



**The
Sherwood Psychotherapy
Training Institute**



2024

CPD PROGRAMME





CONTENTS

- **Welcome message**
- **About our CPD programme**
- **SPTI training courses**
 - *Certificate in Trauma*
 - *Diploma in Clinical Supervision*
- **Open Seminar Series**
- **Janus CPD**
 - Spring/Summer workshops
 - TA 101 & Redecision therapy
 - Bodywork training
 - Diploma in Group Facilitation
- **Our venue - Castle Quay**
- **Contact and bookings**



WELCOME MESSAGE



Julie Dearden

Director of Training SPTI & Janus CPD

SPTI and our new company Janus CPD offer a range of training opportunities for therapists and associated professionals. Unlock your potential and develop with our specialist training, workshops and courses.

We draw upon the latest research, insights, skills, and ethics. Our tailored training will be delivered at an academic and professional level aligned with professional body requirements so you can be confident in ensuring you meet the expectations of regulation and accreditation.

About Janus CPD

Why Janus?

The mythological god 'Janus' (pronounced Yah-Nus) symbolises seeing where we have come from, to locate where we are, and invite new possibility. Our goal is to embrace this ethos into the development of creative, dynamic CPD which is simultaneously rooted in our histories and pertinent to current practise.

Join us in welcoming new possibilities.

Why now?

Our ever evolving global, social, psychological, spiritual landscape presents challenges for us as therapists. Our undertaking at Janus is to hold these threads, and new ones as they emerge, and to greet the challenges with an openness and courage to develop personally and professionally. Our engagement with contemporary thinking and research coupled with deep knowledge of the essence of relationship, body work, creativity, and love will form the basis of our ethos whilst also inviting new possibility.

Empower - Challenge - Support.



TRAINING COURSES

SPTI Certificate in Trauma

Delivered by: Rosemary Langford-Bellaby

Offered as five two-day workshops, delivered face-to-face in Nottingham City.

Training dates:

- Workshop 1 Saturday 16th – Sunday 17th November 2024
- Workshop 2 Saturday 14th – Sunday 15th December 2024
- Workshop 3 Saturday 25th – Sunday 26th January 2025
- Workshop 4 Saturday 22nd – Sunday 23rd February 2025
- Workshop 5 Saturday 22nd – Sunday 23rd March 2025

www.spti.net/courses/ctra

Course aims:

The fundamental aim of the training is to provide practitioners with theoretical and practical exposure to modern views in the field of trauma treatment. This will enable them to develop understanding and competence in their field, deepening their knowledge base philosophically, theoretically and clinically, and from this to enable an integration within their field of work and practice.

Why study psychological trauma at SPTI?

Many of the current approaches to working with trauma are based on cognitive or behavioural models which emphasise helping techniques but run the risk of neglecting the uniqueness of the traumatised person and the particularity of their experience. SPTI's core therapeutic philosophy emphasises the significance of the relationship between therapist and client in the successful outcome of therapy, and this series of workshops will take an intentionally relational approach to working therapeutically with trauma.

In addition, the workshops will balance the learning of theory and application to therapeutic practice, with the aim of enabling course members to develop their own integrative approach to therapeutic work with clients who have experienced trauma.

In order to qualify for the SPTI Certificate, participants must:

- have 100% attendance
- evidence of 30 hours of appropriately supervised trauma related therapeutic work
- submit a 5,000-word Case Study demonstrating knowledge, understanding and application to practice of trauma theory
- pass a competency profile

Fees:

SPTI Members £1,134 and Non-Members £1,260

Please note: A deposit of £300 is required at time of booking.
Fees may be paid by four instalments which include an administration fee.





The Sherwood Psychotherapy Training Institute

TRAINING COURSES

SPTI Diploma in Clinical Supervision

Programme Leader: Rosemary Langford-Bellaby

One academic year over six months training delivery with an additional year to complete the clinical obligations.

About this training

If you are looking at this course, it is likely that you have developed as a practitioner beyond core training and are now looking to support other professionals with their work. Becoming a supervisor signals a significant and exciting development in you as a practitioner. This Diploma in Clinical Supervision provides an opportunity to shape your development as a supervisor and foster confidence.

Rising to the challenge of meeting the diverse supervision needs of practitioners is the focus of our Diploma in Clinical Supervision. The course is delivered in a relational, creative style, responsive to the current needs of clients and service users. Developing your own style as a supervisor will be nurtured whilst challenging you to stretch your current ability to encompass key components of the training. The teaching is delivered in a group through a variety of modes including group work, small group work, interactive taught elements, and independent study. An emphasis on shared knowledge and experience of all participants supported throughout.

The diploma is designed to build on skills and experience already developed by students prior to attending this course. It emphasises the ability to hold an overview of processes and people such that they can be helped to fulfil their role and task more effectively.

