



Virtual Training Calendar 2024



www.psychologyassociates.org.uk

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Who are we?

We are a multidisciplinary team of Clinical Psychologists, Educational Psychologists, Creative Therapists, Occupational Therapists and Speech and Language Therapists - all experts in fields surrounding mental health and wellbeing. Psychology Associates was founded in 2000 and for over 20 years we've been providing training, workshops and CPD programmes to settings such as Local Authorities, Regional Adoption Agencies, Schools, the NSPCC, Action for Children, Legal Firms and businesses, nationally and internationally.

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

In 2023 Ofsted rated us an 'Outstanding' Adoption Support Agency with incredible feedback including *'The agency succeeds in offering a wide range of specialist training, both nationally and internationally, to share its knowledge and expertise'*.

With every service we offer, 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 about our services, visit:
www.psychologyassociates.org.uk**



Our 2024 Virtual Training Calendar

We are so excited to bring you a wide range of virtual training events delivered by a number of our highly skilled and experienced multidisciplinary team members, which will be held throughout the year.

We offer discounts such as for group bookings, trainees and for charities. Please do contact us for more information.

If there is a particular training topic area that you would be interested in for your team as a bespoke event, please do not hesitate to contact us to find out more.

For further information about our trainings and other services, please visit our website - www.psychologyassociates.org.uk

Why choose us?



Our multidisciplinary team of clinicians are experts in their fields. Our clinicians only deliver training on topics they are passionate and experienced in.



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



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



We're dynamic in our training - we really want you to learn and inspire thoughts and confidence in your work.



Our Trainers

We'd like to introduce the wonderful members of our expert multidisciplinary team who will be delivering our 2024 training events.

Dr Sue Candy, Director & Founder of Psychology Associates & Consultant Clinical Psychologist

Sue has over 20 years' experience in 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 national organisations such as the NSPCC, Action For Children and Barnardo's. Sue, for many years, has provided clinical supervision and support to senior and highly experienced Psychologists and has a special interest in brain development, attachment and trauma.



Dr Emma Corrigan, Clinical Director & Consultant Educational Psychologist

Emma has extensive experience of working with families, schools and education providers to support children and young people in their educational progress and achievement. Emma provides assessment, coaching, training and supervision, including to fellow Educational Psychologists. Emma has provided training, including key note talks at national conferences, for a number of years. Emma is passionate about embracing systemic approaches to strengthen young people's participation, wellbeing and inclusion. Emma works closely with national charities and organisations to support research, practice and service development and also provides expert opinion assessments for the Courts.



Dr Karen Kershaw, Clinical Director & Consultant Clinical Psychologist

Karen specialises in providing psychological support services to individuals across the lifespan. Karen has years of experience in providing support 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 training around employee mental health and wellbeing. Karen, as well as being one of our Clinical Directors, oversees our Multidisciplinary Working, including our Neurodiversity Assessment Pathway.



Dr Cara Redmond, Consultant Clinical Psychologist



Cara is Psychology Associates' Safeguarding and Adoption and Fostering Services Lead. Cara specialises in a wide range of areas surrounding child development and psychology, including developmental trauma, attachment, 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, emotional dysregulation and self-harm. Cara has also completed additional training in DBT, Theraplay and NVR (Non-Violent Resistance) which allows her to be extremely effective when working with families with complex needs. Cara has provided training and consultation to Social Workers, Foster Carers, Educational Support Staff and Large National Charities.

Dr Eny 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. Eny is a reflective practitioner, particularly skilled in providing training and reflective practice to professionals from a wide range of organisations from Residential Home Settings to Law Professionals.

Dr Rhianne Hanbury, Lead Clinical Psychologist



Rhianne is Psychology Associates Clinical Lead for Therapy Services and has 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. Rhianne has vast experience of providing training on areas relating to children and young people to organisations such as schools, Fostering Agencies and Social Worker settings.

