

Psychology Associates



TRAINING CALENDAR 2023



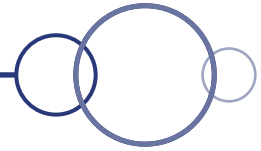
www.psychologyassociates.org.uk

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About 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 over 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.

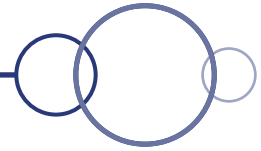
In 2019, Ofsted rated us 'Outstanding' with incredible feedback including "The agency is staffed by a range of therapists who are highly qualified, skilled and experienced in achieving excellent outcomes".

With every service we provide, whether individual therapy, training or assessments, we deliver ethical and innovative approaches to ensure we provide the best possible service for our clients.

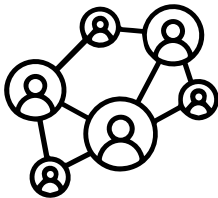
For more information on our services please visit our website:
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Please note that, unless listed as face to face, all of the training events listed in this calendar will be delivered virtually via Zoom.

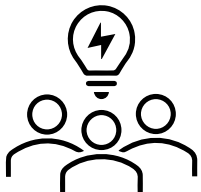
Why Choose Psychology Associates' Training Events?



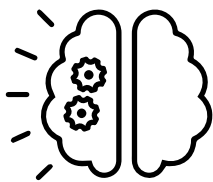
As an outstanding training provider for over 20 years, we are highly experienced and can offer trainings on a wide range of topics.



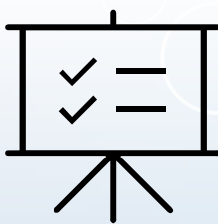
Our multidisciplinary team of clinicians are experts in their fields.



Our trainings are thought-provoking, relevant and draw upon the most up contemporary research and evidence.



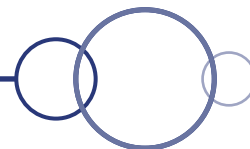
We provide deeper understanding of topics as well as opportunities to practice and enhance practical skills.



We can also deliver our training events as bespoke courses, tailored to best suit your organisation's needs and aims.



Meet Our Trainers



Dr Adam Lewis Cole
Senior 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.



Alice Thornton
Highly Specialist Speech and Language Therapist

Alice has been qualified for over 30 years and has extensive experience with children who have suffered early trauma, as well as those who have been placed for fostering or adoption. Much of her work is supporting families and education settings to identify any language difficulties and develop ways to build up skills so that each child and young person can be confident in processing information and communicating who they really are. She loves delivering training which is practical and relating theory to everyday practice.



Amy Oliver
Specialist Occupational Therapist

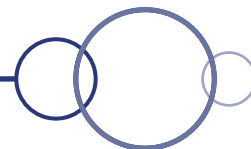
Amy specialises in working with children and young people with Special Educational Needs, and previously she has worked within specialist education and care services. She has worked with children with Autistic Spectrum Condition (ASC), speech, language and communication needs and trauma and attachment related conditions that may include social, emotional and mental health (SEMH) needs. Amy offers person-centred support for children's sensory processing, fine and gross motor difficulties. Amy is currently studying a MSc in Sensory Integration (SI) to become an Advanced SI practitioner.



Dr Cara Redmond
Clinical Psychologist and Clinical Lead for Adoption and Fostering

Cara specialises in working with children and young people with developmental trauma, anxiety and depression. 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.

Meet Our Trainers



Dr Danielle Ford **Educational Psychologist**

Danielle is experienced in working with children, young people and families. Danielle previously worked as a primary school teacher, and has experience in working with individuals with profound and multiple learning difficulties. Danielle provides support to children and young people with a wide range of additional needs through observation and assessment work, consultation with school staff and parents, and other interventions. Danielle has specialist interests in parental mental health needs and their impact on children and working with children in the Early Years.



Dr Emma Corrigan **Lead Educational Psychologist and Clinical Lead for Services to Education**

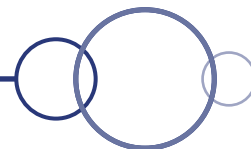
Emma has extensive experience of working with families, schools and education settings to support children and young people in their educational progress, wellbeing and achievement. Emma has developed specialism in supporting Developmental Trauma and leads our multidisciplinary services for education. Emma provides Expert Opinion assessments for the Courts, provides advice and consultation to schools nationwide and works closely with charities including Operation Encompass.



