

Langley Therapy & Training

Psychotherapy, Supervision,
Training

Workshops for the Academic Year 2024/25

As well as Standardised Counsellor Training courses Langley Training offer a series of interesting, engaging and experiential workshops throughout the academic year. These workshops are designed to appeal to counsellors already qualified at Level 4 and above.

- **Understanding the Inner Child** – 2 days with Caroline Nicholas

Friday & Saturday September 13th & 14th 2024 **FULL**

A two-day workshop experience looking, in depth, at your own inner child, and creating an understanding of the importance of inner child work in therapy

- **Sex and Sexuality** – 1 day with Laura Benham & John Goss

Friday October 4th 2024

This one-day workshop seems more important than ever with the next generation currently challenging all of the traditional stereo-types. This is a frank and refreshing look at where we are today with sex and sexuality and promises to open your eyes!

- **Couples Masterclass in Working with Infidelity** – 1 day with Laura Benham & Caroline Nicholas

Friday October 18th 2024

An additional day for those who have already undertaken the Couples course with Langley. How to work with affairs in the room. Understanding the motives behind affairs and 'emotional cheating'.

- **Working Creatively within an Integrative Model**

- 1 day with Gayle Hammill

Saturday November 23rd 2024

Much of Gayle's work at Circle Therapy is with children, however using creativity to work with adults can be progressive, rewarding and very successful for most. Gayle has all the tools and ideas to offer you if you are interested in making more of your practice creative and opening new doors. This is an interesting and experiential workshop and you will be able to take so much away from it!

- **Supervision CPD – Developmental model** – 1 day with Caroline Nicholas

Saturday December 14th

Unusually we are offering CPD to Supervisors! This model will assist you in working with trainee counsellors and enable you to grow where they grow and enable your supervisees to develop at their own pace

- **Domestic Violence/Abuse & Trauma Bonding** – 2 days with Fiona Baker & Laura Benham

Friday 31st Jan & Saturday 1st February 2025

Understanding the basics of working with Domestic Abuse is vital for any therapeutic work, however this two-day workshop will take an in-depth look at abusive relationships, what that truly is and how clients are often compelled to stay!



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- **Working with Shame** – 1 day with TBD

Friday 4th April 2025

An in-depth look at the impact of Shame on our lives, where it begins and how we can work with clients' shame, and our own, to encourage self-compassion. A really fluid workshop that enables us to focus in on where our Shame may have originated, deepening our empathy with clients.

- **Introduction to Working with Developmental Trauma**
– 2 days with Gayle Hammill

Friday 9th & Saturday 10th May 2025

Where does trauma originate and why do some people react in different ways when dealing with traumatic experiences? This course will enable you to answer these questions and many more. We aim to will help you understand how to work safely and ethically with development, relational and trans-generational trauma. Also there is a focus on PTSD and the difference between big T-trauma and small t-trauma.

- **Facilitating Groups** – 2 days with Caroline Nicholas

Friday 20th & Saturday 21st June 2025

Have you ever thought you might be interested in finding out how groups work? Would you enjoy the challenge of facilitating a group? There are many different types of group work – come and find out about them, how to manage the dynamics and understand setting up group therapy. An interesting and engaging 2-day workshop, experiential and challenging.

- **Certificate in working with Couples** – an 8 day course with Laura Benham & Caroline Nicholas over 4 weekends

To include Couples Communication, Systemic theory, Domestic Abuse, Fertility, Infidelity, Psychosexual work, and other relevant theory for couples work. This course fully equips to work with couples.

Weekend 1 – 29th & 30th November 2024

Weekend 2 – 24th & 25th January 2025

Weekend 3 – 28th Feb & 1st March 2025

Weekend 4 – 28th & 29th March 2025

- **Certificate in Working with Dream Analysis** – 8 sessions over 4 weekends with Caroline Nicholas

Dates to be published soon!

Think about your craziest dream.... Now think about how it might feel to understand the message it is trying to send you. This course aims to give you that understanding for your own development and to enable you to work with client's dreams, comprehensively, robustly and clearly. It will also include Group Dream Analysis – which is both challenging and rewarding.

1 day workshops fee £100

All include refreshments (Tea/Coffee/Biscuits)

2 day workshop fee £190

throughout the day. BYO lunch please

Courses - Couples Certificate/Dreams Certificate - £795 (8 sessions)

Please contact caroline@langleytherapy.co.uk for more info, or to be included on a mailing list