



**Psychology  
Associates**  
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# **Psychology Associates' Training Directory**

**[www.psychologyassociates.org.uk](http://www.psychologyassociates.org.uk)**

# 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, Ofsted, 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](http://www.psychologyassociates.org.uk)**



# Our Training Events

Due to the vast range of skills, expertise and experience that our clinicians have at Psychology Associates, we are able to facilitate a variety of training programmes across the mental health and wellbeing spectrums, such as (but not limited to) attachment, resilience, trauma, suicide prevention and response, de-escalation and mental health awareness.

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

We are dedicated to helping businesses increase staff wellbeing in the workplace in order to get the most out of their teams through bespoke training packages tailored to their needs. For more information about our support around wellbeing in the workplace, please refer to our **Training Directory for Businesses**, which can be found on our website. Alternatively, please contact us for a copy.

Please note that, in addition to the below list of training topics, we also have an exciting variety of scheduled trainings outlined in our **Training Calendar**, please visit our website to find out more.

**Our following key highlights the target audience for each training to help you easily find which events may be suitable and of interest for you.**

- Educational Professionals
- Mental Health Professionals
- Legal Professionals
- Guardians, Residential Home Teams & Social Workers
- All Professionals



# Our Training

We have listed our training courses alphabetically; this is not an exhaustive list, but rather a 'flavour' of the wide variety of trainings our team can offer. If you are interested in any of the below training courses and would like further information, or if you would like to enquire about a training that is not featured in this Directory, please do not hesitate to contact us.

Please note that the vast majority of these trainings can be undertaken virtually or in person, please do contact us on

[Training@psychologyassociates.org.uk](mailto:Training@psychologyassociates.org.uk) or call us on **0300 303 5233** to discuss this.

## 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 Trainings

## Adverse Childhood Experiences (ACEs) & Early Trauma

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

The training will provide theoretical underpinnings to understanding the effects of ACEs on the developing brain, behaviour and capacity to learn. Some practical approaches for working with children and adults who have experienced ACEs will be discussed.

**Beneficial for:**



## Anxiety and Dysregulation – (in Young People & Adolescents)

This course will explore brain development in children and young people. It looks at 'Mismatch' theory – brain development occurs at varying rates, leaving adolescents more reactive to emotional context, but less effective at regulating emotions. This training will cover hypersensitivity to peer rejection and peer influence of children and adults, and will discuss stability and positivity of daily emotional states.

**Beneficial for:**



## Assessing Safe Parenting

This training will be a whole day training and 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.

**Beneficial for:**



***“Excellent day - my colleagues all really enjoyed the day which will impact on all of our parenting assessments in the future.”***



## Attachment & Trauma

This course will develop a deeper understanding of what can make a young person feel less and more secure and 'safe', such as brain development, attachment, trauma, shame and blocked care. It will focus on putting these theories into practice. This training is particularly beneficial for professionals and parents who are supporting children in the adoption, fostering or other care processes.

Psychology Associates can also undertake this training for parents and carers of children and adolescents who have experienced trauma and attachment difficulties. We can also tailor this training for groups of individuals, ranging from those who have advanced knowledge of attachment and trauma to those who want to learn more about the 'foundations'.

**Beneficial for:**



## Autism – Supporting & Understanding individuals with Autistic Spectrum Condition (ASC)

This training will provide an overview of the needs and symptoms of ASC, how these may present themselves within different settings and how to best support an individual with ASC needs a wide range of scenarios.

We have clinicians who are experienced in working with and supporting individuals diagnosed with ASC across the lifespan. This training can therefore be tailored to the age ranges that attendees work with.

**Beneficial for:**



## Being a Compassionate and Reflective Employer and/or Line Manager

This training is aimed to support professionals in becoming more compassionate, reflective and empathetic, using therapeutic strategies to enable a safe, secure and resilient working environment. The trainer will provide a deeper understanding of how being compassionate and reflective can help colleagues to feel supported in the workplace, help to increase loyalty and trust amongst teams, and decrease feelings of stress and of being undervalued. This training can either be delivered to a group of employees or tailored for senior managers, dependent on the need of the training.

**Beneficial for:**



## BELLS (Building Emotionally Literate Learners) Training

This course is intended to support staff working in schools and other settings to nurture and develop the emotional literacy skills of the children and young people they work with. It will be delivered over three sessions to gradually build the toolkit of resources, ideas and activities to give attendees the strategies needed to deliver targeted emotional literacy learning.