Dr Emma Greatbatch **Consultant Clinical Psychologist and DDP Practitioner, Consultant and Trainer**

Dr Emma Greatbatch 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 Karen Kershaw

Clinical Psychologist and Lead for Multidisciplinary Working and Specialist Assessment

Karen specialises in providing psychological support services to children in care, children at risk of care, and children who have been adopted, as well as their families. Karen has extensive experience in providing support to businesses and organisations, especially providing mental health awareness training. 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) and assessment pathways.



Dr Kerry Davison

Clinical Psychologist and Clinical Director

As a Clinical Director, Kerry manages and provides clinical supervision to senior members of the multidisciplinary team as well as providing specialist therapeutic services to children and adults. Kerry provides supervision, individual and group consultation to a wide variety of organisations, promoting Mental Health and trauma informed decision making and practices. As a Clinical Psychologist, Kerry has had over 18 years' experience of working within Psychology, and specialises in Family Therapy, Trauma focussed therapy, Attachment focussed therapy (such as DDP) and Video Interaction Guidance.

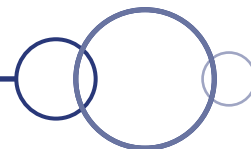


Dr Nneamaka Ekebuisi

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 children's residential homes. 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, especially within the fields of domestic abuse and substance misuse.

Meet Our Trainers



Dr Rhianne Hanbury

Clinical Psychologist and Clinical Lead for Therapy

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.



Dr Sue Candy

Consultant Clinical Psychologist and Clinical Director

Sue has extensive experience as a clinician, especially working with children and families. Sue has over 20 years' experience providing expert witness testimony to the Courts, including high profile cases, 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.



Suzanne Bryant

Trainee Counselling Psychologist

Suzanne's role involves supporting young people and families who are experiencing anxiety, low mood or behavioural issues. She has completed a Postgraduate qualification in Health Psychology, with an interest in the experience of Menopause and is currently training as a Counselling Psychologist, working towards HCPC registration. 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.



Trudy Richards

Specialist Occupational Therapist

Trudy provides assessments and interventions to help people achieve functional independence and quality of life. Trudy specialises in children's sensory processing and fine motor difficulties and has undertaken training in and uses Sensory Attachment Intervention (SAI) approaches which supports young people with historical trauma experience feelings of safety and improve their ability to self-regulate. She also provides consultation to organisations and is keen to support others to understand and work with the sensory needs of young people.



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Understanding ACEs and Early Childhood Trauma

Date & Time

25th January 2023, 10.00am-3.00pm

Trainer

Dr Kerry Davison, Clinical Psychologist and Clinical Director

Cost

£70 + VAT

Audience

Professionals working with young people who may have experienced ACEs, such as social workers, education staff, and clinicians.

Training Content

- What are ACEs and why do they affect us?
- How prevalent are ACEs?
- The importance of Attachment Theory
- Factors that help to build resilience
- How to adapt to working with children and young people who have experienced ACEs
- Practical guidance on maintaining your own wellbeing

What attendees will gain from this training

- Develop a deeper understanding of ACEs and why they affect so many children, young people and adults.
- Explore practical approaches and strategies to help you work with and support young people who have experienced ACEs.
- Gain understanding of the importance of looking after your own wellbeing.

Testimonials

"This is an incredibly useful training course with highly valuable information and advice. I would recommend this training to anyone working with children. The trainer was informed and helpful and it was great to have such a friendly and approachable person leading this training."

"I have to say that, in the 25 years I have been doing my job, this was the best and most relevant training I have ever been on. Thank you most sincerely. I am already telling everyone how great the training was."



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Introduction to Therapeutic Models

Date & Time
Trainer

28th February, 3.00pm-5.00pm
Dr Cara Redmond, Clinical Psychologist and Clinical Lead for Adoption and Fostering Services
Cost
FREE

Audience

Social workers (especially those involved in adoption support work), health and education professionals including managers and commissioners.

Training Content

Introduction to a range of therapeutic models, to include the neuro-sequential model of therapeutics, Cognitive Behaviour Therapy and Compassion Focused Therapy, Systemic approaches and Family Therapy, Dialectical Behaviour Therapy, Dyadic Developmental Practice, Eye Movement Desensitisation Reprocessing, Theraplay, Life Story Work Therapy and Video Interaction Guidance.

What attendees will gain from this training

A greater awareness of what is involved in some of the main ways of working therapeutically with children and young people, what works for whom, and when different approaches are likely to be indicated.

Testimonials

"Great and informative content and very well delivered. Thank you very much."

"This was an amazing training and there was so much information."

