

CPD WORKSHOPS

MAY 2017

4-5 May Gestalt Therapy

14 General CEUs Registration Category: Psychologists Cost: R3000.00

11 May Couples Therapy

7 General CEUs Registration Category: Psychologists Cost: R1500.00

13 May Trauma Counselling Skills

3 General and 3 Ethical CEUs Registration Category: Psychologists and Registered Counsellors Cost: R1000.00

18 May Logotherapy

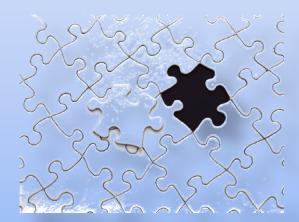
7 General CEUs Registration Category: Psychologists Cost: R1500.00

Gestalt Therapy

The Gestalt Therapy workshop is designed to facilitate a journey where Psychologists of all registration categories can develop hands on skills in Gestalt Therapy.

The Gestalt therapeutic approach will incorporate the following:

- Basic Principles of Gestalt therapy
- Guided imagery
- Dreamwork
- Art Therapy
- Empty chair work



Couples Therapy

This full day workshop is presented in a small group format and intimate and hands on learning will be facilitated through experiential work, case studies and video material.

Psychologists will have acquired the following knowledge and skills:

- Understanding different structures in relationships
- Respecting gender and sexual orientation in Couples Therapy
- Answer the question "What is Love?"
- The core elements of any romantic relationship
- Identifying the core issues in unhappy relationships
- Can all relationships be saved?
- What is needed to be successful in Couples Therapy
- A model for conceptualising relationships
- Identifying the seat of power in couples
- The therapeutic process of couples therapy
- Setting boundaries in Couples Therapy
- How not to form coalitions with one member of a couple
- The basic ethics of working with couples



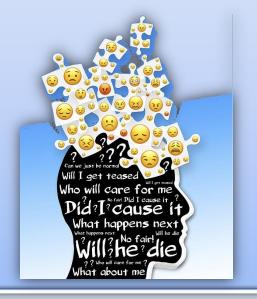




Trauma counselling skills

In this interactive and hands-on workshop, counsellors and psychologist will gain knowledge and understanding of the following....

- Defining different types of trauma
- Neurophysiological effects of trauma
- Psycho-Social consequences of exposure to trauma
- An understanding of complex trauma
- Healing from childhood sexual abuse
- Post-Traumatic Stress Disorder (PTSD) and how to deal with it in counselling
- Counselling Skills for immediate intervention after a traumatic incident
- A model for Trauma Counselling
- Post traumatic growth and how to encourage it



Logotherapy

During this full day workshop, Logotherapy will be contextualised within the Existential paradigm. Participants will be exposed to the work of Victor Frankl. Logotherapy will be made accessible by the use of video material from Victor Frankl himself. Case studies and live demonstrations will form part of the workshop.

At the end of the workshop participants will have gained the following knowledge and skills:

- An understanding of the basic principles of Logotherapy
- An understanding of the premises of Victor Frankl
- The skill to use Logotherapy and when to use it in the therapeutic process
- The basic Logotherapeutic techniques
- The powerful effect of Logotherapy
- The skill to facilitate meaning making in therapy
- The skill to facilitate changing traumatic events into opportunities for growth

