

PROGRAMME OF CPD EVENTS FOR 2021



Association of Professional
Counsellors and Psychotherapists
Ireland

The 2021 suite of Continuing Professional Development events will support the membership in their everyday practice both as Counsellors and as Psychotherapists.

Overview of CPD Events for 2021

Topics in 2021 include:

Therapeutic Assessment, Case Conceptualisation	Conceptualisation
Trauma Informed Practice	The Road to Post Traumatic Growth
Healing Trauma through Inner Child Work	Dyadic Parent-Child Art Psychotherapy
Understanding the Individual from a Family of Origin Perspective	Dialectical Behaviour Therapy
Social Media for Your Practice	Compassionate Connections
Wellbeing & Self Care Programme	Working with Culturally Diverse Clients
Anxiety in Kids	Working with Teens & Younger Adults
The Road to Post-Traumatic Growth	Art Therapy with Children and Teenagers
Understanding Transformational Learning	Eating Disorders
The Fear System	Managing a Private Practice

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13, 14 & 20
MARCH
10AM – 2PM



Speaker
Dr Alvina Grosu

Venue
Online Via Zoom

Therapeutic Assessment, Case Conceptualisation & Clinical / Legal Aspects of Records and Note keeping

Note: This is a series of 3x4 hour webinars therapeutic practice and review the clinical and legal aspects of working blended/online.

Dates: CPD1 (Webinar1) Saturday 13th March

Time: 10am to 2pm

Webinar 1: Therapeutic Assessment

The aim of the webinar will be to provide the opportunity to participants to review their existing therapeutic assessment structure and content. The framework for the workshop delivery is rooted within existential traditions and will be based on interactive engagement and experiential learning.

Participants will be invited to:

- share the background of their existing practice in relation to therapeutic assessment;
- identify their own therapeutic style and underpinning principles;
- review the existing practice structure and content within theoretical grounding;
- choose appropriate modern tools and frameworks to enrich own practice.

Date: CPD 2 (Webinar2) Sunday 14th March

Time: 10am to 2pm

Webinar 2: Case Conceptualisation

The aim of the webinar is to review the existing case conceptualisation models and gain experience in practising the chosen ones.

Participants will be invited to:

- review their therapeutic styles and identify conceptualisation models;
- practice chosen conceptualisation models;
- integrate the new learnings into therapeutic practice.

Date: CPD 3 (Webinar 3) Saturday 20th March

Note: Members who completed Therapeutic Assessment in 2020 can attend this 3rd CPD

Time: 10am to 2pm

Webinar 3: Clinical & legal aspects of records and note keeping.

The aim of the webinar is to review the best practice in records & notes keeping within blended or online delivery from clinical and legal perspective.

Participants will be invited to:

- to review the documents / records related to therapeutic process (to include online delivery);
- to inform you the fundamental concepts in the DATA Protection legislation;
- to trigger reflection and application to practice of the changes in the legislation.to stimulate networking and sharing of experiences in relation to keeping; records/notes.

Speaker Information

Alvina Grosu is a psychologist and a lecturer on MA programmes in UCC and ICHAS. She combines academic and practical work at different levels and besides teaching and assessing the theoretical modules is also supervising Master degree research dissertations. Practical aspects of her activities include working with clients as well as serving as clinical supervisor for trainee students in Cork and Limerick area. Alvina holds a PhD in psychology and her area of expertise is in cross-cultural psychology. She is a member of Society for Intercultural Education, Training and Research (SIETAR) Europe and Psychological Society of Ireland (PSI).

17 APRIL
10AM – 2PM



Speaker
Christine Lodge

Venue
Online via Zoom

Trauma Informed Practice – Part 1 (Second Run)

This session will examine the following topics:

- Definition of Trauma
- The Trauma Continuum
- Types of trauma
- Treatment of trauma
- Adverse Childhood Events
- Vicarious Trauma
- Definition of Trauma Informed Care & Practice (TIP)
- Introduction to Trauma Informed Psychotherapy
- Practical tips & strategies

Note: This session previously ran on 28th Nov 2020

Speaker Information

Christine is an experienced counsellor and advocate within the voluntary sector. Her counselling practice provides a safe, non-judgmental, supportive place where clients can talk through the challenges they are facing in their lives. She has extensive experience working with adolescents.

