

Mapping Psychotherapy

Professional development Workshop | Course leader Julia Naish and Anna Patterson

In this course we look at the theory of humanistic psychotherapy and map its origins, critically assess the features it shares with analytic and cognitive behavioural psychotherapy, and assess the place of theory in relation to clinical practice in contemporary humanistic work with clients. We include an exploration of the philosophical foundations of humanistic psychotherapy, a set of clinical concepts to relate theory to practice, a model of human change, and a model of the person and the mind.

Participants are required to produce written work to support their learning between the sessions. This course is open to practicing therapists. Attendance at all sessions is a requirement of this course.



How to book

If you are interested in joining the workshop please book online.

