

Date of CPD activity	My CPD record title	Type of CPD	Number of CPD hours	Name of organisation providing the training	Description	Learning outcomes and objectives
3rd September 2024	Psychosexual Development	Training video	1.5	Counselling Tutor	To overview Sigmund Freud's view of child development.	to describe Freud's stages of psychosexual development to discuss major criticisms of the theory
3rd September 2024	Attending	Training video	1.5	Counselling Tutor	To give learners an overview of how attending is the basis for building a therapeutic relationship.	To describe why attending is the base that other skills are built on To identify attending habits that good counsellors adopt To analyse how clients may experience good attending and how it may aid their own process
27th August 2024	Dialogical Theory	Training video	1.5	Counselling Tutor	To explore a contemporary development in person-centred theory.	to describe the historical development of dialogical theory to compare and contrast dialogical theory with classic person-centred theory to discuss the meaning of the term 'configurations of self'

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27th August 2024	Configurations of Self	Training video	1.5	Counselling Tutor	To discuss how to work with configurations of self or subpersonalities.	To define the term 'configurations of self' To describe the process of working with subpersonalities To define your own subpersonalities
25th August 2024	Attachment Theory	Training video	1.5	Counselling Tutor	To discuss significant contributors to attachment theory. to describe differing attachment styles.	To provide an overview of attachment theory.
25th August 2024	Implicit-Explicit Patterns of Relating	Training video	1.5	Counselling Tutor	To explore the nature of implicit and explicit forms of client communication	Describe what implicit and explicit mean using examples Explore how to work with implicit and explicit forms of client communication Analyse how the skill of immediacy helps with enabling clearer and more congruent patterns of communication between client and counsellor
28th July 2024	Developments in PCT	Training video	1.5	Counselling Tutor	To give an overview of the new developments in person-centred therapy.	To describe the theory of relational depth To analyse how the theory relates to practice

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28th July 2024	Structuring Counselling Skills	Training video	1.5	Counselling Tutor	To help learners structure counselling skills during a session	Identify the most useful skills to open a session with Sequence relevant skills in the time available Apply the most effective skills for the beginning, middle and end of a session
16th July 2024	Trauma and Brain Plasticity	Training video	1.5	Counselling Tutor	A lecture giving an overview of how the brain responds to trauma.	To discuss how the brain reacts to trauma To describe how therapists work with this in therapy
16th July 2024	Use of Questioning	Training video	1.5	Counselling Tutor	A lecture video on recognition of the importance of questioning in counselling.	Describe different forms of questioning Identify how questions are used in practice Identify the pitfalls in questioning Recognise that questioning can be modality-specific
13th July 2024	Working with Metaphors	Training video	1.5	Counselling Tutor	A lecture about one of the advanced counselling skills - metaphors, aiming to recognise the importance of metaphors in the therapeutic relationship.	Describe what is meant by metaphor Identify ways metaphors can help develop therapeutic dialogue Understand how metaphors can replace other forms of communication
8th July 2024	Case Study Analysis	Training video	1.5	Counselling Tutor	To overview what the term 'analysis' means.	To demonstrate an understanding of analysis in a case study.

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12th June 2024	Challenge in Counselling	Training video	1.5	Counselling Tutor	To review how appropriate challenge can be of service to clients.	To describe how challenge is used in differing modalities of therapy To analyse the best approach to use when challenging clients
11th June 2024	Compare Modalities	Seminar	1.5	Counselling Tutor	To show how to compare and contrast different therapeutic modalities using a Venn diagram.	To compare and contrast Psychodynamic, Behavioural and Humanistic Theories
4th June 2024	Understanding Multisensory Aphantasia	Training video	1.5	Counselling Tutor	To understand what multisensory aphantasia is and how to help clients that experience it.	<ul style="list-style-type: none"> <li>- Understanding aphantasia and multisensory aphantasia</li> <li>- Being able to test the client for it</li> <li>- Being able to actively support the client with specific approach in mind.</li> </ul>
4th June 2024	Using Silence Effectively	Training video	1.5	Counselling Tutor	A video presentation exploring the therapeutic use of silence.	<ul style="list-style-type: none"> <li>To explore how to prepare yourself for silence</li> <li>To discuss the link between silence and nonverbal communication</li> <li>To analyse how silence links to counselling theory</li> </ul>

