

**Training Schedule Spring/Summer2020**

**Susan Harvey**

**Counsellor, Supervisor, Trainer**

**CPD Training and Workshop Program 2020**

This is a program of half, one and two-day events which are suitable for qualified counsellors, student counsellors, health and education professionals and interested members of the public.

All events are theory led and will cover a range of psychological issues. The two day events will comprise of theory and skills and give targeted interventions for working with the issues presented.

All events are taught in an informal, small group style. The training is designed to be interactive between the trainer and trainees and for this reason numbers are restricted to a maximum of 24 persons for all half and one day events and 18 persons for all 2-day events (this lower number is due to the skills aspect of the training).

Concessions are available for advance booking and if the attendees are students/low income (see booking form for more information).

Certification of attendance at all events will be provided.

Refreshments are provided at each event. Lunch is only provided at full day events. Please advise if you have any dietary requirements.

**Places on each workshop will only be confirmed once payment has been received. Places will be held provisionally for 7 days to allow for those paying by cheque or bank transfer.**

**Cancellation Policy: Workshops cancelled less than 10 days prior to the event cannot be refunded. You can offer the place to a friend or move your place to another workshop of similar duration.**

**Course materials will be emailed to each attendee after the event.**

**Spring and Summer Events**

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| **Workshop Title** | **Date & Time** |
| **Understanding Addiction from a Psychodynamic Perspective** | **Saturday 8th& Sunday 9th February**  **10-4pm each day** |
| **Emotional Avoidance: An Attachment Perspective** | **Saturday 22nd February**  **9.30-12.30pm** |
| **Setting Up and Running a Private Counselling Practice** | **Saturday 22nd February**  **2.15-5.15pm** |
| **When It’s All About them: Narcissism and Relationships** | **Saturday 14th March 9.30-12.30pm** |
| **Who Am I? Understanding Co-Dependency as the Disease of the Lost Self** | **Saturday 14th March 2.15-5.15pm** |
| **Understanding the Language of Self Harm** | **Saturday 25th April 10am-4.15pm** |
| **The Haunted Self: Understanding Dissociation** | **Sunday 26th April 9.30-12.30pm** |
| **Understanding the Complexity of Perfectionism** | **Sunday 26th April 2.15-5.15pm** |
| **Understanding and Working with Sexual Abuse** | **Saturday 30th & Sunday 31st May 10-4pm each day** |
| **Compulsive Hoarding** | **Saturday 27th June 9.30-12.30pm** |
| **Emotional Suffocation** | **Saturday 27th June 2.15-5.15pm** |
| **Working Creatively with Adult Clients** | **Sunday 28th June 9.30-12.30** |
| **Grudges: Letting Go of Bitterness** | **Sunday 28th June 2.15-5.15pm** |

**Registration opens 30 minutes before the listed start time**

**Understanding Addiction from a Psychodynamic Perspective**

**Saturday 8th & Sunday 9th February**

**Two Day Workshop 10-4pm each day**

**The Holiday Inn Express 106 University Street Belfast**

This workshop aims to give a better understanding of addiction leading to greater clarity on the issues of impulse control, compulsion and choice. Explored from a Psychodynamic perspective this 2-day workshop will explore substance and behavioural addictions-gambling, sex, internet and food within the theories of Attachment, Object Relations and Drives. It will incorporate skills- based interventions for working with addictions.

*Susan Harvey has been a practising counsellor for 23years. She has worked continuously for 19 years in the field of addiction. Susan is also an experienced supervisor and lecturer.*

**Cost £110 (concessions apply) price** includes refreshments and a light lunch.

Please contact Susan Harvey for more information at

[srhcounsellingservices@gmail.com](mailto:srhcounsellingservices@gmail.com) or on 07759615143

**Emotional Avoidance:**

**An Attachment Perspective**

**Half Day Workshop**

**Saturday 22nd February 9.30-12.30pm**

**The Holiday Inn Express 106 University Street Belfast**

Emotional avoidance is an adapted coping strategy to control and minimise the risk of rejection from others. The suppression of emotion leads to the creation of a façade and with it shame and fear. Explored from a Psychodynamic perspective this workshop will explore when emotional avoidance becomes pathological leading to psychological withdrawal, the loss of self and shame-based rage and violence.

Susan Harvey has been a praticising counsellor for 23 years and works with children, teens, adults, couples and families. Susan is also an experienced supervisor and lecturer.

**Cost £35 (Concessions apply)** this includes refreshments.

Please contact Susan Harvey for more information at

[srhcounsellingservices@gmail.com](mailto:srhcounsellingservices@gmail.com) or on 07759615143

**Setting Up and Running a Private Counselling Practice**

**Half Day Workshop**

**Saturday 22nd February 2020 2.15-5.15pm**

**The Holiday Inn Express 106 University Street Belfast**

Have you ever wanted to set up your own counselling practice but feel daunted and overwhelmed by the prospect? This workshop will examine the initial start-up issues, how to build your practice and pitfalls that can be avoided.

Susan has been a practising counsellor for 23 years and runs a successful private practice in South Belfast. Susan is also and experienced supervisor and lecturer.

**Cost £35 (concessions apply)** this includes refreshments.

Please contact Susan Harvey for more information at

[srhcounsellingservices@gmail.com](mailto:srhcounsellingservices@gmail.com) or on 07759615143

**When it’s all About Them:**

**Narcissism and Relationships**

**Half Day Workshop**

**Saturday 14th March 2020 9.30-12.30pm**

**The Holiday Inn Express 106 University Street Belfast**

A picture containing silhouette

Description automatically generatedThis workshop aims to explore the psychological dynamics in relationships when one party displays narcissistic tendencies. Familial, friendship and intimate partner relationships will be examined. Exhibitionist, Closet and Malignant narcissism will be explored and how these presentations manifest in relationships.

Susan Harvey has been a practising counsellor for 23 years. She has worked with narcissism throughout her career presented as adult children of narcissists, partners and families and clients with a Narcissistic Personality Disorder. Susan is also an experienced supervisor and lecturer.

**Cost £35 (concessions apply)** this includes refreshments.

Please contact Susan Harvey for more information at

[srhcounsellingservices@gmail.com](mailto:srhcounsellingservices@gmail.com) or on 07759615143

**Who am I?**

**Understanding Co-Dependency as the Disease of the Lost Self**

**Half Day Workshop**

**Saturday 14th March 2.15-5.15pm**

**The Holiday Inn Express 106 University Street Belfast**



Explored from a Psychodynamic Perspective this workshop will focus on the nature of co-dependency and the dysfunctional helping relationship of “enabling” which is underpinned by the individual’s loss of identity and the co-dependant’s insatiable need for approval from others.

*Susan Harvey has been a practising counsellor for 23years. She has worked continuously for 18 years in the field of addiction. Susan is also an experienced supervisor and lecturer.*

**Cost £65(concessions apply)** this includes refreshments and a light lunch.

Please contact Susan Harvey for more information at

[srhcounsellingservices@gmail.com](mailto:srhcounsellingservices@gmail.com) or on 07759615143

**Understanding the Language**

**of Self Harm**

**One Day Workshop**

**Saturday 25th April 2020 10am-4.15pm**

**The Holiday Inn Express 106 University Street Belfast**



This workshop will address the trauma of this psychological disorder of self-mutilation. We will examine the predisposing risk factors of genetics, family dynamics, and childhood trauma will be explored from a psychodynamic perspective.

Susan Harvey has been a praticising counsellor for 23 years and has worked continuously with self-harm and suicidology at a community and statutory level. Susan is also an experienced supervisor and lecturer.

**Cost £65 (concessions apply)** this includes refreshments and a light lunch.

Please contact Susan Harvey for more information at

[srhcounsellingservices@gmail.com](mailto:srhcounsellingservices@gmail.com) or on 07759615143

**The Haunted Self: Understanding Dissociation**

**Half day Workshop: Sunday 26th April 9.30-12.30pm**

**The Holiday Inn Express 106 University Street Belfast**

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*“It’s so much safer not to feel, not to let the world touch me”* Sylvia Plath.

Dissociation is a mental process where a person disconnects from their thoughts, feelings, memories or sense of identity. Explored from a psychodynamic perspective this workshop will examine this frequently misunderstood defence mechanism.

Susan Harvey has been a praticising counsellor for 23 years and has worked continuously with complex and challenging Tier 3&4 mental health. Susan is also an experienced supervisor and lecturer.

**Cost £35 (concessions apply)** this includes refreshments

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**Understanding the Complexity of Perfectionism**

**Half Day Workshop: Sunday 26th April 2.30-5.30 pm**

**The Holiday Inn Express 106 University Street Belfast**

Perfectionism, is a personality trait characterised by a person's striving for flawlessness and setting high performance standards, accompanied by critical self-evaluations and concerns regarding others' evaluations. Explored from a Psychodynamic Perspective this workshop will explore the complex nature of perfectionism, and the drives behind this façade

Susan Harvey has been a praticising counsellor for 23 years and has worked continuously with complex and challenging Tier 3&4 mental health. Susan is also an experienced supervisor and lecturer.

**Cost £35(concessions apply)** this includes refreshments. Please contact Susan Harvey for more information at: [srhcounsellingservices@gmail.com](mailto:srhcounsellingservices@gmail.com) or on 07759615143

**Understanding and Working with Survivors of Sexual Abuse**

**Saturday 30th & Sunday 31st May 10-4pm each day**

**The Holiday Inn Express 106 University Street Belfast**

**Day 1:** This workshop will explore the psychological cycle of abuse and the impact upon the survivors and their families.

**Day 2:** Theory and skills will be taught to enable therapists to have a ‘tool kit’ of interventions to enable the survivor to reconnect with ‘their self’ and with others.

*Susan Harvey has been a practising counsellor for 23 years. She has worked continuously with survivors of abuse and their families. Susan is also an experienced supervisor and lecturer.*

**Cost: £110 (concessions apply)** this includes refreshments and a light lunch on each day.

Please contact Susan Harvey for more information at [srhcounsellingservices@gmail.com](mailto:srhcounsellingservices@gmail.com) or on 07759615143

**Compulsive Hoarding:**

**When our Precious Things Become our Jailors**

**Half Day Event Saturday 27th June 9.30-12.30pm**

**The Holiday Inn Express 106 University St Belfast**

**** Compulsive Hoarding impairs a person’s ability to function, alienates them from others and perpetuates a state of helplessness and shame. A condition that is widely misunderstood and often receives ridicule and judgement.

This workshop aims to explore this condition from a Psychodynamic Perspective, shedding light on its complexity and gaining an understanding of its origins in attachment and object relations.

Susan Harvey has been a praticising counsellor for 23 years and has worked continuously with complex and challenging Tier 3&4 mental health. Susan is also an experienced supervisor and lecturer.

**Cost £35(concessions apply)** this includes refreshments.

Please contact Susan Harvey for more information: [srhcounsellingservices@gmail.com](mailto:srhcounsellingservices@gmail.com) or on 07759615143

**Suffocated by Love and Need.**

**An Attachment Perspective**

**Half Day Event**

**Saturday 27th June 2.15-5.15pm**

**The Holiday Inn Express 106 University St Belfast**

A person in a blue shirt

Description automatically generatedAn Emotionally suffocating relationship is one where one of the parties is putting most, if not all their emotional, relational and socialising needs onto their partner, causing the partner to feel trapped and manipulated.

Explored from a Psychodynamic perspective this workshop will explore when our need for others grows into emotional dependency and becomes pathological. Leading to the psychological loss of self, shame and intimate partner violence and suicide.

Susan Harvey has been a praticising counsellor for 23 years and works with children, teens, adults, couples and families. Susan is also an experienced supervisor and lecturer.

**Cost £35(concessions apply)** this includes refreshments.

Please contact Susan Harvey for more information: [srhcounsellingservices@gmail.com](mailto:srhcounsellingservices@gmail.com) or on 07759615143

**Working Creatively with Adult Clients**

**Half Day Workshop**

**Sunday 28th June 9.30-12.30**

**The Holiday Inn Express 106 University Street Belfast**



The creative process in arts, music, writing or crafting, can open us up to new aspects of ourselves; parts hidden and concealed through convention and fear. Thoughts, dreams, imaginings can all be explored non-verbally in a therapeutic setting to enable us to self-heal. This workshop is an introduction to how we can creatively introduce and use creative mediums in our adult client work.

Susan Harvey has been a practising counsellor for 22 years and uses creative mediums with clients of all ages. She is also an experienced supervisor and lecturer.

**Cost £35 (concessions apply)** this includes refreshments.

Please contact Susan Harvey for more information at

[srhcounsellingservices@gmail.com](mailto:srhcounsellingservices@gmail.com) or on 07759615143

**Grudges: Letting Go of Bitterness**

**Half Day Workshop**

**Sunday 28th June 2020 2.15pm-5.15pm**

**The Holiday Inn Express 106 University St Belfast**

Grudges are not restricted by gender, age, class or ethnicity. We have all known grudges; by holding them ourselves, knowing someone who has held one or have been on the receiving end of a person’s grudge. Grudges can be deep and last a lifetime. This workshop will explore from a psychodynamic perspective why we choose to keep wounds open and active, choosing to live in the past. What keeps us stuck when we actually want to move on and be free?

Susan Harvey has been a praticising counsellor for 23 years and works with children, teens, adults, couples and families. Susan is also an experienced supervisor and lecturer.

**Cost £35 (Concessions apply)** this includes refreshments.

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**BOOKING FORM**

**Name:**

**Address:**

**Email:**

**Phone:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Course Title** | **Full Price** | **Discount** | **Cost** |
| **Example**:  8&9 Sept | Working Therapeutically With Children | £110 | 20% | £88 |
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**Total Cost to be Paid:**

**Discounts**

Save 10% with Early Bird Booking: book any event 4 weeks in advance

Save 10% if you are a student, low waged, unwaged or retired

Book **4** events and select a **‘half- day’** event **FREE**

**Payment**

Cheque: Made payable to SRH Counselling Services and post to SRH Counselling Services, 56 University Street Belfast BT7 1HB

PayPal: enter paypal.me/SRHCounselling/ into a google search then when displayed enter the amount you wish to pay

Online Banking: Sort Code: 09-01-29 Account Number: 11183415