Suzanne Bryant, Wellbeing Practitioner & Trainee Counselling Psychologist



Previous to her role at Psychology Associates, Suzanne worked for many years as a secondary and Further Education (FE) teacher and has a comprehensive understanding of how the school system works and what support is useful for educational settings to enable them to support the mental health and wellbeing of their students and staff. Suzanne 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.

Pennie Lamkin, Specialist Occupational Therapist



Pennie specialises in working with children and young people with complex mental health and social care needs. She offers comprehensive occupation related support, including assessment and intervention. This focusses on a person's mental health needs, anxiety management, building routines, and improving or rehabilitating skills relating to activities of daily living, leisure activities and emotional management. Pennie can also carry out assessments of daily skills for living, sensory and motor skills and can contribute to dyspraxia diagnoses. In 2018, Pennie was recognised as Plymouth University and Livewell Southwest's Occupational Therapy Practice Educator of the Year.

David Trickey, Consultant Clinical Psychologist



David Trickey is a leading Consultant Clinical Psychologist who has specialised in working with traumatised children, young people and their families since 2000. He is chartered by the British Psychological Society (BPS) and registered with the Health and Care Professions Council (HCPC). He continues to focus on direct clinical work, as well as the training and supervision of others working with traumatised children, young people and their families. He presents at international conferences and supervises doctoral research. He acts as an expert witness in civil and criminal cases, particularly where families have experienced family homicide. He was a member of the committee responsible for the 2018 revision of the NICE Guidelines for PTSD. In all of his roles he both contributes to and draws heavily on the research literature.

Dr Jane Yeomans, Senior Educational Psychologist



Jane has over 40 years of experience in Education, 30 of these years in Educational Psychology. She has extensive experience of delivering generic EP work via consultation and direct work with children and young people, working systemically as well as at individual client level. In addition to generic EP work, Jane has developed specialisms in Dynamic Assessment and in literacy acquisition and failure, including dyslexia/SpLD. Jane is deputy programme lead and tutor for Real Training/Middlesex University MEd SEND programme. She is a member of STEC (SpLD Test Evaluation Committee) and Honorary Clinical Lecturer at the University of Birmingham. Jane is co-author (with Dr Christopher Arnold) of three Psychology textbooks: Psychology for Teaching Assistants, Teaching Learning and Psychology and Excluded from School: Complex Discourses and Psychological Perspectives. She is also co-author (with Phil Bowen) of ENABLE-Plus, a programme for failing readers.

Trudy Richards, Lead Specialist Occupational Therapist



Trudy Richards is a HCPC registered 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 also has experience of working with children in care and children that have been adopted. Trudy has previously worked in the NHS within the Child Development Centre in Plymouth, working autonomously across a variety of settings. Trudy is family and child centred and has a holistic and positive approach to her work. She has delivered training to managers, peers and students and has previously acted as a moderator for student's coursework at the University of Plymouth

Danya Martoglio, Integrative Counsellor



Danya is an MBACP Registered Counsellor who has completed additional specific training in counselling children and couples. With over 20 years' experience in Education, Health and Wellbeing, working for organisations such as Relate, the NHS, and Leeds Beckett University, Danya's experience enables her to offer effective psychological support, training and supervision covering a broad range of areas. Danya has a keen interest in attachment disorders and the impact of early trauma. Danya has provided trainings and workshops to wide range of audiences including to Schools, Local Authorities and Fostering Support Agencies.



Our Trainings

Understanding ACEs & Childhood Trauma

11th January 2024, 10.00am - 3.00pm

Dr Rhianne Hanbury, Lead Clinical Psychologist

£75+VAT (£90 inc VAT)

This training will focus on the difficulties and challenges individuals across the life span face when they have experienced early trauma and/or Adverse Childhood Experiences (ACEs). This training will provide theoretical underpinnings to understanding the effects of ACEs on the developing brain, behaviour and capacity to learn.

Practical approaches for working with children and adults who have experienced ACEs will be discussed.

This training would be ideal for all educational staff at all levels, social workers, family support workers and mental health professionals.