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Vicarious Trauma

Date & Time
Trainer
Cost

3rd March, 2.30pm-5.00pm
Dr Nneamaka Ekebuisi, Clinical Psychologist
£45 + VAT

Audience

Any professional working with people who have experienced trauma

Training Content

- Overview of trauma and vicarious trauma.
- Exploration of resilience, self-care, organisational resilience and workplace cultures.
- Practical strategies for building resilience and implementing self-care in your daily routine.

What attendees will gain from this training

- Gain an understanding of the impact working with traumatised people can have on you.
- Learn to make self-care a priority, gaining practical tips and strategies to begin this process.
- Engage in practical discussions as well as learning new information.

Testimonials

"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 both at work and in my personal life. Trainer was very engaging and was able to deliver the information very well."

Successfully Managing Stress, Change and Burnout in the Workplace

Date & Time
Trainer

27th April, 9.30am-1.30pm

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

Cost

£65 + VAT

Audience

Employees, managers and senior managers who want to think about supporting their own mental health and also that of others through periods of stress, particularly during times of change. This will be applicable for businesses from a wide range of areas from customer service, sales, law and healthcare.

Training Content

- Overview of the most common mental health presentations and how to be more aware of your own mental health and that of others.
- It will consider the stresses and processes involved in change and provide ideas and strategies to safeguard your mental health and build your resilience to prevent burnout.

What attendees will gain from this training

- Increased awareness of the signs and symptoms of mental health difficulties in our day to day lives and how to recognise this before burnout occurs.
- A better understanding of the processes involved in significant changes.
- Tips and tools to build resilience and face stressful changes.
- Signposting for further mental health and wellbeing support.

Testimonials

"A very interesting and thought-provoking session. Excellent delivery, very clear and coherent."

"A very clear and well organised presentation, and the presenter had extensive knowledge and experience. Thank you very much, I enjoyed it and will be able to use the strategies within the work place."

Psychology Associates' Annual Conference

We are very excited to announce that our Annual Conference will be delivered virtually on the 22nd May 2023, 9.30am-3.30pm, with Key Note Speaker Dr Karen Treisman. The title and topic of this Conference will be announced very soon. If you would like to register your interest in attending our conference, please contact us to be kept up to date with all details.

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Self-Injury – Supporting Children and Young People

Date & Time
Trainer

10th May, 9.30am-12.30pm
Dr Rhianne Hanbury, Clinical Psychologist and Clinical Lead for Therapy

Cost

£65 + VAT

Audience

Any professional working with children and young people.

Training Content

- Overview of what self-injury is and how to identify the signs that a child/young person is self-harming.
- Factors that may lead a young person to self-harm.
- The use of emotional regulation strategies to reduce self-harming behaviour.

What attendees will gain from this training

- Gain further understanding and knowledge of self-injury in children/young people.
- Learn to best support a child or young person who is self-harming.
- Develop strategies and ideas for how to break the cycle of self-injury in children and young people.

Testimonials

"I really enjoyed this training with Rhianne. It increased my knowledge base and I'm looking forward to more training events in the future."

"Brilliant session with lots of useful information that I can take back to school and share."

DDP Level One – FACE TO FACE TRAINING

Date & Time
Location
Trainer

5th-8th June 2023, 9.30am-4.30pm
FACE TO FACE - Exeter Racecourse, Kennford, Exeter, EX6 7XS
Dr Emma Greatbatch, Consultant Clinical Psychologist and DDP Practitioner

Cost

£780 + VAT

Audience

Therapists and other professionals supporting children, young people and their families.

Training Content

- This is an introductory 4-day course on Dyadic Developmental Practice (DDP), an intervention model developed by Dan Hughes, Clinical Psychologist.
- 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.
- The principles and interventions are presented through presentations, discussion, videotape of sessions, role-play, and handouts.

What attendees will gain from this training

- The impact of secure developmental attachment on neurological, affective, cognitive and behavioural development
- How developmental trauma (abuse and neglect) creates insecure and disorganised attachment patterns which impede normal development
- Principles of psychotherapy, effective communication and parenting that facilitate the development of attachment security
- Specific strategies of parenting and communication that facilitate the development of a secure attachment and help children integrate past trauma and abusive experiences
- How the caregiver's attachment history and attachment patterns can be important factors when providing care for children who have experienced developmental trauma.

