

CPD hub content catalogue list

List correct as of 1 March 2021. Actual content may differ.

[Find out more about the CPD hub.](#)

"All the world's a stage": helping clients manage and make new meaning of complex roles
A life in therapy, learning everyday
A meeting of souls
A question of soul: the importance of being in the therapeutic relationship
A reflection: opening to the client's perspective
A thematic analysis of practitioners working in the field of domestic violence
A whole-service systems approach to emotion regulation
A writing space: scribing the soul
Access to therapy for older adults
Addiction: a search for a secure base?
Aiming high: a world leading psychological trauma service for Northern Ireland
Amalgamating hypno-psychotherapy into a trauma counselling protocol
An attachment aware and trauma-informed perspective on resilience: hearing and healing the ripples
An evening with Emmy van Deurzen
An evening with Susie Orbach
An evening with Yalom
An exploration of deaf clients' experience of counselling delivered by British Sign Language
An exploration of the core conditions offered to young people with behavioural and attachment issues
An intervention led framework for self-harm
An investigation of school-based counselling services with children in low socioeconomic schools
Applying theories of grief to practice
Are counsellors the antidote to toxic workplaces?
Are we measuring what matters in counselling and psychotherapy research?
Attachment - development of identity in childhood
Autistic Spectrum Disorder: presentations in the therapy room
Becoming an organisational trauma counselling specialist
Becoming self-employed
Being extremely honest: how we self-care
Being multilingual in psychotherapy: an applied linguistic view
Bereavement in later life
Bessel van der Kolk trauma interview series: Internal Family Systems
Beyond now - cutting edge coaching
Body Dysmorphic Disorder, including Muscle Dysmorphia, particularly in the male population
Body image: prevalence, causes, consequences and interventions among young people
Boundaries and contracting
Branding in practice

Bridging the gap: a Millennial therapist and a Gen-X therapist in conversation
Broken lives, broken brains, broken hearts
Can therapy help clients make better relationship choices?
Can you tell me who I am?
CBT and African American internalised racism: multicultural and advocacy implication
Charging for therapy: therapists relationship with money
Choosing a supervisor
Client suicidal ideation
Coaching and private practice
Coaching and trauma: moving beyond the survival self
Coaching for mental health
Coaching through a queer lens
Coaching unpaid carers: meeting the challenges of a growing client group
Coaching young people: why, when and how?
Coaching: what's competence got to do with it?
Co-dependency: releasing the inner child from its pain to allow the adult to mature
Cognitive behavioural coaching
Common mistakes
Concepts in bereavement work
Connection through coaching
Copywriting crash course: essential skills for crafting effective copy
Counselling - what are you offering?
Counselling in universities and colleges
Counselling older adults - the best is yet to come
Counsellor accounts of erotic countertransference emerging within the therapeutic setting
Couples coaching: the sooner the better
Couples counselling: who attends and how effective is it?
Creative ways of healing the trauma of domestic abuse and violence
Creative writing for therapy and cultivating soul
Cyber trauma: practice in the digital space and time continuum
Difficult behaviour: is it the language of distress?
Difficult or traumatised? In therapy and the education system
Discovering my spiritual identity
Discussion with Emmy van Deurzen
Dissociation of the body
Distress and barriers to help-seeking for UK students
Distress and self-harm in cross-cultural counselling
Do we have a choice? An attachment perspective on choosing (and not choosing)
Domestic violence
Eating disorders and a personal journey
Emmy van Deurzen presentation
Emotional regulation
Employee assistance programmes
Enabling counsellors to help school staff support children on the spectrum of trauma
Engaging private practitioners in research: what we've learnt and why it's relevant
Ethical considerations