Supporting Employees and Clients with the Menopause in the Workplace

15th January 2024, 9.30am - 11.30am

Suzanne Bryant, Wellbeing Practitioner & Trainee Counselling Psychologist

£60+VAT (£72 inc VAT)

This training is relevant for all types of businesses and organisations, and will focus on how these settings, including senior leaders, managers, directors and other key members of a team, can actively support employees and clients who are experiencing the Menopause.

Symptoms of menopause can be varied and often impact the mental health of the individual experiencing them. They can also feel overwhelming for those around the individual trying to help them navigate this transition. This training will give useful understanding of the symptoms of the Menopause, including how it can affect mental health, and provide some systemic strategies that can be adopted by organisations to support their team and clients. It will be presented by Suzanne Bryant who has long researched and developed a passion around the experience of menopause and the development of support networks for women. Suzanne has twice been invited as a guest speaker on BBC Radio Devon's Menopause Café.

An Introduction to Therapeutic Models

31st January 2024, 2.00pm-4.00pm

Dr Cara Redmond, Consultant Clinical Psychologist

£30+VAT (£36 inc VAT)

This training will be an 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, EMDR, Theraplay, Life Story Work Therapy and Video Interaction Guidance.

Attendees will gain 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 needed.

This training would be suitable for social workers (especially those involved in Adoption Support Fund work), Health and Education professionals and Local Authorities, including commissioners.



Understanding 'School Avoidance' & Supporting Anxiety in Children & Young People

21st February 2024, 10.30am-12.30pm

Suzanne Bryant, Wellbeing Practitioner and Trainee Counselling Psychologist

£45+VAT (£54 inc VAT)

Extended non-attendance or 'School Avoidance' can be confusing for parents, educational practitioners and for the children or young people experiencing it. Although anxiety is often an element of the problem, the causes vary and can be difficult for the young person to articulate.

This training session aims to explore the causes of anxiety, how this may present at home and within a school setting and also explore how this may affect school avoidance. The session will explore effective interventions to directly help and support affected children/young people and their families when attendance becomes difficult.

"The training was very informative and well delivered. Thank you."

Introducing Working Memory

26th February 2024, 9.30am-11.30am

Dr Jane Yeomans, Senior Educational Psychologist

£50+VAT (£60 inc VAT)

This session will provide an introduction to the concepts of Working Memory and Executive Functions. It will also provide an 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, linking directly to practice.

Attendees will also 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.

Understanding Self-Injury - Supporting Children & Young People

7th March 2024, 9.30am-12.30pm

Dr Rhianne Hanbury, Lead Clinical Psychologist

£70+VAT (£84 inc VAT)

This course will define self-injury and will provide attendees with a deeper understanding of why children and young people might self-injure. The course will focus on the cycle of self-injury, providing attendees with practical advice and strategies for breaking this cycle and supporting those that self-injure themselves. This training will be beneficial for all individuals that support and work with children and young people.



“Thank you very much Rhianne for an excellent presentation. I found your style both professional and warm. Very inspiring!”

Building Attachment Security

21st March 2024, 10.00am - 1.00pm

Dr Sue Candy, Director & Consultant Clinical Psychologist

£65+VAT (£78 inc VAT)

This training will provide a deeper understanding of how to build attachment security with young people and their primary care givers. It will also provide an overview of all attachment styles, early brain development and how trauma can impact a child's development, as well as their brain and attachment style. It will be beneficial for all professionals working with children and families, especially professionals such as social workers, Legal Guardians, solicitors, family support workers and for education professionals.

"I really enjoyed Sue's delivery of the training. She provided practical examples when she delivered the knowledge based information."

Understanding and Supporting Autism in Children and Young People

24th April 2024, 9.30am-11.30am

Dr Cara Redmond, Consultant Clinical Psychologist

£60+VAT (£72 inc VAT)

This training will be valuable for individuals and parents/carers who support and care for children and/or young people with suspected or diagnosed Autism. It will enhance your awareness and understanding of how to discuss a possible diagnosis with a young person, main presenting symptoms of Autism, and how Autism can present itself differently in different environments (e.g. in schools vs at home), as well as providing clarity around what a diagnosis can entail. The training will also give an overview of how Autism can look different for each young person.