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Introducing Working Memory and Executive Functioning

Date & Time

14th June, 2.30pm-5.00pm

Trainer

Dr Adam Lewis-Cole, Senior Educational Psychologist

Cost

£45 + VAT

Audience

School and education setting staff, such as teachers, teaching/learning assistants, SEN staff and school leaders. The session may also be of interest to other professionals who support young people in school/liaise regularly with school staff.

Training Content

- Introduction to the concepts of Working Memory and Executive Functions.
- Overview of 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.

What attendees will gain from this training

- Develop understanding and links to direct practice.
- Gain practical strategies and approaches to support Working Memory and Executive Functioning needs to help empower children and young people to build their learning resilience.

Testimonials

"A highly engaging session delivered professionally, but in a personable and approachable manner and of great value to our ongoing school development."

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

Sensory Processing and Integration

Date & Time

6th July, 10.00am-12.00pm

Trainer

Amy Oliver, Specialist Occupational Therapist

Cost

£45 + VAT

Audience

Parents and carers as well as professionals working with children/young people with sensory processing difficulties.

Training Content

- Overview of Sensory Processing and sensory integration theory, and how sensory difficulties can manifest in a child's behaviour.
- How best to support a young person with sensory processing difficulties within different settings, e.g., school and home.

What attendees will gain from this training

- Develop a wider understanding of an individual's 8 senses and how they can be affected by sensory processing difficulties.
- Gain strategies to help children and young people with sensory difficulties to regulate.

Testimonials

"I found the trainer's knowledge around Sensory Processing fascinating and felt this gave me more information than other training I have been on relating to this subject. Thank you."

"This course was really helpful and I have come away with lots of information to share. Thank you."

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Differential Diagnosis – Attachment and Autism

Date & Time
Trainer

12th July, 10.00am-4.00pm

Dr Sue Candy, Consultant Clinical Psychologist and Clinical Director

Cost

£75 + VAT

Audience

Professionals such as education staff, mental health professionals and residential home staff.

Training Content

- Explanation of Autism Spectrum Condition (ASC) and attachment to assist with differential diagnosis.
- Exploration of the similarities and differences between attachment difficulties and Autism to assist in deciding on appropriate support and/or treatment pathways.

What attendees will gain from this training

- A clearer understanding of ASC and attachment.
- Gain tools to help you identify the similarities and differences between attachment difficulties and ASC.
- Achieve greater clarification of appropriate support and treatment pathways.

Testimonials

"Fantastic training, very worthwhile and the trainer was very knowledgeable."

"Dr Sue Candy was brilliant, so many things fell into place and the whole thing made so much sense. Thank you so much."

Behaviours and Language Development – links, impact and support

Date & Time
Trainer

12th and 19th September, 3.00pm-5.00pm

Dr Alice Thornton, Highly Specialist Speech and Language Therapist

Cost

£45+VAT

Audience

Parents, foster carers, primary school teachers and early years workers.

Training Content

- Exploration of the links between behaviour and the levels of language that a child has.
- Discussion of the impact of delayed language on behaviour.
- Developing strategies to manage behaviour and behaviour policies, in the light of understanding impact of language.

What attendees will gain from this training

- Gain a greater understanding of how language and behaviour are linked.
- Improve your ability to observe children's behaviour through the lens of language development.
- Develop strategies to support behaviour and explain it to others.

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Supporting Emotional Security in the Classroom

Date & Time
Trainer

27th September, 3.00pm-5.00pm

**Dr Emma Corrigan, Educational Psychologist and
Clinical Lead for Services to Education**

Cost

£45 + VAT

Audience

School and education setting staff, such as teachers, teaching/learning assistants, SEN staff and school leaders.

Training Content

- Exploration of therapeutic approaches that build emotional security for children and young people across the age-range.
- Linking theory to practice, drawing upon a multidisciplinary lens.

What attendees will gain from this training

- Increased understanding of attachment and trauma.
- Direct links to hands-on practice, exploring ways to attune, connect and co-regulate children's emotional needs.
- Strategies to embed a trauma-informed approach across whole school systems and policies.

Testimonials

"I found this session really useful and motivating because the trainer was so positive and passionate about delivering the training. This was such a valuable session – thank you so much."

"The course was very clear, uncomplicated, engaging and helpful. It has definitely helped me gain a deeper understanding of the children I work with. Thank you."

Menopause and Mental Health Webinar

Date & Time
Trainer
Cost

18th October, 12.30pm-1.30pm

Suzanne Bryant, Trainee Counselling Psychologist

FREE

Audience

Women experiencing menopause and those around them.

Training Content

- Brief overview of menopause.
- Key biological ideas as well as alternatives to the biological model.
- The role of CBT and understanding of the transition experienced with Menopause, and how this can be supported effectively.

