

## One Year Course in Psychotherapy

**Personal development** Workshop | **Course leader** Oriel Methuen, Gill Doust and Teresa O'Shea

This unique course was designed to offer profound learning at a personal level. The course offers challenges, evaluates and teaches skills in the area of personal relationships and psychological experience and is open to people interested in developing themselves, learning new skills, and developing new perspectives. The course also offers participants an opportunity to participate in a year-long group and experience themselves with others over time.

While this course is the introduction and foundation to our psychotherapy professional development programme we want to keep true to its original purpose as a personal development programme by including it in this section of the brochure and encouraging people to participate for their own personal development.

### How to apply

If you are interested in applying to join this course please check the full details in the professional course - one year course in psychotherapy.

