Advanced Patterns in Psychotherapy

**Dates:**
11-15 June 2018 • 6-8 July 2018 • 17-19 August 2018
14-16 September 2018 • 12-14 Oct 2018 • 5-9 November 2018

**Venue:**
Life Therapies Clinic, 31 Saintfield Road, Belfast, BT8 6AF

A 20 day Post Graduate Programme with theory, experiential and applied clinical content, and group supervision. How to develop your client casework from assessment through to endings, recognition of major psychopathologies, other psychotherapeutic approaches, indications and contraindications for psychotherapy.

The programme provides a comprehensive and integrated learning pathway to advanced practice in psychotherapy. The programme is student directed and across the length of the programme, addresses the clinical, professional and interpersonal needs of the student group to reflect advanced practitioner status. Students will integrate prior learning within a structured framework to develop advanced practitioner competencies within a psychotherapeutic context.

On completion of the award, students will be eligible to be presented to UKCP for accreditation as a psychotherapist, in conjunction with the requisite core modules, clinical practice, clinical supervision and personal therapy hours. Clinical supervision of casework is a core component of this module and will include clinical assessment of live casework.

**In this course, you will learn:**
- The techniques/methodologies in advanced clinical psychotherapy
- How to apply up to date theories and research in clinical psychotherapy
- The application of human development in psychotherapy
- How to manage the implications of ethical dilemmas of psychotherapy practice and work proactively with others to formulate solutions
- How to support clients with different ways of viewing their problem and possible solutions available to them.
- A range of assessment processes
- How to assist unconscious behavioural change
- How to recognise major psychopathologies
- The indications and contraindications for psychotherapy
- How to design and deliver a plan of therapy for specific mental health problems.
- How to Evaluate the effectiveness of therapeutic interventions
- The importance of the therapeutic relationship and how to work within this
- Self reflection and self supervision processes that assist your skills as a psychotherapist
- Effective and ethical business processes for managing your practice
### The Programme

**Module A  Psychotherapy As A Social Construct**  
The place of psychotherapy in society  
Social constructs of a therapist  
Social Responsibility and Psychotherapy  
Sociological perspectives on research and evidence based practice  
Structures of Power and Control

**Module B Hypnopsychotherapy**  
Mapping the models of therapy  
My therapeutic approach  
Satir and Family Therapy  
Ericksonian therapy  
Gilligan's self relations therapy

**Module C Managing Your Practice**  
Record keeping  
Data protection  
Financial Management  
Sending and receiving referrals  
The function of supervision

**Module D Cultural Awareness**  
Gender differences and gender discourse  
Age as discrimination  
Disability and social vs medical constructs  
Sexuality and diversity  
Cultural and ethnic norms and variables

**Module E The Therapeutic Relationship**  
 Managing yourself as a therapist  
Contracting with clients  
The legal frameworks of psychotherapy  
 Setting and managing boundaries  
Working with intrapsychic challenge  
Recognising and working with collusion  
Co-dependency patterns of behaviour and relating

**Module F Assessment Tools**  
Best practice  
Assessment tools  
Limitations of assessment tools  
Planning care through assessment  
Longitudinal projection of care pathway  
Assessing commitment to therapy  
Secondary gain as resistance

**Module G Severe & Enduring Mental Illness**  
Neuroses vs psychoses  
Identifying psychoses  
A framework for clinical conditions and a clinical approach  
What to refer  
When to refer

**Module H Developmental Processes**  
Developmental theories  
Working with developmental patterns  
Understanding and working with the narrative  
Prioritising according to developmental need  
 Working with symptoms

**Module I Other Psychotherapeutic Approaches**  
Person Centred therapy  
Transactional Analysis  
Cognitive Behavioural Therapy  
Gestalt therapy  
Brief Solution Oriented Therapy

**Module J Psychoanalytic Approaches To Psychotherapy**  
Freudian Perspectives in psychotherapy  
Jungian and Adlerian approaches  
Object Relations Theory  
Attachment Theory  
The Psychoanalytic process  
The role of transference and countertransference

**Module K The Use Of Self In Psychotherapy**  
The role of the therapist  
Managing your own feelings  
Holding the space  
Self-care behaviours  
Recognising risk to self

