

CPD WORKSHOP

Key Concepts in Psychodynamic Counselling

Saturday 8th March 2025 | 10.00 to 16.00

Venue: Quakers Meeting House, 77 Church Crescent, London N10 3NE

Workshop fee: £32.50 HCC members | £65.00 non-HCC members

Overview:

The workshop will explore key concepts of psychodynamic theory as outlined below. The aim of the workshop is to enable participants to have a deeper understanding of the psychodynamic modality of counselling. With this knowledge participants will be better placed to decide whether this approach to the theory and practice of psychodynamic counselling is right for them and their future careers.

Workshop outcomes:

During the workshop we will consider these key concepts of psychodynamic theory:

- The unconscious
- Structure of personality
- Psychosexual stages
- Childhood experience
- Defence mechanisms
- Transference
- Dreams
- Free Association
- Interpretation

Facilitator:

Fred Asquith MBACP (Accred.) is a psychodynamic counsellor with 10 years of post qualification experience working with individuals, couples and families. Fred previously had 30 years experience in the education sector which included working as Senior Assistant Headteacher with responsibility for staff training in a large secondary school judged outstanding by OFSTED. There he ran a coaching programme for secondary school teachers for several years. Fred has been the tutor delivering the Counselling Skills element of the Diploma in Psychodynamic Counselling at Highgate Counselling Centre for the past 4 years. He has also worked as part of a families and couples counselling team and facilitates Initial Consultations for HCC. He has also worked in primary schools as a counsellor for Place2Be.

How to book:

Please email training@highgatecounselling.org.uk to reserve a place, letting us know if you are an HCC member or not. We will then send you an invoice for £32.50/£65, and once this is paid your place will be confirmed. You can pay online via the link on the invoice.