

# TRAINING DIRECTORY



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# Who are we?

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We are a multidisciplinary team of Clinical, Counselling and Educational Psychologists, Counsellors, Creative Therapists, Occupational Therapists and Speech and Language Therapists who are all experts in our fields.

Psychology Associates was founded in 2000, and for over 20 years we have been providing training, workshops and CPD programmes to a broad spectrum of organisations, nationally and internationally.

We strive to make a meaningful difference through evidence based and effective interventions including therapy, consultation, assessment, supervision, and 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, we deliver ethical and innovative approaches to ensure we provide the best possible service for our clients.

# Our Training Events

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We can offer **subscription packages.**

Contact us for further information.

Most of our events can be delivered in person or virtually.

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.

## Why choose us?



Our multidisciplinary team of clinicians are experts in their field.



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 Training Events

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**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

## ADVERSE CHILDHOOD EXPERIENCES (ACES) & EARLY TRAUMA



**Beneficial for:**



- 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.

## ANXIETY AND DYSREGULATION IN CHILDREN AND YOUNG PEOPLE



- 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.

## ASSESSING SAFE PARENTING



- 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 also be introduced.

## ATTACHMENT AND TRAUMA



- Develop a deeper understanding of what can make a young person feel more/less safe and secure, such as brain development, attachment, trauma, shame and blocked care.
- It will focus on putting these theories into practice.
- This training can be adapted for professionals or parents/carers of children and adolescents who have experienced trauma and attachment difficulties. It can also be tailored to best suit the knowledge base of attendees, from foundations of attachment to advanced.

*"The trainer was clearly passionate and brilliantly engaging. Gave us as a staff team plenty to think about for moving the school forward."* - **Attachment and Developmental Trauma**

## AUTISM - SUPPORTING AND UNDERSTANDING INDIVIDUALS WITH AUTISTIC SPECTRUM CONDITION (ASC)



- Gain an overview of the symptoms and needs of ASC, how these may present themselves within different settings and how best to support an individual with ASC needs across a wide range of scenarios.
- This training event can be tailored to suit various age ranges.

## BEING A COMPASSIONATE AND REFLECTIVE LINE MANAGER



- This training aims to support professionals in becoming more compassionate, reflective and empathetic, using therapeutic strategies to enable a safe, secure and resilient working environment.
- Gain 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 the feelings of stress and of being undervalued.

## BELLS (BUILDING EMOTIONALLY LITERATE LEARNERS)



- Aims to support staff working in schools and other settings to nurture and develop the literacy skills of the children and young people they work with.
- Will be delivered over three sessions to gradually build a toolkit of resources, ideas and activities to give attendees the strategies needed to deliver targeted literacy learning.

## BLOCKED CARE AND ATTACHMENT



- This course will cover attachment as well as re-thinking attachment - what do we know and not know?
- Will explore the neurobiology of attachment, delving into how developing brains can cause feelings of being unsafe and insecure.
- Gain a deeper understanding of 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.

*"The facilitator was amazing - very knowledgeable and pitched the training very well. I found the training extremely valuable and would recommend it to foster carers and professionals alike."* -

**Blocked Care Training Feedback**

# 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.
- It will signpost local support services available for people experiencing substance dependency or addiction.



## BUILDING ATTACHMENT SECURITY



- Will provide a deeper understanding of how to build attachment security with young people and their primary care givers.
- Will explore 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.



## 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.
- It will help professionals who work with individuals who have suffered from CSE to develop strategies to best support them, including helping them to understand how CSE may have affected them.
- Can help professionals identify children who they believe are being exploited and what next steps to take to protect those who are vulnerable.



## CIRCLE SOLUTIONS INTRODUCTION



- Circle Solutions is a philosophy for healthy relationships and a positive pedagogy to facilitate learning. The framework can be used in many different ways and for all ages.
- It builds relationships, and relationships build pupil resilience and enhance prosocial behaviours.
- It is not a stand-alone programme but a tool of wellbeing that incorporates the ASPIRE principles of Agency, Safety, Positivity, Inclusion, Respect and Equity.





# COMPLEX DEVELOPMENTAL TRAUMA



- Will provide knowledge of how CDT affects a child's development, including in a neurobiological sense.
- Practical strategies to best support an individual who has experienced CDT will also be discussed.
- It is particularly beneficial for professionals providing support to children who are currently in care or at risk of being placed into care.