**Module L Affective States**  
Managing and containing unconscious material  
Utilising unconscious processes  
Working with metaphor and scripts  
Unconscious containment and resolution  
Inheriting clients feelings  
Working with abreactions  
Psychosomatic distress  
Working with the impasse  
Normalisation of feelings

**Module M Creative Approaches In Psychotherapy**  
Constellations work  
Social panoramas  
Clean space  
Body Psychotherapy  
Dance Therapy  
Drama Therapy  
Art therapy

**Module N Managing Endings**  
Managing client endings  
Relationship of self to endings

**Module O Integration and assessment**  
Integration of learnings  
Self and peer assessment

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**Investment: £1,800**

This course is accredited by:  
[UK Council for Psychotherapy (UKCP)](http://www.ukcp.org.uk)

There is the option of an interest free payment plan, or a discount for payment in full.
Payment Options

Option 1 - Payment Plan:

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<th>Module</th>
<th>Duration</th>
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TOTAL £1800

Option 2 Discount: £180 discount if paid in full by 31/12/17

Option 3 Discount: £100 discount if 50% paid by 31/12/17 and the remaining 50% paid by 31.03.18

Awaken School of Outcome Oriented Psychotherapies

The School was founded in 1983 (as Centre Training) and starting training in 1984 to provide students with a thorough knowledge of hypnotherapy and different models of psychotherapeutic practice, set against the appropriate theoretical background. In September 2006 the school changed hands and Awaken School was formed. Lisa is a United Kingdom Council for Psychotherapy (UKCP) accredited Psychotherapist and has a long history of running successful psychotherapy and NLP based training programmes. In addition, Lisa de Rijk has an ongoing association with UKCP, firstly as Vice Chair from 2003 to 2005 then Chair from 2005 to 2007 and has long campaigned for high standards of training and practice, and the statutory regulation of the profession. In 2013, Lisa was made Honorary Fellow of UKCP.

Awaken School has the status of a Training and Accrediting member of UKCP.

Lisa de Rijk

Lisa has been providing Management Consultancy, Mentoring, Coaching, Training and Facilitation since 1997, and during this time her client base has been as diverse as Zeneca, ICI, Dupont, Napp Pharmaceuticals, Britis Telecom and Fox's Biscuits in the private sector, and HM Prison Service, NHS Modernisation Agency, Regional Director for Public Health (N&Y), The Home Office – Northern and Yorkshire Region, NHS Health Authorities and Trusts, Local Authorities in the public sector. As a former NHS Registered Nurse and Senior Manager, Lisa has worked both in the public and private sectors as a Consultant, Facilitator, Trainer, Mentor, Change Agent, Coach and Therapist. Internationally recognised as a Master Trainer, Trainer of NLP (Neurolinguistic Programming), Lisa is also a UKCP accredited psychotherapist and combines her therapy, coaching and mentoring work to enable individual clients to make the changes that they desire in their lives.

Lisa is actively involved as advisor to ANLP and was Chair of UKCP (UK council for Psychotherapy) for 2 years and is now Honorary Fellow of UKCP. Lisa is now actively involved as a European Director of Research for the global NLP Research and Recognition project in a pro bono capacity.

Bridin McKenna

Bridin is the founder and lead therapist of Northern Ireland’s first clinic treating eating disorders and obesity using evidence based psychological treatment models. After qualifying as a psychotherapist Bridin has further trained at The National Centre for Eating Disorders and Obesity in London and is an affiliate member of their professional network. Bridin is an Associate Trainer for The National for Eating Disorders in London delivering eating disorder and obesity training to professionals and organisations throughout Northern and Southern Ireland. She is an AMT approved Emotional Freedom Techniques Master Practitioner, trainer and facilitator, and is an associate Trainer for Awaken School of Outcome Oriented Psychotherapies delivering NLP Practitioner Training and Co-Presenting specialist workshops for dyslexia/ASD/ADHD with Lisa de Rijk.

Bridin is accredited by the UKCP as a neurolinguistic psychotherapist and holds professional memberships with www.ukcp.com www.awakenschool.co.uk & www.anlp.org