24-25 APRIL
10AM – 1PM
EACH DAY

Speaker

Jess Angland

Venue

Online via Zoom



The Road to Post Traumatic Growth (First Run)

This is a follow on from Post Traumatic Growth 2020 and members will have to have attended the 2020 CPD. Numbers will be restricted as this will be an experiential workshop.

Building on the notion of post traumatic growth, this workshop looks at signs and practical exercises to help someone move from survival to thriving.

Speaker Information

Jess Angland, (MBS, BBS, Cert in Addiction, Cert in Counselling, Cert in Supervision) has worked in training and education for the last 20 years. She has worked in organisations in healthcare, community development, as well as lectured for the National College of Ireland, IADT and UCC on their Professional Development Programmes. She currently, and for the last 9 years, has held responsibility for the development of support groups within ADAPT domestic abuse services in Limerick City and County. Jess in the past 5 years has taken an active interest in the dynamics of attachment in Adult Life and has been has explored same, under the tutelage of Dr Una McCluskey.

15-16 MAY
10AM – 1PM
EACH DAY



Speaker

Christine Beekman

Venue

Online via Zoom

Healing Trauma through Inner Child Work

Inner child work is a powerful tool for healing psychological trauma, dysfunctional patterns and self-harming behaviours. Inner children have learned to hide their feelings of rejection, shame and fear of abandonment, which may result in cycles of self-sabotage later in life, or which may affect adult relationships and/or self-acceptance. This workshop will incorporate the works of Jung, Capaccioni and Satir to work with the archetype of the inner child, applying the principles of reparenting and self-care.

Speaker Information

Christine is a practicing Psychotherapist engaged in a broad range of holistic practice; including cognitive behaviour therapy. Christine is a senior lecturer with ICHAS, where she has been lecturing on the CBT and Pastoral Care Master's Programme. As a CBT practitioner and a certified trainer with the Focusing Institute (USA), she works with adults and children in a holistic and focus-oriented way to facilitate client empowerment on all levels. Some special interests include management of stress and trauma, as well as transpersonal work, making use of regression techniques, EMDR, mindfulness-based approaches and inner child directed strategies

19 & 26 MAY
6PM – 9PM
EACH EVENING



Speaker
Tatjana Simakova

Venue
Online Via Zoom

Dyadic Parent-Child Art Psychotherapy

This workshop will examine:

- Dyadic parent-child art psychotherapy theory
- Work with parents in dyadic work
- The structure and content of dyadic sessions
- The role of the therapist
- The structure and content of joined up parent-child sessions
- Practical techniques

Part 1 of this workshop takes places on the 19th May.

Part 2 will take place on the 26th May.

Both sessions will run from 6pm to 9pm.

Speaker Information

Tatjana holds a BA in Counselling Skills and Psychotherapy from ICHAS and a Certificate in Art Therapy from the CIT Crawford College of Arts and Design where she is also pursuing a Master's Degree in Art Therapy. I follow the guidelines and Code of Ethics of the APCP.

She also runs a private practice based in Ennis, Co Clare in addition to working with Pieta House in Limerick. She is a former facilitator for the Applied Suicide Intervention Skills Training (ASIST). She has received extensive experience working in the area for the prevention and after care of suicide and self-harm.

22 MAY
10AM – 2PM



Speaker
Finbar Chambers

Venue
Online via Zoom

Understanding the Individual from a Family of Origin Perspective

The workshop will primarily focus on the following areas

- Family systems theory through a variety of lens
- The influence of the family of origin on present relationships
- Differentiation of self/enmeshment
- The deleterious effect of dysfunctional families of origin
- Using family systems theory in individual therapy

Speaker Information

Finbar Chambers is a practising counsellor and lecturer. He has a BA in legal studies and a post grad diploma in education from the University of Limerick. Before receiving his MA in Counselling & Psychotherapy Finbar worked in education both in Ireland and abroad. He is a member of APCP, and BACP