## DE-ESCALATION (NON-PHYSICAL)



- Will provide knowledge and strategies to attendees around how to de-escalate a confrontational, upset and/or angry individual (including young people, adolescents and adults).
- Attendees will gain 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.

## DIFFERENTIAL DIAGNOSIS - ATTACHMENT AND AUTISTIC SPECTRUM CONDITION



- 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.
- Will provide attendees with tools to help them identify the similarities and differences between attachment difficulties and Autism, and will provide strategies on how to support a child experiencing symptoms for either of these.

*"I really enjoyed Sue's delivery of the training, she answered questions from the trainee's really well and provided practical examples when she delivered the knowledge based information. I would definitely attend further training sessions delivered by her and recommend her training to my colleagues."* - **Differential Diagnosis Training Feedback**

## EMOTIONAL LITERACY SUPPORT ASSISTANTS (ELSA)



- ELSA was designed to build the capacity of schools to support the emotional needs of pupils from within their own resources.
- ELSA applies psychological knowledge of children's social and emotional development to particular areas of need and to specific casework.
- It will focus on key skills that enhance therapeutic conversations with children and young people.
- It will be an experiential training that includes tutor demonstrations and follow up supervision.

## EMOTIONAL SECURITY AND CO-REGULATION



- 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.

*"The trainer delivered the course content in a way that was both professionally in-depth and yet easily accessible. The time for reflection and signposting to additional information and resources was much appreciated."* - **Emotional Security in the Classroom**

## EXAM STRESS - SUPPORTING YOUNG PEOPLE WITH EXAM RELATED ANXIETY AND STRESS



- This training will involve working closely with students in a workshop style 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.

## EXPANDING YOUR CREATIVE THERAPEUTIC TOOLBOX



- This fun, creative and inspiring training will provide you with a vast range of creative ideas and techniques to be used by a variety of professionals in various settings.
- 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 learn more about a wide range of creative approaches to add to your 'therapeutic toolbox'.

## GIVING EXPERT OPINION AND TESTIMONY



- Professionals will learn the basics of the court process and will gain practical strategies to help them feel more confident. if they are ever to be called to provide their testimony.
- It will focus on developing understanding of how an expert witness provides evidence in court and how to manage challenge.

## GRIEF AND LOSS/BEREAVEMENT



- This training will help build skills and confidence to approach this subject and to provide helpful and appropriate support.
- It draws on research as well as the lived experiences of those who have survived loss.
- 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.

## GRIEF AND LOSS/BEREAVEMENT - SUPPORTING CHILDREN WITH LOSS



- Will help to build the skills of those who work with children who have experienced loss and bereavement.
- 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 those 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.

## HARMFUL SEXUALISED BEHAVIOUR



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

## HAVING DIFFICULT CONVERSATIONS



- Having difficult conversations can be anxiety provoking, which can result in key messages of conversations being misunderstood or becoming misleading.
- The trainer 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.

## INTRODUCING WORKING MEMORY & EXECUTIVE FUNCTIONING



- This training 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.
- It will 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.

## 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.

# 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.

*"I found this to be very helpful, informative and, through normalising symptoms, supportive too."* - **Menopause and Mental Health Training Feedback**

## MENOPAUSE AND THE WORKPLACE



- Symptoms of Menopause can be varied and often impact the mental health of the individual experiencing them.
- This training will give useful understanding of the symptoms of Menopause, including how it can affect mental health, and will provide some systemic strategies that can be adopted by organisations to support their team and clients.

## MENTAL HEALTH AWARENESS FOR PROFESSIONALS



- This training will provide attendees with an understanding of mental health difficulties, including main symptoms, and will provide strategies to best support a colleague who may be presenting with these symptoms.
- It will increase attendee confidence in having open, safe and honest conversations around mental wellbeing and in having the knowledge to signpost colleagues to appropriate support avenues.

## MENTAL HEALTH AWARENESS FOR YOUNG PEOPLE



- This training can be tailored to groups of young people 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 wellbeing.



## 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 is to provide theoretical understanding coupled with practical strategies to help increase physical and emotional wellbeing..

## NEURODIVERSITY IN THE WORKPLACE



- This course will take a neuro-affirming approach whilst also exploring the difficulties typically experienced by those on the autism spectrum, as well as the variability experienced in strengths and challenges.
- Will explore ways to support by adapting communication and environment, whilst also increasing attendee's confidence in having neuro-affirming open conversations.

## NURTURING ATTACHMENTS/THERAPEUTIC PARENTING



- 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.

