

## **CERTIFICATE IN SKILLS & PRINCIPLES OF CONTEMPORARY PSYCHOTHERAPY**

### **WHO SHOULD ATTEND**

**This training is a Unit of the BeeLeaf Diploma.**

New to psychotherapy training? Looking to broaden your existing skills, qualifications and professional options? Would you like to become a Psychotherapist? Would you like to achieve UKCP Accreditation? The BeeLeaf Certificate in Skills & Principles of Contemporary Psychotherapy is a 22-day course takes place in-person and live online (one weekend per month) and provides the **FIRST STEP** on the path to becoming a UKCP Accredited Psychotherapist.

This course is the first unit of our Diploma in Contemporary Psychotherapy. It may also be enjoyed as a standalone course. If you already a Mental Health Professional, Counsellor, Therapist or Coach looking for additional skills and recognised psychotherapy course you may be able to enrol at a more advanced stage in our training programme, depending on your current qualifications. When you have completed the Certificate in Skills & Principles of Contemporary Psychotherapy you may choose to continue on your training path with BeeLeaf to become a UKCP Accredited Psychotherapist and most importantly, to develop the unique Psychotherapist that only you can be.

### **COURSE CONTENT**

The syllabus is a life-changing journey that focuses on building your Self-Relationship. In a highly experiential format, you will discover which principles internalise and authenticate your deeper communication with yourself and others. Practical exercises will open up access to a range of skills that will enhance healing, relationships, confidence, creativity and learning. Different theoretical sources will ground our learning in a flexible and cogent model of Contemporary Psychotherapy.

**TRAINERS** Pamela Gawler-Wright, Olivier Cormier-Otaño, Cynthia Mitchell

**VENUE** In-person and live online. See website for details.

**DATES & TIMES** Starts April 2022. Each day begins with registration & refreshments at 9:30am. Training runs from 10am – 5:30pm with breaks.

**FEES** Application Fee £50    Standard Course Fee £3,600    Discounted Fee £3,300

**FULL DETAILS AND APPLICATION AT [WWW.BEELEAF.COM](http://WWW.BEELEAF.COM)**

## **CERTIFICATE IN CONTEMPORARY PSYCHOTHERAPY IN PRACTICE**

### **WHO SHOULD ATTEND**

**This training is a Unit of the BeeLeaf Diploma AND WILL RUN FOR THE LAST TIME IN 2023.**

This 22-day course (one weekend per month) is a unit of our Diploma in Contemporary Psychotherapy. It will give you the opportunity to compliment your current professional qualifications and skills as a Psychotherapist, Counsellor or Coach and work towards UKCP Accreditation.

### **COURSE CONTENT**

Recognise and utilise the distinct cognitive and emotional processes that make up the structure of both your Client's problems and their problem solving abilities.

Work with your Client to develop their relationship to their past, to transform pain and harvest wisdom.

Engage your Client in learning the specific life-skills that empower them to strategically address the current issues they face, whether these come from within or from environmental influences.

Embrace the human self-balancing system of physical, mental, emotional, and spiritual forces that combine towards recovery as a natural process. Facilitate organically – by responding to your Client's beliefs, values, resources and experiences that make their recovery path unique to them.

Master dynamic linguistic skills that help to unlock the matrices of a problem and create new possibilities for change.

Acknowledge and enhance the multi-level communication that occurs 'consciously' and 'unconsciously', within an individual and within all relationships, including the sensitive rapport that is the therapeutic alliance.

Enable your Client to make use of their natural and cyclical states of changing awareness that supports different kinds of thinking, understanding and healing.

Apply these processes to your own life and development, in a warm, active and creative environment, supporting the unique facilitator and human being that you are.

**TRAINERS** Rima Hawkins, Mike Shallcross, Pamela Gawler-Wright,

**VENUE** Details on website

**DATES & TIMES** 22-days starting Saturday 23rd September 2023. See website for dates. **THIS UNIT WILL RUN FOR THE LAST TIME IN 2023.**

**FEES** Application Fee £50    Standard Course Fee £3,600    Discounted Fee £3,300

**FULL DETAILS AND APPLICATION AT [WWW.BEELEAF.COM](http://WWW.BEELEAF.COM)**

## Ethical Practice

### WHO SHOULD ATTEND

This training is a Unit of the BeeLeaf Diploma AND WILL RUN FOR THE LAST TIME IN 2024.