29 MAY
10AM – 2PM



Speaker
Michelle Walsh

Venue
Online via Zoom

Experiences and Understanding of Adolescent Sexual Harassment

This CPD will be based on the findings of my PhD research thesis, which was based on a mixed method study including 600 adolescent questionnaires and 100 interviews and an additional 25 interviews with youth workers. This workshop will highlight the prevalence of adolescent sexual harassment through an ecological lens, outlining the issues within peer groups, family, home, community and society that impact the issues of adolescent sexual harassment. The workshop will present two new ecological frameworks developed by the host to firstly understand and then respond to adolescent sexual harassment.

The workshop will include, the contribution of social norms and victim blaming to the issue of sexual harassment, in addition to outlining the developmental and sexual developmental stages of adolescents.

Speaker Information

Michelle Walsh is a 4th PhD candidate from the UNESCO Child and Family research Centre at the National University Ireland, Galway. Michelle's research centre works with children, young people and people involved in their lives to reveal the things that matter to children and what can be done to improve their lives. Currently, Michelle's research centres around the effects of sexual harassment on adolescents in Ireland. Michelle is also a fully accredited psychotherapist and clinical supervisor. She has been working as an extern on the REAL U project for several years, delivering the training on the module on SEX and the LAW. Michelle also works for Rape Crisis Midwest as a psychotherapist and trainer additionally she trains support workers for the SATU service, (sexual assault treatment unit). Michelle also works as a clinical supervisor in private practice and for Youth Services in Tipperary and Limerick, so is aware of the many of issues faced by Adolescents, Parents, Caregivers and Youth Workers on a daily basis. She is both knowledgeable and passionate about Domestic, sexual and gender-based violence and doing anything she can to prevent it. More information about Michelle can be found on her web page Survive Life <http://survivelife.expert>

3 JUL – 4 JUL
10AM – 1PM
EACH DAY

Speakers

Christine Beekman

Venue

Online Event



Dialectical Behaviour Therapy

DBT is an evidence-based cognitive-behavioural treatment, originally developed by Marsha M. Linehan, PhD, as a treatment for chronic suicidality and borderline personality disorder. Since then, DBT has been proven to be beneficial for treating mood disorders, suicidal ideation, and for working with clients presenting with behavioural patterns such as self-harm, substance abuse or who may experience their emotions very intensely. Although DBT shares elements with psychodynamic, client-centred, Gestalt and strategic approaches to therapy, it is the application of behavioural science, mindfulness, and dialectical philosophy that are its defining features. This workshop will draw on the work of Linehan to introduce a range of tools and strategies that can be used to implement comprehensive DBT across an array of settings.

Speaker Information

Christine is a practicing Psychotherapist engaged in a broad range of holistic practice; including cognitive behaviour therapy. Christine is a senior lecturer with ICHAS, where she has been lecturing on the CBT and Pastoral Care Master's Programme. As a CBT practitioner and a certified trainer with the Focusing Institute (USA), she works with adults and children in a holistic and focus-oriented way to facilitate client empowerment on all levels. Some special interests include management of stress and trauma, as well as transpersonal work, making use of regression techniques, EMDR, mindfulness-based approaches and inner child directed strategies

10 & 11 JULY

10AM – 1PM

BOTH MORNINGS



Speakers

Donna Breen

Venue

Online via Zoom

Social Media for Your Practice – Creating a brand for your Private Practice

Details to follow

Speaker Information

Donna is an experienced and practising Counsellor and facilitator running her own private practice in Tipperary. She has previously worked with Shannon College of Hotel Management as a Student Counsellor for 5 years along with working as an EAP Counsellor and Case Manager with LAYA Healthcare in Dublin delivering counselling and assessment services to hundreds of clients along with developing and delivering a variety of content for online platforms and customers along with an array of other projects.