**Beneficial for:**



## 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 being unsafe and insecure. The training will explore Blocked Care, including how some parents and carers can experience feelings of being 'stuck' with their child, as well as how professionals can develop strategies to help rationalise and remove this feeling. This training would be beneficial to all professionals who work with carers and parents. Our team can also create and facilitate a training on Blocked Care and Attachment suitable to parents and carers.

**Beneficial for:**



## Brain Development and Addiction – Pregnancy, Early Life, and Adolescence

The course looks at how addiction affects the brain, its development in-utero and the impact of this throughout the lifespan. 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. This training would be beneficial for a wide range of professionals in the health and social care arena, including therapists, psychologists, social workers and guardians.

**Beneficial for:**



***"Absolutely outstanding - thank you."***

## Building Attachment Security

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.

**Beneficial for:**



## Child Sexual Exploitation (CSE)

This training will enhance your understanding of what is meant by 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 helping them to 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.

**Beneficial for:**



## 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. Circles build relationships, and 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.

**Beneficial for:**



## Complex Developmental Trauma

Complex Developmental Trauma (CDT) is a widely discussed and researched area in the world of mental health and child development. This training will provide attendees with knowledge of how CDT affects a child's development, including neurobiologically. Practical strategies to best support an individual who has experienced Complex Developmental Trauma will also be discussed. This training is particularly beneficial for professionals providing support to children who are currently in care or at risk of being placed into care.

**Beneficial for:**



## Court Skills Training (otherwise titled 'Giving Expert Opinion and Testimony')

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.

**Beneficial for:**



## De-escalation Training (Non-Physical)

This training would be beneficial for professionals working with vulnerable individuals across the life span, including social workers, family support workers and residential home managers. The training will provide knowledge and strategies to attendees around how to de-escalate either a confrontational, upset and/or angry individual (including young people, adolescents and adults). The training will provide attendees with non-physical, compassionate and effective strategies and techniques which would aid the professional in calming and taking appropriate control of a situation to have safe and positive outcomes for all individuals involved.

**Beneficial for:**





## Differential Diagnosis – Attachment and Autistic Spectrum Condition (ASC)



Recent research such as the revised 'Coventry Grid' states that many symptoms outlined in the diagnosis of ASC are also mirrored within a child with attachment difficulties. This training will be led by a clinician who specialises in child mental health and development. This training will provide attendees with tools to help them identify the similarities and differences between attachment difficulties and Autism, and will also provide strategies on how to support a child experiencing symptoms for either of these.

**Beneficial for:**



## Emotional Literacy Support Assistants Training (ELSA)

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.

Please note that our team of Educational Psychologists are also experienced and trained in providing follow up supervision to delegates who attend the initial ELSA training.

**Beneficial for:**



## Emotional Security and Co-Regulation

This training will explore attachment, trauma and therapeutic approaches that build emotional security for children and young people across the age-range. It will make direct links to hands-on practice, considering strategies to attune, connect and co-regulate children's emotional needs, as well as to embed a trauma-informed approach across whole school systems and policies.

**Beneficial for:**



***"A really interesting and worthwhile course. It is a real eye opener in what some of our students face and experience and how we as teachers can help and support."***

## Exam Stress – supporting young people with exam related anxiety and stress

This training will involve an experienced Psychologist or Therapist working closely with students in a workshop style training to help them develop strategies to use during stressful periods throughout the school term, including the lead up to exams. The students will learn how to manage anxious thoughts and feelings, how to calm the physical reactions in their bodies and enable them to engage the thinking parts of their brains in order to perform to their maximum capacity.

**Beneficial for:**



## Expanding your Creative Therapeutic Toolbox

This training day will be beneficial for any professional working with children or young adults. The day will be facilitated by some of our experienced multidisciplinary team. It will provide you with a vast range of creative ideas and techniques to be used by a variety of professionals in various settings. Join us for a fun, creative and inspiring day. The individual creative workshops on the day, can include (but not limited to): Sensory Regulation Activities, Exploring Feelings, understanding Sense of Self and Developing Resilience and Assessment and Evaluation techniques which will enable you to understand and learn more about a wide range creative approaches to add to your 'Therapeutic Toolbox'. Please note we also can provide a 'Expanding your Creative Toolbox – Part 2' to those who have attended Part 1 of the training – please contact us for further information.