### COURSE CONTENT

- Contractual Management of Therapeutic Relationship.
- Awareness of Self and Boundaries.
- Processing Fear and Fallibility as a Professional.
- Note Keeping and Confidentiality.
- Dealing with Difficult Situations and Cases.
- Use of Supervision and Supervision Monitoring.
- Be able to apply Ethical Thinking in Issues of Difference and Equality.
- Ethical Codes as Exercised Moral Muscle.
- Management of Own Learning and Challenges.
- Mistakes, Complaints, Reparation and Recovery.
- Understanding your Personal Support System and Professional Network.
- Practice Management and Development.
- Awareness of Own Limitations and Opportunities for Growth.

**TRAINERS** Pamela Gawler-Wright, Mike Shallcross

**VENUE** Live Online

**DATES & TIMES** 11th & 12th May 2024

**FEE** £420

**FULL DETAILS AND BOOKING AT [WWW.BEELEAF.COM](http://WWW.BEELEAF.COM)**

# Diversity & Inclusion

## WHO SHOULD ATTEND

This training is a Unit of the BeeLeaf Diploma AND WILL RUN FOR THE LAST TIME IN 2024.

## COURSE CONTENT

Opening perception to the dynamics of difference and inequality is a life-changing journey. This challenging exploration can breathe new life into your relationships with clients, colleagues and with yourself. What can begin as a deep challenge will swiftly develop into a liberation, freeing up your understanding, confidence and effectiveness as a professional and broadening the scope of clients you can effectively serve.

- Conscious and unconscious systems of Privilege, Inequality and Disadvantage
- Impacts of Exclusion Trauma and Minority Stress on Mental Health
- How these dynamics and differentials play out in the therapeutic relationship
- Recognising Unconscious Bias in ourselves and others
- Specific clinical issues arising from difference, marginalisation and oppression
- Core concepts and guidelines for respectful, creative, co-created alliance across socially and politically impacting differences
- How to include and engage in the therapeutic alliance with experiences of marginalisation
- Strengths and Limits of Cultural Competency and Cultural Humility Models
- Preparing for the real-life challenges of ethical practice in a diverse world

**TRAINER** Pamela Gawler-Wright, Cynthia Mitchell

**VENUE** Live Online

**DATES & TIMES** 14th & 15th September 2024

**FEE** £420

**FULL DETAILS AND BOOKING AT [WWW.BEELEAF.COM](http://WWW.BEELEAF.COM)**

## PSYCHOPATHOLOGY IN PSYCHOTHERAPEUTIC PRACTICE

### WHO SHOULD ATTEND

This training is a Unit of the BeeLeaf Diploma AND WILL RUN FOR THE LAST TIME IN 2024.

### COURSE CONTENT

- Madness, Meanings and Maps - A History of Mental Health Perception.
- Reality, Normality and Individuality - when and how does difference become difficulty?
- Overview of various mental illnesses - mild, moderate to serious and chronic, including both psychosis and non-psychosis clusters.
- Basic elements of psychopharmacology - drugs commonly used in treatment.
- Knowledge of the NHS Psychiatric practice - Care Programme Approach, Clustering and the emergence of IAPT.
- Risk assessment and management: being aware of issues such as self – harm and suicidal ideation.
- Knowledge and practise in working with Personality Disorders.
- Be able to recognise when client's presenting issues are outside of limitations of own practice.
- Be able to work in co-operation with other healthcare professionals.
- Know protocols for working with clients with exceptional needs - Life and Death Issues.
- Understand relationships of the above to the practice of Hypno-Psychotherapy and Contemporary Psychotherapy.
- Be able to integrate Contemporary Psychotherapy skills in range of mental health settings.

**TRAINER** Marie Henderson

**VENUE** Details on website

**DATES & TIMES** 17th & 18th February 2024

**FEE** £420

**FULL DETAILS AND BOOKING AT [WWW.BEELEAF.COM](http://WWW.BEELEAF.COM)**

## CLINICAL PRACTICE AND COMPARATIVE PSYCHOTHERAPY

### WHO SHOULD ATTEND

**This training is a Unit of the BeeLeaf Diploma AND WILL RUN FOR THE LAST TIME IN 2024.**

This is the over-arching unit of the Diploma in Contemporary Psychotherapy that spans your transition from trainee to professional Psychotherapist and is a component of the route to Accreditation. This is a unit that works at levels of knowledge and application, spirit and identity, by opening up your accumulated training to its practical interface with the world that you live in. Applicants are required to have completed the BeeLeaf Ethical Practice unit of training and complete an application and interview when your practice plan, including Supervisor and clinical hours, will be discussed.