17 JUL
10AM – 4PM

Speakers

Marianne Dwyer

Venue

Online Event



Compassionate Connections

'Looking after oneself, one looks after others. Looking after others, one looks after oneself.'
(Buddha)

Now, more than ever, living in Covid19-times, healthy relationships and connections are key to our mental and emotional health. That is healthy connections inwards with ourselves, and with others. This workshop, through the lens and works of Kirsten Neff, Christopher Germer and Johann Hari will explore Compassionate Connections. It will allow space and time for participants to participate and reflect, exploring concepts around self-care, self-compassion; healthy relationships with self and others; acceptance therapy and compassion focused therapy.

Emerging research states that Compassion is strongly associated with:

- Emotional well-being.
- Resilience.
- Coping with life challenges.
- Lower levels of anxiety.
- Reduced stress.
- Better understanding and tolerance of others and life events.
- Ensures the capacity to self-soothe and validate oneself in a more positive framework.
- Better ability to protect and provide for oneself.
- Feel more positively motivated towards achieving your goals. (Neff & Germer)

About the Speaker

Marianne Dwyer holds an Ma in Counselling & Psychotherapy, qualifying in 2015. Her approach is humanistic-integrative. She has incorporated qualifications in Neuro-linguistic programming, Gestalt & Time-line therapy, Emotional Freedom Techniques and Life Coaching into her counselling practice. Since 2018 she is a qualified instructor in meditation and mindfulness. Prior to counselling she has 20 years' experience in the HSE as a General Nurse and Assistant Director of Nursing

24 JUL
10AM – 4PM



Speakers

Pauline O'Brien

Venue

Online Event

Wellbeing & Self Care Programme

Numerous psychological studies have shown that regular meditators are happier, more contented than average. These are not just important results in themselves but have medical significance as such positive emotions are linked to a longer and healthier life. Meditation improves memory, anxiety, and irritability. Regular meditators enjoy better and more fulfilling relationships. Studies have also now shown that meditation bolsters the immune system and thus helps to fight off colds, flu, and other diseases.

This is a four-hour wellbeing and self-care programme with the following aims and outcomes:

- Promote Wellbeing.
- Provide tools for relaxation.
- Provide training to be in the present moment.
- Develop self-awareness.
- Develop communication & listening skills, in turn building self-esteem.
- Meditation skills and techniques for exams, anxiety, and general daily stressors.

Overview of Programme:

- Relaxation Techniques (Body Scan)
- Guided Meditation Practice
- Mindfulness Practice
- Loving Kindness Practice
- Developing Self Care Practices and putting a Self-Care plan in place
- Mindful Movement
- Mindful Eating (Chocolate Meditation)
- Positive Affirmations
- Poem

About the Speaker

Pauline qualified in Counselling and Psychotherapy in 2011 and is fully accredited. Her previous work has been in Retail/Management/Marketing and as a Chef. Pauline has a background in one-to-one counselling and group work. She is motivated to help people achieve their full potential and to be the best they can be in their life. Pauline works from a Humanistic point of view. Pauline has practiced Meditation and Mindfulness for many years, incorporating them into her work both on a one-to-one basis as well as in group settings

04 SEPT
10AM – 2PM



Speakers

Alvina Grosu

Venue

Online Via Zoom

Working with Culturally Diverse Clients

Cities and towns throughout Ireland are becoming increasingly multicultural, as the ethnic profile of our communities and workplaces undergoes unprecedented transformation through immigration. According to Census 2016 over 12% of the population would be culturally and ethnically diverse. This interactive workshop is designed for professionals that need to communicate successfully, work, and establish productive relationships during face-to-face or virtual contact with clients and colleagues from different cultures and backgrounds.

The aim of the workshop is to raise awareness and understanding of cultural differences in the therapeutic environment and enhance practical cross-cultural communication and work skills.

The format of the workshop is experiential and interactive, rooted in existential traditions. Participants will be able to:

- Establish a complex profile of Cultural Diversity in Ireland;
- Learn about culture/ identity and how to recognise it in cross-cultural situations;
- Understand key differences in the way different cultures think and act;
- Recognise some of own cultural assumptions about communication, work and relationships;
- Move beyond stereotypes when dealing with clients, colleagues from different cultural backgrounds;
- Clarify what constitutes discrimination and racism;
- Choose the patterns for building an 'Intercultural Society' and shared communication
- Feel more confident when communicating across cultural and language barriers.

