



AWAKEN SCHOOL OF OUTCOME ORIENTED PSYCHOTHERAPIES LTD

Advanced Patterns in Psychotherapy

Dates: 3rd – 7th December 2018 (Introduction module),
Weekend 1: 11th – 13th January 2019
Weekend 2: 8th – 10th February 2019
Weekend 3: 1st – 3rd March 2019
Weekend 4: 29th – 31st March.
(Weekends 1-4 running from Friday afternoon – Sunday afternoon)
13th – 17th May 2019 (Spring School)

Venue: TBC, Belfast

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 fro 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 Hypnotherapy

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 and 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

Investment: £1800

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

Option 1 - Payment Plan:

Introduction Module	5 days	£450	Module 5	2 days	£225
Module 2	2 days	£225	Spring School	5 days	£225
Module 3	2 days	£225			
Module 4	2 days	£225			
TOTAL					£1800

Option 2 – Discount: £100 discount if paid in full by 31/10/2018

Option 3 – Discount: £50 discount if 50% paid by 31/10/2018 and the remaining 50% paid by 17/12/2018

Lisa de Rijk - Trainer

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, British 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 (Neuro-linguistic 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.

To receive further information or to book your place, please contact us at our offices:

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