## PERSON CENTRED PLANNING (PCP) - USING PCP TO SUPPORT YOUNG PEOPLE'S INCLUSION AND PARTICIPATION



- 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 the practical strategies and a framework of person-centred 'Plan, Do, Review' that can be used across the age range.

## PERSONAL INJURY - PSYCHOLOGICAL RESPONSES



- This training will be facilitated by a clinician who specialises in personal injury interventions, including assessment and therapeutic support.
- It will provide attendees with a deeper understanding of when a psychological expert's opinion should be sought, preparing your client for a psychological assessment and what is involved in a psychological assessment.
- It will also cover what psychological and neurological responses can occur within an individual after an injury and how best to support them.

## 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.
- Attendees will be provided with the knowledge to differentiate diagnoses and will learn how PD can impact relationships and review how the current evidence base helps address the question: what interventions are likely to help a person with PD?
- It 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.

## 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.
- It is ordinarily delivered in the following three parts:
  - 1) A two-hour workshop focusing on reading
  - 2) A one-hour follow up workshop to discuss the intervention in practice and explore any issues that have arisen during initial implementation.
  - 3) A two-hour workshop which can be tailored to the needs and objectives of the setting, but typically focuses on spelling and maths.

*"A great session, very clearly presented. I feel inspired to get going and try out the things we covered today."* - **Precision Teaching Essentials Training Feedback**

## SELF-CARE AND BUILDING RESILIENCE



- This workshop will provide information and guidance in promoting resilience.
- It 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.

## 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.

*"The trainer was very relaxed and interactive, gave us time to be involved and had a lovely manner of delivery."* - **Self Injury Training Feedback**

## SENSORY PROCESSING AND INTEGRATION



- This workshop will provide an overview of Sensory Processing (SO) 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 attendees with practical strategies on how to help children and young people with SP to regulate.
- 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.

*"Five of us from our setting attended the talk and constantly referred back to it. We all found it extremely useful and interesting. It makes a refreshing change to have training delivered by someone who is an OT and therefore has first-hand understanding and knowledge of the subject."* - **Sensory Processing and Integration Training Feedback**

## 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.
- It will highlight the available guiding research and introduces a structured assessment process to consider the factors identified as salient by this research.



## 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 provide attendees with strategies to help you become more aware of how to identify if someone is experiencing suicidal ideation. Further strategies may be put in place if someone may be vulnerable to suicide.



## THE VAGUS NERVE AND TRAUMA - THROUGH A MULTIDISCIPLINARY LENS



- Develop your understanding of the different branches and functions of the vagus nerve through the lens of Polyvagal Theory by Dr Stephen Porges.
- Explore the impact of trauma on the vagus nerve from a multidisciplinary perspective and increase your awareness of working with the vagal system to treat trauma.



*"A brilliant and extremely valuable training event. The trainers were so knowledgeable and I learnt so much."* - **The Vagus Nerve and Trauma Training Feedback**

## THERAPEUTIC AND RELATIONAL PLAY



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



## VICARIOUS TRAUMA



- This training will consider trauma, vicarious trauma, resilience, self-care, organisational resilience and workplace cultures.
- Explore the impact that working with traumatised people can have on you and how to successfully manage this.
- Provide practical strategies for building resilience and implementing self-care into your daily routine.

*"Thank you to the trainer, very useful information and great activities to get you thinking and carry forward with colleagues and families."* - **Vicarious Trauma Training Feedback**

## VIDEO INTERACTION GUIDANCE (VIG)



- VIG is an approach which uses 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 and is effective with families of all ages where relationships and communication can be enhanced. It is an evidence-based approach, recognised in NICE guidelines and approved by the ASGSF.
- VIG can also be used with professionals to enhance relationships and therapeutic/teaching/supervision and managerial skills.
- This two-day 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 as well as to work directly with clients under the regular supervision of an accredited VIG supervisor.

## VIRTUAL THERAPY - HOW TO SKILFULLY PROVIDE VIRTUAL THERAPY AND MAINTAIN A SAFE THERAPEUTIC RELATIONSHIP



- This workshop will look at the experience of online therapy for clinicians 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 be improved in some situations.
- There will be a mixture of theory, presenting current research, opportunities for reflection and discussion.



**To enquire about or book any of  
our training events, please  
contact:**

**[Training@psychologyassociates.org.uk](mailto:Training@psychologyassociates.org.uk)**

**Further details about our other training  
courses and our Training Calendar can  
be found on our website.**

**Alternatively, please call us if you have  
any queries at all.**



**0300 303 5233**



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