Speaker Information

Alvina Grosu is a psychologist and a lecturer on MA programmes in UCC and ICHAS. She combines academic and practical work at different levels and besides teaching and assessing the theoretical modules is also supervising Master degree research dissertations. Practical aspects of her activities include working with clients as well as serving as clinical supervisor for trainee students in Cork and Limerick area. Alvina holds a PhD in psychology and her area of expertise is in cross-cultural psychology. She is a member of Society for Intercultural Education, Training and Research (SIETAR) Europe and Psychological Society of Ireland (PSI).

11 SEPT
10AM – 2PM



Speakers

Alison Cowpar

Venue

Online Via Zoom

Anxiety in Kids

Anxiety is one of the biggest challenges to children and teenagers mental health. The aim of this CPD is that you the therapists would gain an understanding of the prevalence of anxiety among children and teenagers and an understanding of why kids are becoming anxious. Therapists and parents can learn what stress and anxiety looks like in children from the physical, thinking, behavioural and emotional perspective, and how it is all interrelated.

You will gain an understanding of how we can use the thinking, feelings, physical & behaviour model of CBT to help kids, and to inform their parents as how to manage their children's anxiety.

Therapists will gain an understanding of how to teach children to make sense of their feelings. understanding their upstairs (thinking) brain (Dan Siegal) and the downstairs (feeling) brain and learn to identify and teach children to recognize cognitive distortions or unhelpful thinking patterns children may be stuck in, and how it affects their behaviour and to understand the importance of challenging these distortions.

Speaker Information

Alison Cowpar is an accredited member with the APCP (Association of Professional Counsellors and Psychotherapists Ireland) and a member of EMDR UK and Ireland. She has been working in my private practice in Adare, Limerick since 2009.

She practices as an Integrated, Client-Centered therapist, working with many different approaches using Dialectical (DBT) Cognitive, (CBT) & Acceptance commitment (ACT) Behavioural therapies as well as Sensorimotor, mindfulness, guided meditation, EMDR, and clinical hypnotherapy.

MSc in Autism and Related Neurodevelopmental Conditions, B. A(Hons) Counselling, and Psychotherapy, B. A(Hons) Arts, Advanced H.Dip in Psychotherapy & Clinical Hypnotherapy, Certified NLP (Neuro Linguistic Programming) Master Practitioner. Coaching with neuroscience Dip, EMDR (Eye movement desensitization & reprogramming) practitioner & accredited ACT practitioner.

15 SEPT
6PM – 9PM



Speaker
Finbar Chambers

Venue
Online via Zoom

Working with Teens and Younger Adults

The workshop will primarily focus on the following areas:

- 1] Principles of development and the importance of understanding adolescent development
- 2] The role of family/parental/social influence both positive and negative on teens and adolescents
- 3] The challenges modern technology poses to adolescent development and ways of working with this
- 4] The role of the counsellor working with this age group and the personal characteristics needed for effective working alliances.

Speaker Information

Finbar Chambers is a practising counsellor and lecturer. He has a BA in legal studies and a post grad diploma in education from the University of Limerick. Before receiving his MA in Counselling & Psychotherapy Finbar worked in education both in Ireland and abroad. He is a member of APCP, and BACP

18 & 19 SEPT

10AM – 1PM

EACH DAY

Speaker

Tatjana Simakova

Venue

Online Via Zoom



Art Therapy with Children and Teenagers

This workshop will consider:

- An experiential introduction to art materials and art making processes and art therapy.
- Exploration of a large variety of art making materials such as brought/found objects, sand play, clay, paint, drawing and collage.
- The creation of a safe space, through working developmentally with materials and the group process.
- Theoretical and experiential understanding of applied art therapy work with individuals and groups.
- Weaving a psychoanalytical framework into processes of image making, exploring concepts including containment, holding, free association, etc.
- Explorations of directive and non- directive ways of working.

Speaker Information

Tatjana holds a BA in Counselling Skills and Psychotherapy from ICHAS and a Certificate in Art Therapy from the CIT Crawford College of Arts and Design where she is also pursuing a Master's Degree in Art Therapy. I follow the guidelines and Code of Ethics of the APCP.