Some of the aspects which will be explored from the perspective of your own modality are:

- Equality and Diversity.
- Unconscious process.
- Developmental Theory.
- Ethical dilemmas.
- Contracting.
- Rights and responsibilities.
- Endings.

Duration:

The Course is taught over five three-day workshops held Friday to Sunday (9:30 to 4:30 each day). We may incorporate some online working to equip you to develop necessary skills for developing online supervision.

Training dates: The training dates for Autumn 2024 are to be confirmed.



www.spti.net/courses/dsup

Open Seminars 2024



All welcome

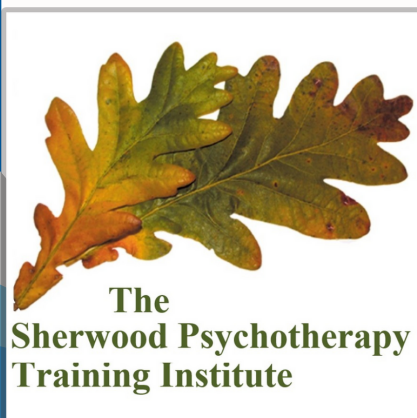
Our Seminars are open to those interested in the Sherwood Psychotherapy Training Institute and its activities, which includes trainees across all courses, graduates, and allied professionals. In each seminar the presenter will share their thinking about a psychotherapy topic and there will be time for discussion, questions, and the sharing of ideas.

Seminars will be held at 2 Castle Quay, and you are invited to arrive any times after 5.30pm for shared refreshments before the seminar begins at 6.15pm. The seminar will finish at 7.30pm and the event will formally close at 8.00pm.

Places are limited and offered on a first come first served basis.

Dates	Workshop
Sat 4th May 2024, Fully booked	Outdoor Therapy: An Introduction Sarah Devine
Sat 29th June 2024, Open to bookings	Working with South Asian clients in psychotherapy Rajan Rai

2024-2025 programme of Open Seminars to launch soon.



To find out more information about our seminars visit: www.spti.net/cpd/oss/

Contact: collette.colver@spti.net



Janus CPD

Spring - Summer workshops

Working with Psychosexual Difficulties

Saturday 27th & Sunday 28th April 2024

with **Rosemary Langford-Bellaby**

Fees: £200 Members / £220 Non-members



Working with Suicide, Self-Harm and Risk to others

Saturday 6th & Sunday 7th July 2024

with **Deborah Blagden (PTSTA)**

Fees: £200 Members / £220 Non-members



Demystifying the 'Sexual Offender'

Weds 18th & Thurs 19th September 2024

with **Deborah Blagden (PTSTA)**

Fees: £200 Members / £220 Non-members



Janus CPD



Join us in welcoming new possibilities.

To find out more information about our training visit: www.janus-cpd.co.uk

Contact: info@janus-cpd.co.uk

in partnership with SPTI



Now booking

CPD Workshop:

Transactional Analysis (TA101)

Understanding yourself and others

A two-day in-person training.

Two dates to choose from:

- Sat 27th & Sun 28th April 2024
- Sat 25th & Sun 26th May 2024

Delivered by: **Deborah Blagden (PTSTA)**

Venue: Nottingham City, NG7 1FW.

Fees: **£360** SPTI members, **£400** Non-members.

<https://www.janus-cpd.co.uk/training/ta>



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**Scan code to
book your place**

CPD Workshop: Redecision Therapy

Now booking

Two chair, early scene work, and the parent interview

A two-day in-person training on **Sat 5th & Sun 6th October 2024**

Delivered by: **Deborah Blagden (PTSTA)**

Venue: Nottingham City, NG7 1FW.

Fees: **£200** SPTI members, **£220** Non-members.

Redecision therapy was developed by Robert and Mary Goulding, combining Transactional Analysis with the techniques of Gestalt therapy to provide a powerful means of personal change. This workshop will offer you an opportunity for intensive personal experience and hands-on learning of 'two chair work', the 'Parent Interview' and 'Early Scene Work with the Child'. Knowledge of these concepts is not necessary as they will be taught and explored over the course of the two-day workshop. There will be many opportunities to practice the techniques through large and small group experiential learning



www.janus-cpd.co.uk/training/redecision-therapy



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**Scan code to
book your place**

Now booking

CPD Workshop:

A psychological approach to working with Self Harm, Suicide and Risk to others

A TA and Object Relations Approach



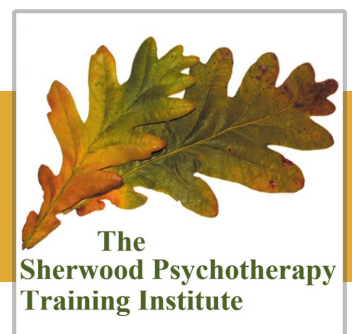
A two-day in-person CPD workshop

- Date & Time:
Sat 6th & Sun 7th July 2024,
- Delivered by:
Deborah Blagden (PTSTA)
- Venue: Nottingham City, NG7 1FW.
- Fees:
£200 SPTI members /
£220 Non-members

www.janus-cpd.co.uk/training/self-harm-suicide-and-risk



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**Scan code to
book your place**

Now booking

CPD Workshop:

Demystifying the 'Sexual Offender'

Current research on men who have committed sexual offences and its application to Psychotherapy/Counselling

In this workshop we aim to demystify this client group by exploring current research into the aetiology and progression of such behaviours.