ANNUAL VIRTUAL CONFERENCE

Supporting Critical Incidents & Trauma: a 'whole community' approach to recovery with Key Note Speaker David Trickey

20th May 2024, 9.00am-3.30pm

EARLY BIRD RATE: £85+VAT

Our 2024 Virtual Conference will focus on supporting all those impacted by Critical Incidents, drawing upon evidence-based approaches to improve professionals and carers' understanding of the nature and impact of trauma. You may work within a school, residential setting or another organisation that is trauma-informed and seeking to support staff within your workplace. This is also suitable for practitioners that wish to develop skills and expertise in trauma recovery.

Our Key Note Speaker, David Trickey, will focus on how trauma can affect individuals, especially children and young people, how individuals typically react to trauma (including a overview of Post Traumatic Stress Disorder) and how to create an environment for recovery following a critical incident. David will focus on '5 key principles' that individuals can follow to create and shape this environment.

The conference will also feature talks from our multidisciplinary team that focus on vicarious trauma, sensory regulation and self-care.

BOOK YOUR PLACE NOW! ASK US ABOUT GROUP AND TRAINEE DISCOUNTS.

Vicarious Trauma

5th June 2024, 2.30pm-4.30pm

Dr Eny Ekebuisi, Clinical Psychologist

£45+VAT (£54 inc VAT)

Mental health professionals, medical staff, social workers, drug alcohol workers and solicitors are routinely exposed to high levels of psychological trauma when supporting their clients. This work can have an impact on their psychological health and is often cumulative. Over time it can lead to mental health difficulties, with the associated human and financial cost of sickness absence and low staff retention. At times, staff report that trauma they encounter at work re-triggers personal experiences of trauma or distress in their own lives.

This training aims to raise awareness of the risks of vicarious trauma and to equip workers with ideas and strategies to prevent it from occurring. It will be delivered using information sharing and group discussions with the aim of supporting each worker to begin to identify practical ideas to prioritise their own wellbeing at work.

“Thank you – I attended this course in two capacities – professionally and personally – it was invaluable for both.”

Having Difficult Conversations

10th June 2024, 2.30pm-4.30pm

Suzanne Bryant, Wellbeing Practitioner & Trainee

Counselling Psychologist

£45+VAT (£54 inc VAT)

This training will be beneficial for any professional, especially those who line manage or appraise, who may need to have difficult conversations with either fellow employees and/or clients, customers or those you support in your profession (such as parents and carers).

Having a difficult conversation can be anxiety provoking, which can result in key messages of conversations being misunderstood or becoming misleading. This training will use knowledge and skills from therapeutic practice to help increase your confidence and provide you with practical strategies for ensuring difficult conversations remain calm and compassionate in order to facilitate a mutually helpful outcome.

Sensory Processing & Integration

2nd July 2024, 10.00am-12.00pm

Pennie Lamkin, Specialist Occupational Therapist

£45+VAT (£54 inc VAT)



This training will provide an overview of Sensory Processing (SP) and sensory integration theory, and will highlight how SP difficulties may manifest in a child's behaviour. It will develop a wider understanding of an individual's 8 senses and how they can be affected by SP difficulties as well as providing practical strategies on how to help children and young people with SP to regulate.

Please note that this training can be specifically tailored to both professionals and parents/carers, and so can focus on how best to support a child or young person with SP difficulties in different settings.

"I found Pennie's knowledge fascinating and felt this gave me more information than other training I have been on related to this subject."

Neurodiversity in the Workplace

11th July 2024, 2.00pm-4.30pm

Dr Karen Kershaw, Consultant Clinical Psychologist & Clinical Director

£50+VAT (£60 inc VAT)

Neurodiversity can mean that you experience, interact, process and interpret day to day life differently. This training will focus on providing practical strategies to ensure organisations feel more confident in supporting employees who have suspected or diagnosed conditions surrounding Neurodiversity (such as Autism and ADHD), helping them to feel safe and able to undertake their roles to the best of their abilities. It will help shift a typical view point that individuals who are neurodiverse can find work 'challenging' but instead, with the right environment, can thrive.