### COURSE CONTENT

- Developing the right path for you in your Practice of Psychotherapy
- How to contract with an appropriate Clinical Supervisor
- How to make the most of Supervision
- Managing Case Studies for the purpose of monitoring, modelling and research
- Self-Reflective Learning and Use of Self
- Learning from others' successes and avoiding some common pitfalls
- Connecting and networking with the wider psychotherapy community
- Monitoring protocols for establishing a Clinical Log for Professional Registration
- Using your Psychotherapy skills and Personal Therapy for your own self-care
- Inspiring study and consolidation of Comparative Psychotherapy in Application
- Individuality, Difference, Equality and Non-Discriminatory Practice
- Self-modelling for your own model development
- Uniting Personal and Career Growth into a cogent Professional Identity
- Accessing Organisations and Services
- Connecting your personal vision with genuine social need and conditions for change

**VENUE** Details on website

**DATES & TIMES** This unit takes a minimum of 12 and maximum of 24 months to complete. It involves convenient distance-learning components, supportive discussion groups & tutorials accompanied by monitoring of your Clinical Supervision and Practice Hours.

A whole team of specialists are involved in closely monitoring your progress and offering you input and support where appropriate, including Peers, Supervisor, Assessors and Trainers.

**FEE** Standard Course Fee £1,850 Discounted Fee £1,600

**FULL DETAILS AND APPLICATION AT [WWW.BEELEAF.COM](http://WWW.BEELEAF.COM)**

## **WORKING EFFECTIVELY WITH ADDICTION & RECOVERY**

### **WHO SHOULD ATTEND**

**This 5-day in-person training is a Unit of the BeeLeaf Advanced Diploma AND WILL RUN FOR THE LAST TIME IN 2025.**

This 5-day training explores applications in both group and individual psychotherapy settings and the therapist's role in the dependency matrix. You will come away with a practical, empathic and greater spiritual understanding of "the addict" and their journey from psychic ruin to sustainable recovery. Participants can look forward to learning from participants and trainers from a variety of modalities and to being encouraged to consolidate their application of theory to flexibly effective practice.

### **COURSE CONTENT**

- Recognising and understanding the process called "addiction"
- Implementing psycho-socio-bio-eco models of dependency
- Understanding why clients with dependency need something more from psychotherapy
- Identify the most common error of well-meaning psychotherapists and counselors which can perpetuate the system of pain
- Engaging with the client's denial and motivation to engage in healing
- Understanding the emotional syndrome of pain, shame, craving and lapse
- Identifying crises and cravings as opportunities for healing
- Locating addiction within family systems and attachment patterning
- Activating Interpersonal and Social healing systems
- What key figures such as Jung, Bateson and Erickson contributed to and took from recovery culture
- The place of interventions such as Motivational Interviewing, CBT, Group Therapy, 12 Step Psychology, Storytelling and Psychodynamics
- Considering Codependence as the underlying driver of unhealthy dependencies
- Enhancing relationship with self, other and world as the site of recovery
- Addressing the trauma of addiction
- Sustaining recovery and utilising challenges for further growth
- Reflecting on the "better than well" phenomenon of successful recovery – what does this offer our understanding of being human
- Applying the Continuous Becoming model in Addiction and Recovery

**TRAINER** Pamela Gawler-Wright

**VENUE** Details on website

**DATES** 5-days 4th - 8th August 2025

**FEES** Member Fee £570

**FULL DETAILS AND APPLICATION AT [WWW.BEELEAF.COM](http://WWW.BEELEAF.COM)**

## **WORKING COMPASSIONATELY WITH ANXIETY & DEPRESSION**

### **WHO SHOULD ATTEND**

**This 5-day in-person training is a Unit of the BeeLeaf Advanced Diploma AND WILL RUN FOR THE LAST TIME IN 2025.**

Over the course you will learn tried and tested approaches to wholistically activate and support recovery from life-compromising depression and anxiety. As we understand more about the human system's ability to rebalance and self-regulate we are empowered as practitioners to be of even more help to those who seek a better quality of daily life and personal empowerment.