Evidence-based psychological treatments for trauma - a cognitive approach to PTSD and complex grief
Executive coach or executive counsellor
Executive coaching and identity in the corporate world: in conversation with Sally Brown
Experiences of continued presence: on the practical consequences of hallucinations in bereavement
Exploring hope: an experience of soul in counselling
Exploring how school counsellors maintain alliances with young people when sharing information
Exploring types of dropout in adolescents receiving therapy for depression
Facilitating the experience of soul in supervision and therapy
Fake news? Using media and technology to engage in discussions around social justice
Female Genital Mutilation (FGM): implications for training and research
Fight, flight, freeze: an experiential exercise to see what happens to us in critical incidents
Financial considerations
Fixity, fluidity and the psyche: a Buddhist perspective on the life journey
From emotionally unavailable relationships to an emotionally receptive profession
Fusion: A model for therapeutic coaching
Getting grounded and self-care for trauma
Getting online
Getting the most from your supervision
Grief works: stories of life, death and surviving
Growing your practice through creative self-reflection
How are the Millennials shaped by their moment in history
How bereavement counsellors experience returning to therapeutic work after the death of their parent
How to maximise your therapeutic skillset to benefit you in the wider business market
How to set up a website using Wordpress
How to take your coaching business online: responding to emerging markets
I am one, let me be many - tracking soul across the lifespan
I didn't think you'd be interested in me
Idiosyncratic psychological processes and social invisibility experienced by intersex people
If counselling changes lives, how can we make a difference?
Impact of anxious attachment
Improving coaching outcomes with successful contracting
In search of connection: past, present, future
Inferring causality in process outcome research on counsellor empathy
Insights from neurobiology to the soul
Integrating artwork in counselling
Intersections of gender, sexuality, race, religiosity and non-heterosexual British South Asian women
Interview between Victor and Irvin Yalom
Introduction to marketing
Irvin Yalom and the art of psychotherapy - one hour taster course
Irvin Yalom talking about his current work
Is private practice right for me?
Is there a hierarchy in grief?
It's a man's (woman's) world
Lessons in transition from refugee work: resilience and resourcefulness in a hostile environment

Losing my baby: losing part of myself
Love and its shadows: existential perspectives on relationships
Making connections with an autistic brain
Making the contract count: the elephant in the room
Male survivors experiences of psychological support following domestic violence
Man up: experiences and learning from working with men in therapy
Managing disclosure
Masterclass on sleep problems and addressing them with clients
Maximising milestones
Meaning oriented group grief therapy: a mixed methods pilot intervention study
Multi-agency work
Multi-agency working
Multilingual clients are different from monolingual clients
Negotiating the enduring trauma imprint in critical incidents
Networking
Neuroscience of addiction
Neuroscience, the body and trauma
New ways of thinking about and labelling: gender, sex, and relationship diversity
'Normal' and 'abnormal' eating in a world of plentiful food and body shape pre-conception
Obsessive compulsive disorder: how can therapy help?
Opportunities, challenges and requirements
Outcome orientated approaches to mental health services
Overcoming blocked care and blocked trust
Peaceful counsellors, teachers and schools
Perceptions of mental health and individuals with mental health issues in a work context
Perfectionism in young people with eating disorders
Perinatal mental health
Personal cost to resilience in the workplace
Person-centred and cognitive explanations of addiction
Perspectives from students on wellness promotion in counsellor education
Poetry therapy
Post incident support
Post police shooting trauma
Practical counselling strategies and interventions in addiction work
Psychoeducation
Q&A with Susie Orbach
Recognising and responding to domestic abuse in cases referred for counselling and psychotherapy
Rejected referrals to Child and Adolescent Mental Health Services (CAMHS)
Relationships and infertility
Religion, spirituality and exploring the 'big questions'
Research and guidelines: containing institutional anxiety
Resilience and forgiveness - my journey to inner peace
Rethinking suicide prevention: a social justice approach for counsellors
Retire? Reflect? Re-use? Recycled?
Risk, anxiety and good practice: ethical responsibilities and positive risk taking
Risks in therapy