She also runs a private practice based in Ennis, Co Clare in addition to working with Pieta House in Limerick. She is a former facilitator for the Applied Suicide Intervention Skills Training (ASIST). She has received extensive experience working in the area for the prevention and after care of suicide and self-harm.

23 SEPT
6 – 9PM



Speaker
Ailbe Coffey

Venue
Online Via Zoom

Understanding Transformational Learning: Application to a Helper's Perspective of Self-Development

Transformative learning focuses on the knowledge that learners can adjust their thinking based on new information. Jack Mezirow's research led him to theorize that adults don't apply their old understanding to new situations, instead they find they need to look at new perspectives in order to get a new understanding of things as they change.

Mezirow's theory has developed into a larger idea that our world view is changed the more we learn, and that helps us grasp new concepts and ideas.

Through this online interactive workshop you will be afforded opportunity to develop a critical reflection and awareness of your inner truth and re-learn and re-calibrate what makes you unique. By developing this part of you that is ready to evolve, you can create the life you want to live. As a professional in the helping professions, transformational learning can be a tool, that aids your professional evolution.

Speaker Information

Ailbe is an experienced accredited counsellor and clinical supervisor for several years. He is a Senior lecturer and Program Lead at ICHAS College, teaching on undergraduate and postgraduate programs. He holds a B.A. (1st Hons) in Counselling and Psychotherapy in addition to a Masters of Arts (1st Hons) in Clinical Supervision in Professional Practice. He previously obtained an Honours Degree in Mechanical Engineering from the University of Limerick in 1995, followed by a postgraduate in Management from the Open University in 2002. He has previously worked in industry management for over 13 years.

Since 2002, he has refocused his career on the helping and counselling professions, where he currently provides a range of professional services, across training, mentoring, education, counselling, human development, as well as academic and clinical supervision in professional practice.

25 SEPT
9AM – 4.30PM

Speakers

Fierna Kennedy

Venue

Online via Zoom



Eating Disorders

This workshop will consider the following:

- Brief overview of eating disorders
- Precipitating, Perpetuating, Predisposing Factors
- Psychopathology of Eating Disorders
- Body Image Dysmorphia & Eating Disorders
- Eating Disorder Recovery - Multidisciplinary Approach
- Therapeutic Challenges
- Important Do's and Essential Don'ts!

This workshop will look at the specific therapeutic challenges of working with eating disorders. This CPD workshop is part 2. Attendees will have to attend Part 1: Introduction to Working with Eating Disorders, which was delivered 26th September 2020.

Speaker Information

Fierna Kennedy has a M.A. in Integrative Psychotherapy from the University of Limerick, a B.A. in Counselling Skills and Addiction Studies and a Diploma in Eating Disorder Practitioner Skills. Over the past 10 years she has engaged in extensive research and education in the field of eating disorders. Her therapeutic approach combines her professional training and her personal lived experience of an eating disorder. Having both perspectives of client and clinician, Fierna offers a unique insight into these complex conditions.

Fierna maintains a busy private practice in Limerick specialising in treating individuals and families affected by food, body and weight issues. She provides workshops throughout Ireland which focus on educating frontline services and healthcare providers on how best to support those affected by eating disorders. Using creative techniques, her experiential workshops aim to help participants understand the experiences of those living with an eating disorder and how to tailor their approach accordingly. She is well known in media circles for her commitment to generating eating disorder awareness and for her dedication to challenging the stigma and misconceptions associated with these conditions.

06 OCTOBER

6PM – 9PM

Speakers

Jess Angland

Venue

Online Via Zoom



The Fear System

The fear system responds very rapidly and is easily triggered! How do we manage our fears and know our triggers? What defences do we use to manage fear and anxiety? What is our greatest fear and how might it be linked to past trauma?

Speaker Information

Jess Angland, (MBS, BBS, Cert in Addiction, Cert in Counselling, Cert in Supervision) has worked in training and education for the last 20 years. She has worked in organisations in healthcare, community development, as well as lectured for the National College of Ireland, IADT and UCC on their Professional Development Programmes. She currently, and for the last 9 years, has held responsibility for the development of support groups within ADAPT domestic abuse services in Limerick City and County. Jess in the past 5 years has taken an active interest in the dynamics of attachment in Adult Life and has been has explored same, under the tutelage of Dr Una McCluskey

6 & 7 NOV
10AM – 1PM



Speakers
Donna Breen

Venue
Online via Zoom

Managing a Private Practice

This workshop aims to explore the many aspects of running and managing a private practice. It will look at how to effectively plan and manage your time and the many components involved in running a successful practice. It will highlight areas for improvement and focus on practical tools to help you keep on top of your workload and how to ensure your practice fits with your life. It will be an experiential workshop using various practical techniques in practice throughout the day which can be brought back to practice such as tools for budgeting, time management, strategic planning and marketing.

By the end of the day it is hoped that participants will have a better understanding of running and managing a private practice and being to identify areas for improvement along with developing a toolkit to keep on top of the workload and feel more equipped.

Topics covered in this workshop include:

1. To explore the many aspects of running and managing a private practice. It will look at how to effectively plan and manage your time and the many components involved in running a successful practice.
2. Learn how to effectively plan and manage your time and the many components involved in running a successful practice.
3. It will highlight areas for improvement and focus on practical tools to help you keep on top of your workload and how to ensure your practice fits with your life.
4. Practising different practical techniques in practice throughout the day which can be brought back to practice. Such as tools for budgeting, time management, strategic planning and marketing along with time spent identifying gaps in the market and possible areas for development and diversification.

Speaker Information

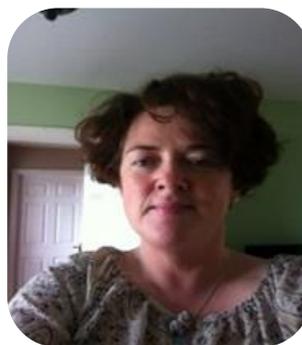
Donna is an experienced and practising Counsellor and facilitator running her own private practice in Tipperary. She has previously worked with Shannon College of Hotel Management as a Student Counsellor for 5 years along with working as an EAP Counsellor and Case Manager with LAYA Healthcare in Dublin delivering counselling and assessment services to hundreds of clients along with developing and delivering a variety of content for online platforms and customers along with an array of other projects.

13 & 14
NOVEMBER
10AM – 1PM

Speakers

Jess Angland

Venue



The Road to Post-Traumatic Growth (Second Run)

This is a follow on from Post Traumatic Growth 2020 and members will have to have attended the 2020 CPD. Numbers will be restricted as this will be an experiential workshop.

Building on the notion of post traumatic growth, this workshop looks at signs and practical exercises to help someone move from survival to thriving.

Speaker Information

Jess Angland, (MBS, BBS, Cert in Addiction, Cert in Counselling, Cert in Supervision) has worked in training and education for the last 20 years. She has worked in organisations in healthcare, community development, as well as lectured for the National College of Ireland, IADT and UCC on their Professional Development Programmes. She currently, and for the last 9 years, has held responsibility for the development of support groups within ADAPT domestic abuse services in Limerick City and County. Jess in the past 5 years has taken an active interest in the dynamics of attachment in Adult Life and has been has explored same, under the tutelage of Dr Una McCluskey.

27 NOVEMBER
10AM – 2PM



Speaker
Christine Lodge

Venue
Online via Zoom

Trauma Informed Practice – Part 2

- This session will examine the following topics:
- The Brain and Body Connection
- Attachment & Trauma
- Introduction to Polyvagal Theory
- Understanding triggers
- Trauma Treatment Models
- Window of Tolerance
- Assessment and Evaluation
- Practical tips & strategies

NB: Potential participants must have completed Part 1 before they may attend this workshop (either on 28th November 2020 or 17th April 2021)

Speaker Information

Christine is an experienced counsellor and advocate within the voluntary sector. Her counselling practice provides a safe, non-judgmental, supportive place where clients can talk through the challenges they are facing in their lives. She has extensive experience working with adolescents.