

Psychotherapy Training Group

Who for: People who are working in the helping professions and wish to enhance their therapeutic skills. People with at least two years of recognised professional psychotherapy training and/or a Diploma in Counselling. People who wish to become registered with the United Kingdom Council for Psychotherapy either as a Transactional Analyst or an Integrative Psychotherapist, and those students who wish to be accredited with BACP. (The training hours of this module can be counted towards these various accrediting bodies course hour requirements.)

Contents: This module is designed to provide students with an in depth way of understanding the helping relationship. The multiplicity of helping relationships will be systematically examined focussing in particular on developmental models to understand the inner child, transferential and countertransferential models to understand how these early developmental patterns will be present between therapist and client. The here and now or existential dimensions clients bring to therapy will be covered along with the transpersonal dimensions present in the therapeutic relationship. The final three modules will focus on the interventions and strategies needed to put the students enhanced understanding of the therapeutic relationship into clinical practice.

Modules: This is a 2 year, 10 two day highly participative modules. The first year covers the Therapeutic Relationship from many diverse perspectives. The second year covers the diagnosis and treatment of psychopathologies.

Trainers: A number of highly experienced trainers and practitioners participate in the teaching of this course.

Payment of Fees: Students can pay course fees in a variety of ways: from a lump sum at the beginning of the course, to 12 monthly payments and anything in between. On attending the course students are liable for the full course fees.

Fees: £1500 per annum

Year One – Advanced Psychopathology

23rd and 24th September:

Models for assessment and diagnosis – DSM 4

21st and 22nd October:

Depression and Anxiety States

11th and 12th November:

Post Traumatic Stress Disorder

9th and 10th December:

Suicide

13th and 14th January:

Eating Disorders

17th and 18th February:

Psychotic States

17th and 18th March:

Personality Disorder

7th and 8th April:

Disorders of the Self – narcissistic processes

12th and 13th May:

Disorders of the Self – schizoid processes

16th and 17th June:

Disorders of the Self – borderline processes



Year Two - Dates to be decided:

The Helping Relationship

Models for Understanding the Helping Relationship

The Developmentally Needed Relationship 1 - Stern's Domains of Relatedness

The Developmentally Needed Relationship 2 - Attachment Theory

Internalisation and Externalisation: Projection, Introjection - Transference and Countertransference

Working with Transference and Countertransference

The Core Relationship: Existential Approaches

The Transpersonal Dimension

Enhancing Understanding: developing awareness

Provision of Experience: creating intensity and deepening the therapy

Engagement in Relationship: involvement with the client

Application

To apply please send a professional CV to elan detailing which course you are applying for. We will then contact you back to arrange a meeting to discuss your training needs

Applicants are encouraged to apply on a year by year basis. Any training undertaken at elan is usually recognised by other psychotherapy training institutes.

To apply for a place on any of this course contact us below.

In accordance with our policy of seeing psychotherapy training as a serious professional training, all courses, apart from the 101, take place during the week.

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