Safeguarding: navigating dilemmas, decisions and conflicts inside and outside the therapy room
Self care - necessary but insufficient when working with trauma
Self-care
Self-care
Self-care in bereavement work
Self-care in private practice
Self-care in the face of trauma
Shame
Short term workplace counselling - stories from the front line
Social justice counselling - challenges and future directions
Soul and identity in supervision
Soul power: self, practice and collective evolution
Specialist counselling for female survivors of sexual violence
Stabilisation work in complex trauma counselling
Story - 'The Three Cries' read by Irvin Yalom
Stress in turbulent times: the costs, causes and solutions
Suicide exploration: approaching suicide risk from a dialogic position
Supervision around gender and sexual diversity
Support in coming out or not coming out
Supporting asylum-seeking children and young people through separation and ambiguous loss
Supporting children who have experienced early years trauma and broken attachments
Supporting gay or gender questioning young people
Supporting male victims of sexual abuse
Survivors' voices: bringing psychoeducation to professionals
Talking with bereaved people
The aetiology of Attachment Disorders, their impact on the child's emotional and social development
The benefits of therapeutic coaching
The body keeps the score
The counsellor resilience
The death of a child by drug use: examination of the experiences of bereaved parents
The disclosure of self-harm
The dissociated self and autism
The effects of trauma on children's brain development
The function of bingeing
The function of overeating
The impact of talking therapies with victims and survivors of conflict
The impact of working with trauma and the use of supervision and self care
The influence of the internet, social media and friends who self-harm
The internet, social media and friends who self-harm
The journey to hope, recovery and beyond?
The love of power: the power of love
The making of mental illness. the construction and rise of The Diagnostic Manual
The Millennial client: why therapy is important to this age group
The Personal Consultancy Model
The role of spiritual support following trauma
The silencing of suspect communities

The silent anorexic: strategies for engaging the client
The talking cure
The third person in the therapy room: how therapists can manage Millennial clients' parents
The value of qualitative research online: men's accounts of depression
Therapeutic involvement in oral history and memorial in the service of social justice
Therapeutic recovery for children
Therapist self-disclosure and immediacy
Therapy for everybody
To be met as a person at work - attachment theory in action
Traditional marketing methods
Trauma and major incidents
Trauma and the body
Trauma from a person-centred perspective
Trauma support for staff in an acute hospital
Trauma, healing and modern media
Trust as a therapeutic goal in working with complex trauma: a trust based clinical framework
Under the skin: body modification and its psychic functions
Understanding and valuing difference
Understanding complex grief and suicide bereavement
Understanding eating disorders
Understanding menopause - why it matters in the therapy room
Understanding the sexual abuse and exploitation of boys and men
Understanding your eating
Using and getting the most out of social media
Using compassion and body awareness to help people make peace with food
Using routine outcome monitoring as a feedback intervention to enhance outcomes in routine practice
Vicarious trauma vs vicarious resilience in context of supervision
Walking a tightrope: the dilemmas of working with risky adolescents
Well-being: from Bhutan to Betws y Coed
What door might be opened into the soul through our wounds and how might soulful supervision help?
What factors influence a clients' choice of counsellor in a private practice setting
What I wish I had known before starting my counselling course
What is autism, Asperger's and ADHD and how might it present in the counselling space?
What is research and why do we need it in counselling and psychotherapy?
What is, and why do young people self-harm?
What to do when autism or Asperger's is suspected in the client: to share or not to share?
What works when counselling those affected by autism, Asperger's and ADHD?
What's wrong with porn? The rising prevalence of sex and pornography addiction
When I'm sixty (70) four
When psyche becomes soul - psychodynamic perspectives
Where, when and who?
Who am I now? Bereavement as a break in the continuity of being
Who am I now? Issues of identity in later life
Who am I now? Military veterans

Who am I?
Who Am I? Exploring personal identity and how it impacts on your work as a coach or therapist
Women's perceptions of miscarriage decades after the event
Working creatively with post trauma states, dissociation and addictions
Working online
Working online within an organisation
Working therapeutically with dissociation
Working with abused women at risk of, or experiencing, mother-child separation
Working with end of life clients
Working with local businesses - a guide to growing your counselling portfolio
Working with major trauma: what is it like and is it for you
Working with male sexual abuse
Working with Muslim children and young people
Working with people with dementia
Working with shame and secrecy associated with self-harm
Working with shame and secrecy associated with self-harm
Working with soul in personal development
Working with suicide in multi-disciplinary teams
Working with survivors of domestic abuse and violence
Working with the soul in autumn and beyond
Young people's barriers to accessing services