A two-day in-person CPD workshop on:

18th & 19th September 2024

Delivered by: **Deborah Blagden (PTSTA)**

Venue: Nottingham City, NG7 1FW.

Fees: **£200** members, **£220** non-members

www.janus-cpd.co.uk/training/demystifying-the-sexual-offender



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**Scan code to
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Now booking

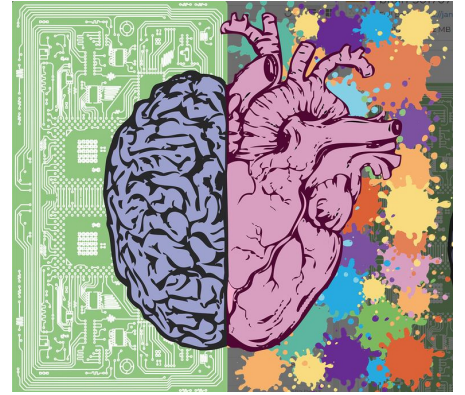
CPD Workshop: The Divided Brain (Parts 1 & 2)

Two-day in-person workshops.

- **Part 1:** Sat 20th & Sun 21st July 2024
- **Part 2:** Sat 14th & Sun 15th Sept 2024

Delivered by:

Julie Dearden & Rosemary Langford-Bellaby



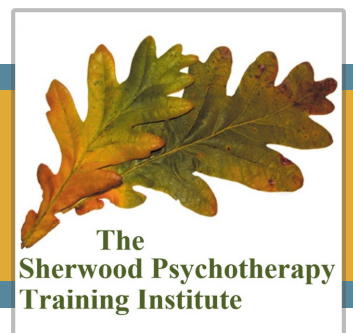
Fees:

- Part 1 £200 (members) £220 (non-members)
- Part 2 £200 (members) £220 (non-members)
- **Both days** for **£380** (members) **£400** (non-members)

www.janus-cpd.co.uk/training/the-divided-brain



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**Scan code to
book your place**

Now booking

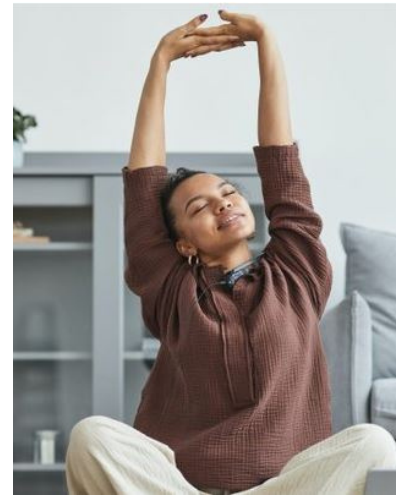
CPD Workshop: Working creatively with the body

A two-day in-person workshop.

Dates: **Sat 30th November & Sun 1st December 2024**

Delivered by: **Dr David Tune**

Fees: £192 (members) £212 (non-members)



About this training:

In this workshop we will explore in greater depth some of the theory underpinning the Bodywork approach to Psychotherapy. Body Psychotherapy is a holistic approach that integrates thinking, feeling and the body's reactions to the environment into the therapeutic relationship, and sees the mind and body as a unified whole, and as such is fully compatible with current advances in neuropsychology and trauma work. The workshop will touch on such concepts as body armouring, energetic flow, psychosomatic blocks, trauma, and character formation, as well as some of the techniques of Bioenergetic and Biodynamic Psychotherapy. This will involve working experientially in the group from an embodied approach and participants will be expected to be involved in the process and to be willing to engage in the exercises and relate the model to themselves and their practice. At times the workshops will allow for processing of the content among the group.

www.janus-cpd.co.uk/training/body-psychotherapy



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**Scan code to
book your place**

Now booking

Certificate in Body Psychotherapy:

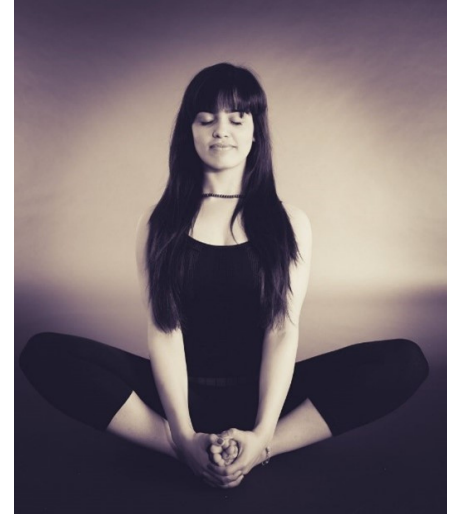
Delivered by: **Dr David Tune**

Offered as **six three-day (Fri - Sun) workshops**, delivered face-to-face in Nottingham City Centre.