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30th May 2024	Working with Immediacy	Training video	1.5	Counselling Tutor	A lecture about counselling skills on immediacy. Theory and practical usefulness.	<p>To help learners identify and use immediacy in skills sessions and practice</p> <p>To define the term 'immediacy'</p> <p>To discuss what processes the counsellor has to consider when using this skill</p> <p>To analyse the impact immediacy has on the therapeutic relationship</p> <p>To link immediacy to person-centred theory</p>
27th May 2024	Working with Women Healing from Narcissistic Abuse	Training video	1	Counselling Tutor	When working with women who are healing from narcissistic abuse, there are certain strategies and considerations to take into account. It's important to make yourself aware of the nature of this abuse, its impact on victims, and effective therapeutic approaches.	<p>Understanding the abuse cycle, how it develops and what women who were abused by a narcissist may feel and go through.</p> <p>Understanding ways to work and support women in such cases during counselling practice</p>
15th May 2024	Applying Attachment Theory in Counselling	Training video	1.5	Counselling Tutor	Informational lecture about the application of attachment theory in counselling practice.	Understanding of attachment theory application during counselling practice

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3rd March 2024	Psychopathology: Theory and Practice	Seminar	21	Confer	<p>This newly curated collection of presentations provides a glimpse into the field of psychopathology, ranging from severe manifestations of forensic psychological disorders to the more ordinary neuroses of everyday life. The collection combines 21 hours of edited audio or video material, selected from our other online modules for its relevance to this theme. The package focuses on conditions that are described as mental illnesses, and which satisfy DSM diagnostic criteria but are discussed via a range of different theoretical perspectives.</p>	<p>Understanding of the aetiology and psychopathology of various mental health illnesses and disorders. Such as schizophrenia, anxiety, DID, derealisation/depersonalisation, borderline personality disorder, narcissism etc.</p>

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7th August 2023	Rational Emotive Behaviour Therapy (REBT)	Online course	4	Psychology & Counselling Academy	Learning about REBT therapy through online lectures and recommended reading.	<p>Having a solid knowledge of the ABC Model in REBT is and how it is used</p> <p>Understand how to structure REBT sessions with clients</p> <p>Use the REBT approach in therapy or counselling with the clients</p> <p>Know about 'irrational beliefs' &amp; the causes of depression</p> <p>Learn how 'stress management and REBT complement each other</p>

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18th July 2023	Mental Freedom: Freedom From Pain	Online course	4	Course Central	Listening and making notes of the course content + applying acquired skills in practical way through self-reflection.	<p>Gain The Secret Of How To Free Yourself From Your Past</p> <p>Gain A Deep Understanding Of What Drives People's Every Action</p> <p>Learn How To Get a Good Nights Sleep – TONIGHT!</p> <p>Breakthrough Personal Illusions &amp; Unleash Your Hidden Potential</p> <p>Learn How Self-Image Determines What You Will And Won't Do ... And So Much More!</p> <p>Release Yourself From Emotional Pain And Frustration By Discovering How Emotions Really Work And How You Can Gain Greater Mastery</p> <p>See What Drives The Habits And Behaviors Of Yourself And Others ...</p> <p>Take Back Control And Free Yourself</p> <p>Learn ways To Beat Anxiety &amp; Depression</p> <p>Discover How Pain &amp; Pleasure Rule Your Life ... And The Secret Of How To Make This Work For You Instead Of Against You</p> <p>Learn How To Deal With Difficult Emotions</p>



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12th February 2023	Dialectical Behaviour Therapy (DBT)	Online course	7	Psychology & Counselling Academy	During this course, it was listening activity covering each topic with self-reflection and application of the knowledge to various scenarios.	<ul style="list-style-type: none"> <li>- Know how to use the DBT approach in order to decrease 'emotional suffering'</li> <li>- Learn how to use DBT for disorders such as bipolar, depression, BPD, anxiety</li> <li>- Know how to structure therapeutic sections ('online' or 'offline')</li> <li>- Grasp the theoretical knowledge of DBT, 'Distress Tolerance', Mindfulness</li> </ul>
12th August 2022	Clinical Psychology - Level 5	Online course	38	1 Training International LTD	Active book reading about Clinical Psychology, with an online quiz at the end.	<ul style="list-style-type: none"> <li>- Learn about different psychological problems and how to deal with them.</li> <li>- Get an in-depth understanding of how applied psychology works.</li> <li>- Learn about mental health issues and how they can be treated.</li> <li>- Build your communication skills</li> <li>- Understand the different types of depression and how to deal with them</li> </ul>
15th December 2021	Clinical Psychology, Treatment and Therapy	Online course	7.75	Training Express Reinventing Training	This course aims to teach about all the essential aspects of clinical psychology, with regard to its use for treatment and therapy.	<ul style="list-style-type: none"> <li>- Being familiar with the role of a clinical psychologist</li> <li>- Understanding therapy protocols in clinical psychology</li> <li>- General knowledge of clinical work</li> </ul>