

CPD WORKSHOP

Diversity

Saturday, 18 October 2025 | 10:00 to 16:00

The workshop will be delivered via Zoom.

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

Overview:

The aim of the workshop is to raise awareness about issues concerning equality, diversity, and respect. The session will also celebrate difference, as well as common interests, illustrating that these can be relevant for us all in our daily lives and in our working environments.

The approach will be thought provoking and experiential in nature, providing an opportunity for participants to explore sensitive subject areas with each other in a safe environment.

Workshop Outcomes:

The session will:

- Explore social, cultural, and political impacts on counselling and how this impacts diversity.
- Assess how several aspects of Western-based theory can or cannot be applied in a range of social and cultural contexts.
- Introduce commonly used and abused terms and concepts concerning prejudice, stereotyping and discrimination.
- Demonstrate how prejudice and discrimination happen and the impact it can have.
- Gain an understanding of the different types of psychological constructs that might have relevance or come into play with clients.
- Explore the impact of unconscious bias – and what we can do about it.
- Explore ways to embrace difference but also to examine our own values in relation to it.
- Develop the capacity to think critically about our own theoretical model, exploring tensions between theory and practice.
- Recognise the benefits of equality and diversity - and why they should be actively practised in a workplace environment.

Facilitator:

Helen Sutton is a MBACP Accredited Integrative Therapist and Supervisor, with over 25 years' experience. She holds a BA Degree in Counselling, and a Postgraduate Diploma in Counselling Supervision. Helen brings an integrative approach to her clinical work, with extensive experience of working with young people with emotional, social and behavioural challenges. She was a Deputy Head of a residential school, and since 2010, Helen has been a Clinical Programme Manager, Senior Lecturer, Supervision Tutor and personal tutor to students studying counselling. Helen has also counselled inmates at Send Prison and small children within the charity sector. She runs a private practice, providing counselling and supervision to individuals, groups and students within their counselling qualifications.

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.