people's mental health.</p>	
Self-Injury – supporting vulnerable individuals who self-harm	<p>This course will define self-injury, and will provide delegates with a deeper understanding of why individuals self-injure themselves. The course will focus on the cycle of self-injury and how it can be broken. The course will provide delegates strategies around how to support those that self-injure themselves.</p>	
Sensory Processing	<p>This training will be held by our resident Specialist Occupational Therapist who has vast experience in working with children and young people with Sensory Processing (SP) difficulties. The training will provide an overview of 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 7 senses, 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, including educational and home.</p>	 
Suicide Prevention Training	<p>Suicide has now become one of the leading causes of death amongst young people (20-34 years) in the UK (according to the Mental Health Foundation). This training will be useful those who work and support vulnerable adolescents and adults. The training will provide delegates with strategies to become more aware of how to spot if someone is showing suicidal thoughts and ideation. Further strategies will be focused on around what support can be put in place if someone may be vulnerable to suicide.</p>	
Therapeutic Play - approaches for use in educational settings	<p>This training will provide educational staff with therapeutic play techniques and strategies that can be used, mainly by Teaching Assistants, with students on a one to one basis to improve communication, emotional literacy and emotional wellbeing. The training will be provided by an experienced clinician and follow up supervision/workshops can be provided to enable discussion around application of strategies following the initial training.</p>	
Trauma focused Cognitive Behavioural Therapy (CBT) Training	<p>This course will give you an increased knowledge of Trauma Focussed-CBT including when it is most effective, how it is used and who you can use the therapeutic model with. It will explain the different models, the evidence base and show you how you can be more confident in using TF-CBT in your practice. Giving you therapeutic skills as well as showing you when and when not to use TF-CBT – specific to sexual abuse.</p>	

VERP Training	<p>This one day course is aimed at professionals and provides an introduction to the theories and values underpinning VIG and the principles of attuned interactions. VERP can be used for professional development through reflecting on video clips of one's own professional practice and looking for examples of attuned interactions. After the initial training day, VERP trainees attend follow up sessions with a VERP guider in a small group, where they share clips of their own interactions and reflect with the group on positive change. It is a respectful and empowering approach.</p>	 <p>●</p>
Vicarious Trauma – developing resilience for professionals who work with clients who are traumatised	<p>In this workshop we will explore how staff working with traumatised individuals, are impacted professionally and personally. We will discuss early signs of vicarious traumatisation (VT) and the potential harm when it is not identified and addressed. We will discuss the features of organisations and personal characteristics that put workers most at risk of VT and explore how we might change our cultures and practices to minimise the risks of VT developing. The workshop includes a review of relevant psychological research and literature as well as practical tools to protect and prevent the development of VT in colleagues. The workshop is delivered using information sharing, pair and group discussions with the aim of supporting each worker to begin to identify practical ideas to prioritise their own wellbeing at work.</p>	<p>● ● ● ●</p>
Video Interaction Guidance (VIG) 	<p>This two day initial training course provides an introduction to the principles of VIG and how to work with clients. It will equip candidates with the required skills and accreditation to register with AVIGUK as a trainee VIG practitioner, and to work directly with clients under the regular supervision of an accredited VIG supervisor. VIG is an approach to enhance the quality of communication within relationships. VIG uses short video clips of positive and authentic relational situations. The VIG practitioner uses the principles of attuned interactions to help the client reflect on the clips to move towards positive change. VIG is a respectful and empowering strengths-based approach. It is effective with families of all ages where relationships and communication can be enhanced. VIG is an evidence-based approach, recognised in NICE guidelines and approved by ASF. It can also be used with professionals to enhance relationships and therapeutic/teaching/supervision and managerial skills.</p>	<p>●</p> <div data-bbox="1332 726 2033 989" style="border: 2px solid blue; border-radius: 15px; padding: 10px; margin: 10px;"> <p><i>“Training has been extremely insightful. Excellent balance of neuroscience theories and strategies to work with. Trainer knowledge backed up everything in the course which made it even more accessible. Thank you. Brilliant two days”</i></p> <p style="text-align: center;">IMARA</p> </div>

Along with training, our multidisciplinary team can also provide a wide range of support services including (but not limited to!) consultations, supervision, assessments and therapy. Please contact us for more info!

0845 026 7260

enquiry@psychologyassociates.org.uk

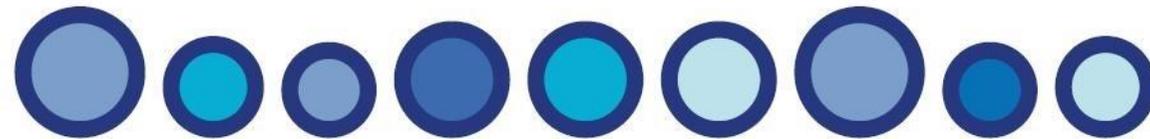
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Psychology Associates



Just some of the organisations we have provided our Training & Workshops to:

