

Past courses include

Stress and Time Management
Assertiveness
Transactional Analysis
Loss and Bereavement
Working Creatively with clients
Building Self Confidence and Esteem
Counselling skills and theory
Working With Couples
Improving Communication
Team Building
Assessments and Risk Management
Understanding Common Mental Health Issues and the IAPT Model
Basic CBT interventions
Working with sexual assault and abuse
Working with Domestic Violence and Safeguarding Issues
Improving Self Awareness
What helps or hinders the supervisory relationship?
First Voice Training - helping those who provide Helpline support or
answer the phone to distressed callers