### **COURSE CONTENT**

- Identify and demystify with the client their inner experience of depression and anxiety.
- Integrate personalised assessment as relationship-building process
- Combine supportive assurance with recognition of the client's self-efficacy.
- Compassionately understand the inner dynamics of feeling "stuck", "hopeless" and "unable".
- Engage with the socio-political frustrations that drain hope, power and security.
- Helpfully attend to connected processes such as trauma, compulsion and dependency.
- Embrace and safely hold processes of breaking down to break through
- Embrace the wide spectra of human emotion.
- Utilise past causes to integrate a meaningful narrative and sustainable sense of self.
- Model how subjective constructs of the past-present-future continuum impact thinking.
- Connect your empathic observations of the individual with researched neurological patterns.
- Track and make use of manifestations such as panic attacks, socio-phobia and unrealistic pessimism.
- Develop crucial skills in facilitating greater relaxation, self-expression, confidence and concentration.
- Engage the "unconscious mind" to reconcile inner conflicts, paradoxes and self-defeating behaviours.
- Understand why reflective conversation alone may not be enough to relieve depression and anxiety.
- Help clients to live life more fully and be at greater peace with themselves and the world.

**TRAINER** Pamela Gawler-Wright, Marie Henderson

**VENUE** Details on website

**DATES 5-days** 14th - 18th July 2025

**FEES** Member Fee £570

**FULL DETAILS AND APPLICATION AT [WWW.BEELEAF.COM](http://WWW.BEELEAF.COM)**



## **WORKING CREATIVELY WITH TRAUMA & TRIGGERS**

### **WHO SHOULD ATTEND**

**This 5-day in-person training is a Unit of the BeeLeaf Advanced Diploma AND WILL RUN FOR THE LAST TIME IN 2025.**

The effects of trauma are so often expressed as destructive symptoms and beliefs that clients may seek to “get rid of” or “learn to put up with”. This internal conflict against one’s own self-preserving patterning can perpetuate rather than alleviate suffering. In the 21st Century we have a better understanding than ever before of the impact of trauma on the developing brain and what makes healing, growth and restructuring possible and likely. Understanding the mind-body system as a life-seeking whole can open up pathways to expression and healing that are not available through purely cognitive or analytic approaches. A greater sensitivity to somatic awareness will enable trainees to attend respectfully to a client’s physical, cognitive and emotional states, and their wider context. Understanding dissociative and re-associative process can help put the client back in their seat of natural power to restore, resolve and find meaning in all of life’s experiences.

### **COURSE CONTENT**

- Assess when trauma may be core to a client’s presenting issues
- Understand the connections between trauma and other processes such as dependencies, obsessions and compulsions
- Frame and explain the process of trauma and routes to recovery
- Create the therapeutic conditions necessary to encourage innate mind-body healing processes
- Identify how those healing processes can become blocked
- Understand why talking is not enough to heal trauma and loss
- Gain a better understanding of the help-or-hindrance of transference processes in the therapeutic relationship
- Help clients who have experienced pain to find that therapy can be empowering, safe & joyous
- Recognise the impact of trauma on attachment and brain development
- Differentiate fight, flight, freeze, fold and flow responses
- Give clients the tools to manage dissociated or panic states
- Attend to the importance of self-relation and meaning-making
- Discover how our cognitive and emotional bodies work with metaphor and narrative
- Learn a highly effective protocol for working with one-off traumatic events
- Learn how to enrich this working protocol to engage at the deeper levels of complex trauma
- Support the re-emergence of self-worth and resilience
- Activate brain restructuring through the natural processes of play and storytelling
- Follow client cases that go beyond suffering and survival to strength and self-discovery

**TRAINER** Pamela Gawler-Wright, Gordon Urquhart

**VENUE** Details on website

**DATES 5-days** 23rd - 27th June 2025

**FEES** Member Fee £570

**FULL DETAILS AND APPLICATION AT [WWW.BEELEAF.COM](http://WWW.BEELEAF.COM)**

## **APPLIED CLINICAL HYPNOSIS IN CONTEMPORARY PSYCHOTHERAPY**

### **WHO SHOULD ATTEND**

**This 10-day in-person training is a Unit of the BeeLeaf Advanced Diploma AND WILL RUN FOR THE LAST TIME IN 2025.**

Many Psychotherapists and Counsellors are wary of making the most of their client's ability to draw on their own deeper inner process that occurs in naturally occurring states of altered awareness and enhanced relaxation. This caution is understandable given how showmen and some "hypnotists" have misrepresented the use of hypnosis with authoritarian misapplications that are directly in conflict with the therapeutic endeavor. However, the developed psychotherapist or counsellor's ability to recognise and enhance a client's use of their changing states of consciousness and emotion can be central to the client's beneficial process.