Dates for 2024-2025 are to be confirmed.

About this training:

This course will look at the theory of Body Psychotherapy, starting with its origins in Psychoanalysis and transition to Humanistic Psychotherapy. The Course will focus on four models of body psychotherapy: Adjustment, trauma discharge, Process and Relational. Students will have an opportunity to practice body psychotherapy skills in small groups, and to apply their learning to their own clinical practice in group discussion, and to their own process. The content will include teaching theory, exercises in small groups to illustrate aspects of theory, application to client work through discussion, and developing a reflective body-orientated approach through process work. Students will be expected to be graduates or final year students, who are practising psychotherapists. The course is designed to be integrated into the student's existing practice models.



This training is suitable for qualified counsellors and psychotherapists, and students at Level 5 and above of their training, and participants will have the opportunity to practice some of their learning working in groups with each other.

How is the course delivered?

This experiential training is offered as 6 workshops leading to the SPTI Certificate in Body Psychotherapy. In order to qualify for the SPTI Certificate, participants must:

- have 100% attendance.
- complete a group presentation and write-up.
- keep a self-reflective journal throughout the training.
- pass a competency profile comprised of self, peer, and tutor assessments.

www.janus-cpd.co.uk/training/body-psychotherapy



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Launching soon

Diploma in Group Facilitation: *Theory & Practice*

Delivered by: **Deborah Blagden & Rosemary Langford-Bellaby**

Offered as **8 two-day (Sat- Sun) workshops**, Sept 24 - May 25.

Delivered face-to-face in Nottingham City Centre.

About this training:

Working in groups is a powerful therapeutic medium that focusses on the relationship between the individual and the group, emphasising the essentially social nature of the human experience. Working in groups offers an approach that recognises how emotional, behavioural, and psychological phenomena emerge in the context of groups. Many therapists and allied professionals will from time to time consider running groups and yet leading a group involves very different skills from those used in one-to-one work. Consequently, facilitating groups can be like journeying without a map – often difficult, intense, challenging and stimulating. This course is designed to support anyone interested in running groups, such as therapeutic, supervisory, or managerial, which includes counsellors, psychotherapists, social workers, supervisors, nurses, and allied professionals who have undertaken core training in their profession and are interested in developing their knowledge and skills to work with groups.

Who is the course for?

The course is designed for all those who are considering running a therapeutic group or those involved in facilitation of groups in training, supervision and organisations. The course will enhance awareness and skills of facilitation with a range of such groups and trainees can focus on the areas that interest them the most.



www.janus-cpd.co.uk/training



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OUR VENUE: **CASTLE QUAY**

Castle Boulevard, Nottingham, NG7 1FW

Our training venue is in Nottingham City Centre nearby a lovely canalside walk. The central location means the attendees of our training benefit from a range of accommodation and amenities close by.

We have several large training rooms and break-out spaces as well as access to a library and resources room for quiet study. Our training rooms have excellent kitchen and toilet facilities.



Accessibility & Amenities:
The building is wheelchair accessible and is local to shops, hotels, and eateries.



For more information about Castle Quay please visit:
www.janus-cpd.co.uk/venue

CONTACT AND BOOKINGS



Collette Colver

Graduate Officer

Contact Collette to make an enquiry about CPD training in the first instance.

Email: collette.colver@spti.net; info@janus-cpd.co.uk

Tel: 0115 924 3994



Rosemary Langford-Bellaby

Director of Training & Programme Leader

Diploma in Clinical Supervision, Certificate in Trauma

Rosemary has extensive training and experience as a counsellor, psychotherapist, supervisor and trainer and is trained in both Gestalt Psychotherapy and Integrative Psychotherapy, and has completed additional elements of training in Transactional Analysis, Behavioural Therapy and Client-Centred Counselling.



Julie Dearden

Director of Training

From a background in the NHS, Julie trained as an Integrative Psychotherapist she has expertise in working with early relational trauma, attachment disorders and psychopathology. Julie is a UKCP accredited Psychotherapist and Supervisor who has been practising for over 22 years. She is an experienced trainer in Integrative Psychotherapy.

Contact the Directors if you would be interested in delivering CPD for us.

Email: directors@janus-cpd.co.uk