What attendees will gain from this training

- Greater understanding of menopause and strategies to access further support.

Testimonials

"It was very informative, well-structured and gave me things to go away and implement immediately."

"Thank you, I thoroughly enjoyed the training. It was very informative."

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The Impact of Trauma on the Senses

Date & Time

16th November, 10.00am-12.00pm

Trainer

Trudy Richards, Specialist Occupational Therapist

Cost

£45 + VAT

Audience

Parents and carers as well as professionals working with children/young people with sensory processing difficulties, especially those who have experienced early developmental trauma. It will be useful for those professionals and organisations looking to become more trauma-informed in their approach.

Training Content

- Explanation of the 8 senses and how the body and brain interact to interpret sensory information.
- Consider the definition of trauma, and explore the impact of trauma on the senses and resultant behaviours.
- Provide practical solutions and techniques to best support children with sensory processing difficulties who have experienced trauma.

What attendees will gain from this training

- A deeper understanding of our senses, how they can be affected by trauma and what we can do to aid recovery.
- The chance to explore the wider implications and practical solutions for themselves, other individuals and organisations as a whole.

Testimonials

“An excellent training session which really helped me to recognise and respond to the needs of the young people I work with.”

“This was a really informative training event with lots of useful information and a very knowledgeable trainer.”



Assessing Safe Parenting

Date & Time
Trainer

22nd November. 10.00am-4.00pm

Dr Sue Candy, Consultant Clinical Psychologist and Clinical Director

Cost

£75 + VAT

Audience

Social workers, children's guardians, adoption and foster care agency workers, psychologists, solicitors other professionals working in this field.

Training Content

- Exploration of the factors that impact on parenting capacity and presentation of a model of how to assess if a parent is a safe carer.
- Consideration of what needs to happen for a carer to become safe if they are not already.
- Healthy parenting brain systems will be described and brought to life with examples drawn from clinical work.

What attendees will gain from this training

- A greater understanding of the factors impacting parenting capacity.
- An overview of a model of assessment, to include prognosis and a capacity to change.

Testimonials

"Excellent 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 some of the thinking, tools and resources to feed into my work."

DDP Level Two – FACE TO FACE TRAINING

Date & Time
Location
Trainer

27th-30th November 2023, 9.30am-4.30pm

FACE TO FACE - Exeter Racecourse, Kennford, Exeter, EX6 7XS

Dr Emma Greatbatch, Consultant Clinical Psychologist and DDP Practitioner

Cost

£780 + VAT

Audience

Therapists and other professionals supporting children, young people and their families, who have undertaken DDP Level One training and are beginning to use the principles and interventions of DDP in their day-to-day work.

Training Content

- Development of skills and talking through what you feel is going well and work where you feel stuck in using the approach. The trainer will tailor the course to meet the consultation and skills training needs of the group.
- Group discussion and reflection to hear about each other's work and listen to consultation about this.

What attendees will gain from this training

- Gain a deeper understanding of the theory and practice of the interventions and parenting principles used in this approach.
- The opportunity to follow up on any relevant themes you would like more teaching on.
- The opportunity to focus on the successes and barriers experienced in applying the model in their practice via supervision or consultant about your work with families or your specific practice.
- The chance to explore how your attachment history and experiences may inform and have an impact on your work.

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Therapeutic Approaches to Child Based Play

Date & Time

6th December, 2.00pm-5.00pm

Trainer

Dr Danielle Ford, Educational Psychologist

Cost

£55 + VAT

Audience

School and education setting staff.

Training Content

- Introduction to therapeutic play.
- Exploration of why play is important.
- Guiding principles of therapeutic play.
- Practical ideas and strategies to use with children you work with.

What attendees will gain from this training

- Increased awareness and understanding of the principles and benefits of therapeutic play.
- Greater understanding of practical therapeutic play activities to use with children.

Testimonials

"This was a very informative course and exceptionally well delivered."

"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."

Due to the popularity of our training events, additional courses may be scheduled to meet high demand. To be kept up to date with our training events and any further courses as they are scheduled throughout 2023, please visit our website and follow our social media platforms (Twitter, Facebook and LinkedIn).

Please note that this Calendar is not an exhaustive list of what can deliver to you. To view the full breadth of training events that our expert multidisciplinary team can provide, virtually and face to face, please contact us to request a copy of our Training Directory. If there is a particular training topic area you would be interested in for yourself or your team, please don't hesitate to get in touch to explore this further.

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