### **Two Levels of Achievement – Certificate or Diploma**

**CERTIFICATE** 10 Days of Experiential Training over 5 weekends

**DIPLOMA** 10 Days of Experiential Training over 5 weekends PLUS other specific training with BeeLeaf (see entry requirements for more details)

### **COURSE CONTENT**

In a safe, creative and client-centered approach we will help demystify this ancient and most natural of healing applications so that you can seamlessly and ethically bring this dimension to your existing or developing practice.

- Learn how "hypnosis" is not done to a person, but empowers them to have greater autonomous options in using the natural functions of the human mind
- Discover how your practice already probably engages the client in altered states of awareness that can be validated and enhanced for deeper, safer, more creative process
- Release your skills to a greater scope of possibility in helping your client activate their own natural healing resources to recover and grow
- Achieve competencies in more naturalistic facilitation of the client working through trauma, anxiety, depression and low self-esteem
- Utilise altered state so that the client can harness internally motivated changes in self-defeating behaviours that are not subject to change through analysis alone

**TRAINER** Pamela Gawler-Wright

**VENUE** Details on website

**DATES & TIMES** 10 days over 5 weekends starting April 2025 **FEES**

Standard Course Fee £1,850    Discounted Fee £1,700

**FULL DETAILS AND APPLICATION AT [WWW.BEELEAF.COM](http://WWW.BEELEAF.COM)**

## **RESEARCH METHODS IN PSYCHOTHERAPY & CASE STUDY DISSERTATION**

### **WHO SHOULD ATTEND**

**This training is a Unit of the BeeLeaf Advanced Diploma AND WILL RUN FOR THE LAST TIME IN 2025.**

This 12 month unit fulfills the training requirement in research methods and practice for UKCP Registration. It can be used towards UKCP Registration with BeeLeaf when completed as part of the BeeLeaf Advanced Diploma. This is an interactive and participative training that aims to provide psychotherapy practitioners and practicing psychotherapy students with an understanding of the core knowledge and skills often utilised in psychotherapy research. Particular focus will be given to academically rigorous models of case study as a scientific method of research and students will be guided to produce an extended case study dissertation and academic poster for presentation at the end of this course.

### **COURSE CONTENT**

#### **2-Day Face-to-Face Training**

Over one weekend we will consider research as epistemology and examine what persuades us to accept something as fact. You will look at research papers as a form of structured argument and explore case studies as the basic unit of research in psychotherapy.

You will learn about the basic elements of a case study including methods, measures and methodologies. You will be provided with details of the key requirements for your dissertation submission, and a practical introduction to tools and techniques which can help you with your research project.

#### **Synchronous Online Learning**

Over the first 6 months of the course students will participate in online learning and peer supervision activities using web conferencing software. You will be expected to spend approximately 2 hours on these activities each month. At the end of the course you will be required to show what you have learned about methods and issues in psychotherapy research by creating and presenting an A1-size research poster on the topic How Do We Know What Works?

#### **Extended Case Study Research**

Following the first weekend of training you will begin working on your own dissertation. To support you in this process you will be required to make 3 written submissions, each of 2,000-3,000 words in length, for feedback and guidance. The last two submissions can then be incorporated within the final dissertation and be a portion of the final word count of 18,000 words. The submissions are:

Submission 1 – Research proposal

Submission 2 – Literature Review or Methodology

Submission 3 – Methodology or Literature Review

#### **Dissertation Supervision**

You will be assigned a Dissertation Supervisor. You will be allocated a total of 6 hours' supervision that may take place over the second part of the course. Supervision meetings may take place face-to-face or by some other suitable means agreed with the Supervisor such as telephone, email or Skype. (If you wish for your supervisor to travel to you and they are willing to do so, additional travel and/or accommodation costs must be met by you.) These meetings can be used for defining suitable methodology, dealing with barriers and obstacles during the process and for the final writing of the dissertation.

**TRAINER** Mike Shallcross and other Research Supervisors

**VENUE** Details on website

**DATES & TIMES Begins** 11th & 12th January 2025

**FEES** Standard Course Fee £1,900 Discounted Fee £1,700

**FULL DETAILS AND APPLICATION AT [WWW.BEELEAF.COM](http://WWW.BEELEAF.COM)**