

Private Practice Conference London

Saturday 24 September 2022

09.00am - 9:45am	Registration
09:45am - 10.00am	Event Welcome
10:00am - 10:45am	Chris Grant - Knowing your niche - the path to authentic success
10:45am - 11:05am	Live q&a
11:05am - 11:20am	Refreshments
11:20am - 12:35pm	Morning Workshops (choice of 2 online, 3 in-person)
12:35pm - 1:35pm	Light lunch
1:35pm - 2:50pm	Afternoon Workshops (choice of 2 online, 3 in-person)
2:50pm - 3:10pm	Refreshments
3:10pm - 3:55pm 3:55pm - 4:10pm	Keynote speaker Live q&a
4:10pm - 4:30pm	Plenary
4:30pm - 5:00pm	Networking (in-person only)

*This programme is subject to change

Session precis and presenter biographies

Keynotes

Chris Grant

Knowing your niche - the path to authentic success

Biography

Chris Sheridan (formerly Grant) they/them is a trans neurodivergent accredited psychotherapist, counsellor and DEI consultant. They are the Founder and Managing Director of The Queer Therapist, a UK based online therapy service providing GSRD (gender, sexuality, relationship diversity) therapy and neurodivergent affirming therapy. They are also the Lead Psychotherapist at Voda.co, the LGBTQIA mental health app. They work to challenge stigma and shame around gender diversity and neurodivergence.

Workshop presentations

Sharon McCormick

Grow your own EAP

Session information

Sharon will share her journey from private practitioner to managing a large team of Affiliate Counsellors and running a successful EAP business.

Biography

Sharon is a BACP Accredited Counsellor with 20 years private practice experience in Lichfield, Staffordshire and the proprietor of an award-winning Midland's based EAP.

Richard Nicholls

Podcasting for therapists

Session information

Richard would like to share his story of how he became a therapist who podcasts. How his interests and passions have merged to create a brand that has led to a successful career. In doing this Richard would like to help inspire other therapists to do similar things and stretch their comfort zones with regard to being in the public eye. The session will cover the ethics of podcasting, the technical processes as well as the creative process.

Biography

Richard is an author, podcaster and hypno-psychotherapist from the Midlands. His podcast has been downloaded over 10 million times and his book 15 Minutes to Happiness has been translated into multiple languages. He is passionate about raising awareness of the importance of understanding and accepting ourselves, so as to facilitate wellbeing and was awarded the Hypnos Award for services to the profession by The National College of Hypnosis & Psychotherapy in 2014.

Shiri Spector

Critical incident debriefing

Session information

The aim of the session is to introduce the topic of critical incident debriefing (CID) and its relevance to counsellors and psychotherapists in private practice. I will begin with examining the impact of critical incidents and the process of debriefing as an activity we all engage in regularly. I will then give an overview of existing CID models and highlight the benefits of this effective and important intervention to organisations where staff experience adverse incidents, sharing examples from my experience as CID facilitator and trainer. The session will conclude with an outline of the scope for counsellors and psychotherapists working as CIDs facilitators.

Biography

Shiri obtained her PhD in psychology from King's College London in 1997 and went on to study Psychoanalytic Concepts at the Tavistock Clinic and complete her MSc in Psychodynamic Counselling at Greenwich University in 2000. She is currently enrolled on a master's program in Humanitarian Health at Johns Hopkins University in Baltimore USA.

Shiri worked as a Consultant Psychotherapist and the Head of the Counselling and Psychotherapy Department at King's College Hospital (2001-2011), offering psychodynamic psychotherapy to inpatients, outpatients and their relatives, and support to staff. She was a lecturer in psychology at Birkbeck College (1993-1996), and a lecturer on the MSc course at Greenwich University (2003-2006). She was the course conveyor at King's College School of Medicine leading the Medical Student Psychotherapy Scheme (2011-2017). Since 2018 she is a visiting lecturer on the Medical Humanities course at The Faculty of Medicine, Bar Ilan University, Israel.

Shiri has been working as a psychotherapist in private practice since 2011, and she is the founder and director of Psychotherapy for Healthcare, providing CID training to the NHS and many other organisations and sectors.

Yasmin Shaheen-Zaffar

Therapy Tools: developing an idea to creation

Session information

In this interactive workshop we will explore creating your very own therapy tool. The why, what & how. We will include the light bulb moment - your idea, barriers holding you back, from concept to product, marketing your product.

Biography

Yasmin Shaheen-Zaffar is an integrative creative therapist who works from her private practice in Wetherby, West Yorkshire & Online. She specialises working with anger and non-violent communication and is the founder of World Let's Stop Shouting Day (November 6th each year). Combining her previous career in web development she is also the founder owner of Watoto Play Ltd. The company creates and publish therapy tools and resources with the aim to make counselling more relatable to the public.

Andrea Rippon

Group facilitation skills

Session information

An environment in which individuals feel able to contribute ideas, where they feel safe enough to take risks, where space is shared equally (rather than dominated by the few), requires the skills of a good facilitator.

A facilitator 'holds' a group, encouraging movement and energy so that group members are free to speak, listen, support and challenge. The aim is to create a space where there are feelings of empowerment and ownership, so the group can become self-directing and self-managing.

In this workshop, you will:

- understand better, groups and how individuals in groups work
- explore strategies for handling difficult situations
- develop skills which will enable you to facilitate successful groups
- increase self and social awareness, which will transform the way you work with groups

Biography

[Andrea Rippon](#) offers individual and group coaching to people who want to have a successful career and a [happy family](#). She has over 20 years' experience helping people build healthy mindsets and emotionally intelligent relationships at work, home and school. She is a highly experienced trainer, a qualified Parent and Youth Educator (PET/YET, California), a Mindset Practitioner and an Accredited Member of the Association of Coaching. Her background is in Education (Person Centred Approach: University of East Anglia); she is a Mum to two children; and has been successfully self-employed since 2000.

Writing and publishing a book tba