**Beneficial for:**



## Grief and Loss/Bereavement Training

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

**Beneficial for:**



## Grief and Bereavement - Supporting Children with Loss

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

**Beneficial for:**



## Harmful Sexualised Behaviour

This training will develop a deeper understanding of what is sexually harmful behaviour, dispel some myths and offer reassurance and guidance. The training will provide advice and guidance on signposting if parents/professionals are concerned about a child or young person. The training will seek to explain current understanding of the reasons why some children may develop harmful sexual behaviour and consider some specific situations, such as harmful sexual behaviour between siblings. It will identify what therapeutic and supportive interventions can be used with the child and their family.

**Beneficial for:**



## Having Difficult Conversations

This training will be beneficial for any professional, especially those who line manage or appraise, who have difficult conversations with either fellow employees and/or clients, customers or those you support in your profession (such as parents and carers). Having a difficult conversation can be anxiety provoking, which 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.

**Beneficial for:**



## Menopause and Mental Health

This webinar will provide an overview of menopause and the key biological ideas as well as alternatives to the biological model. It will also explore the role of CBT and an understanding of the transition experienced with Menopause, and how this can be supported effectively.

***“Having Suzanne at the BBC Radio Devon Menopause Cafe was a real eye opener when it comes to talking about the way women feel.”***

**Beneficial for:**



## Menopause & The Workplace - Supporting Employees & Clients with Menopause in the Workplace

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.

**Beneficial for:**



## Mental Health Awareness – for Professionals (and/or Line Managers)

This training is applicable to all professionals wanting to better support their colleagues with their wellbeing within the workplace. Stress, depression and anxiety are thought to be responsible for 91 million lost working days each year in the UK\*. The workshop will provide attendees with an understanding of mental health difficulties, including main symptoms, and provide 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 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/>

**Beneficial for:**



## Mental Health Awareness - for Young People

We can provide workshops for groups of young people, such as pupils, of all ages to help them gain an understanding of different mental health difficulties, what they can feel like, who to approach if they feel they need support and how to help a friend with a possible mental health difficulty.

This workshop can be tailored to parents of students to develop their understanding of mental health conditions and how to support their child if they are experiencing difficulties with their mental health and wellbeing.

**Beneficial for:**



***“The training was very informative and well delivered. Thank you.”***



## Mindfulness Workshop

Mindfulness has been scientifically proven to reduce anxiety, depression and stress. This workshop will consider the research behind the neuroscience of mindfulness and the impact of continued mindfulness practice. It will provide simple yet effective techniques and exercises to help you become more mindful in your daily life. The overall aim of the training is to provide theoretical understanding coupled with practical strategies to help increase physical and emotional wellbeing. We can, and have vast experience of, providing frequent mindfulness sessions/workshops to staff groups on a regular basis, so please do not hesitate to contact us for further information.

**Beneficial for:**



## Nurturing Attachments/ Therapeutic Parenting Programme

This group is suitable 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.

Each session 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.

This programme group ordinarily consists of 12 sessions, typically undertaken fortnightly, but can be adapted to the needs of attendees, and will depend on whether the sessions are facilitated virtually or face to face.

**Beneficial for:**



## Person Centred Planning (PCP) Approaches – Using PCP to support young people's inclusion and participation

This training equips those working at a direct level with 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, and wellbeing. This training explores practical strategies and a framework of person-centred 'Plan, Do, Review' that can be used across the age-range.

**Beneficial for:**



## Personal Injury – Psychological responses

The training will be facilitated by a Clinical Psychologist who specialises in personal injury interventions, including assessment and therapeutic support. The training will provide attendees with a deeper understanding of when a psychological experts' opinion should be sought, preparing your client for a psychological assessment and what is involved in a psychological assessment. The facilitator will also cover what psychological and neurological responses can occur within an individual after an injury and how best to support them. This training is particularly suitable for law professionals involved in the Personal Injury sector.

**Beneficial for:**



## Personality Disorder – The impact on the individual and the professional

This training will highlight the similarities and differences between Personality Disorders and other mental health difficulties. It will provide attendees with the knowledge to differentiate between different diagnoses of Personality Disorder (PD). Attendees will learn how PDs can impact relationships and review how the current evidence base helps address the question: what interventions are likely to help a person with PD? Lastly the training will look at how individuals with PD are sometimes misdiagnosed, and will explore the factors that have been found to be a trigger to an individual presenting with PD symptoms, such as trauma.