The training will cover what 'Neurodiversity' means, what a diagnosis includes, how to best approach sensitive conversations surrounding diagnoses and other helpful tools that can be applied in everyday working life. This training would be highly beneficial for employees within organisations such as HR Managers, Senior and Middle Managers, Directors and Line Managers.

Mental Health Awareness for Professionals

9th September 2024, 1.30pm-3.30pm

Danya Martoglio, Integrative Counsellor

£40+VAT (£48 inc VAT)

Stress, depression and anxiety are thought to be responsible for 91 million lost working days each year in the UK*.

This training is applicable to all professionals wanting to better support their colleagues with their wellbeing within the workplace. Attendees will gain an understanding of common mental health difficulties, including main symptoms, as well as strategies to best support a colleague who may be presenting with these symptoms. It will also increase your confidence in having open, safe and honest conversations around mental wellbeing and in having the knowledge to signpost colleagues to appropriate support avenues.

Please note that we can provide this training to a group of professionals, or it can be tailored specifically to line and senior managers within an organisation.

* <https://papyrus-uk.org/>



The Vagus Nerve & Trauma - through a Multidisciplinary Lens

6th November 2024, 9.30am-12.30pm

Dr Cara Redmond, Consultant Clinical Psychologist & Trudy Richards, Lead Specialist Occupational Therapist

£70+VAT (£84 inc VAT)

This training will provide an overview of the different branches and functions of the vagus nerve, through the lens of Polyvagal Theory by Dr Stephen Porges. It also explores the impact of trauma on the vagus nerve from a multidisciplinary perspective (Senior Occupational Therapist and Senior Clinical Psychologist) including its impact on regulation, function, cognition and thought processes, and possible interventions. It will be beneficial for health and social care professionals, fellow mental health professionals, Occupational Therapists and Educational Professionals.

Emotional Security in the Classroom

7th November 2024, 3.00pm-5.00pm

Dr Emma Corrigan, Clinical Director & Consultant

Educational Psychologist

£55+VAT (£66 inc VAT)

This training will explore attachment, trauma and therapeutic approaches that build emotional security for children and young people across the age range. The training will provide direct links to hands on practice and explore ways to attune, connect and co-regulate children's emotional needs, as well as to embed a trauma-informed approach across the whole school systems and policies. This training will be beneficial for all professionals working in an educational setting.

Assessing Safe Parenting

5th December 2024, 10.00am - 3.00pm

Dr Sue Candy, Consultant Clinical Psychologist & Director

£65+VAT (£78 inc VAT)

This training will look at the factors that impact parenting capacity. It will present a model of how to assess if a parent is a safe carer and will explore what needs to happen for them to become safe if they are not currently meeting this requirement. 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, mental health professionals, solicitors and other professionals working in this field.

Giving Expert Opinion and Testimony

12th December 2024, 10.00am - 3.00pm

Dr Sue Candy, Consultant Clinical Psychologist & Director

£65+VAT (£78 inc VAT) Location: TBC based on expressions of interest

This 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 and practical strategies to help them feel more confident if they are to ever be called to provide their testimony. The facilitator will be a Consultant Clinical Psychologist who is vastly experienced in providing expert opinion, including in high profile cases. The training will focus on developing understanding of how an expert witness provides evidence in court and how to manage challenge. **Please get in touch to enquire about Associate and Trainee discounts for this course.**

To book your place on any of our training events, please visit our website:

www.psychologyassociates.org.uk/events

Further information about our other training courses and our Training Directory can be also be found on our website.

**Alternatively, please do give us a call if you have any queries or would like more details about any of our courses and services.
We'd love to hear from you.**

0300 303 5233

Training@psychologyassociates.org.uk

**Psychology
Associates**