**Beneficial for:**



## Precision Teaching

Precision Teaching is a psychologically informed, evidence-based intervention for teaching key skills such as basic literacy and numeracy when whole school/whole class approaches have failed to support desired progress. It is highly adaptable, designed for 1:1 delivery and allows children to see and appreciate their progress, supporting them to believe in their knowledge and ability to learn. This training is ordinarily delivered in the following three parts:

- Part 1 – a two-hour workshop focussing on reading
- Part 2 – a one hour follow up workshop to discuss the intervention in practice and explore any issues that have arisen during initial implementation.
- Part 3 – a two-hour workshop which can be tailored to the needs and objectives of the setting, but typically focusses on spelling and maths.

**Beneficial for:**



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

## Self-Care and Building Resilience

Self-care is increasingly recognised to be paramount in managing the impact of stress and facilitating well-being. This workshop will provide information and guidance in promoting personal resilience.

We will go on to explore our self-care needs, both personally and professionally, within busy everyday lives, and will focus on how to recognise and meet them more routinely. This will be an interactive workshop with lots of practical and effective wellbeing toolkit strategies you can use to boost your emotional health and build resilience.

**Beneficial for:**



## Self-Injury – Supporting vulnerable individuals who self-harm

This course will define self-injury and will provide attendees with a deeper understanding of why individuals might self-injure themselves. 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.

**Beneficial for:**



## Sensory Processing and Integration

This workshop 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. The workshop will develop a wider understanding of an individual's 8 senses and how they can be affected by SP difficulties. The training will provide attendees with practical 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.

**Beneficial for:**



## Sibling Assessments – Together or Apart?

This training will explore in depth the assessment process for deciding if siblings can be safely placed together or whether it will be in their best interest to be placed apart. The training will highlight the available guiding research and introduces a structured assessment process to consider the factors identified as salient by this research. The training will be undertaken by an experienced Clinical Psychologist who has deep understanding of attachment, expert opinion assessments and child development.

**Beneficial for:**



## Suicide Prevention

Suicide is now recognised as 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 valuable those who work and support vulnerable adolescents and adults. The training will provide attendees with strategies to become more aware of how to identify if someone is experiencing suicidal ideation. Further strategies will be focused around what support can be put in place if someone may be vulnerable to suicide.

**Beneficial for:**



## Therapeutic & Relational Play: Exploring principles & practice

The principles, benefits and importance of therapeutic and relational play will be introduced during this training, which will also provide a greater understanding of effective play activities to use with children in practice. This training will increase awareness and understanding of the principles and benefits of therapeutic play. This training will also provide greater understanding of practical therapeutic play activities to use with children.

**Beneficial for:**



## Introducing Working Memory and Executive Functioning

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

**Beneficial for:**



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



## Introduction to Therapeutic Models

This webinar will introduce a wide range of therapeutic models, including 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. 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.

**Beneficial for:**



## The Vagus Nerve & Trauma - through a Multidisciplinary Lens

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.

**Beneficial for:**



## Vicarious Trauma

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

**Beneficial for:**



***“The training was absolutely fascinating and every worker within our departments should attend.”***

## Video Interaction Guidance (VIG)

VIG is an approach which uses short video clips of positive and authentic relational situations to enhance the quality of communication within relationships. 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.

This two-day initial training course introduces the principles of VIG and its implementation for work with clients. It will equip attendees with the essential 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.

**Beneficial for:**



## Virtual Therapy - How to skilfully provide Virtual Online Therapy and maintain a safe Therapeutic Relationship

For many clinicians (including Therapists, Counsellors and Psychologists) and clients, therapy sessions have been adapted for virtual delivery throughout the Coronavirus pandemic. This workshop will look at the experience of online therapy for therapists and clients and will focus particularly on the way in which the therapeutic relationship can be impacted, how it can be enhanced, and even how and why it may have been improved in some situations. There will be a mixture of theory, presenting current research, opportunities for reflection, and discussion.

**Beneficial for:**



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

**[www.psychologyassociates.org.uk/events](http://www.psychologyassociates.org.uk/events)**

**Further information about our other training courses and our Training Calendar 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](mailto:Training@psychologyassociates.org.uk)**

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