

# Journey to the Self

## Certificate in Understanding Personality Disorders: Beyond the Label

Saturday 27th February 2021 10:00-5:00 pm 7 hours CPD

Join our Structured and Experiential Workshop designed to benefit Professionals where your work brings you into contact with individuals suffering from interpersonal difficulties labelled as “**Personality Disorders**”. Viewed **beyond the label**, this lens will give you the necessary tools for understanding specific personal dynamics involved from an integrative approach. You will gain awareness and essential knowledge building a solid platform upon which to engage in effective therapeutic or working relationships.

### Topics covered

- NHS Diagnosis Clusters A, B and C Personality Disorders
- Understanding Narcissistic, Borderline, Antisocial, Histrionic Personality Disorder Symptoms
- Difference between OCD and Obsessive Compulsive Personality Disorder
- Relational approaches that work and why others are not recommended
- Identifying the correct action to take if an individual is suffering from an undiagnosed Disorder
- Managing challenging behaviour within yourself, clients, patients and colleagues
- Assessments, Boundaries, Complaints and Referral Services

### Related Theory

Dialectical Behaviour Therapy (DBT), Gestalt, Attachment, Object Relations, Transactional Analysis integrated into Humanistic-Existential practice.

### Suitable for

Counsellors, psychotherapists, nurses, social workers, personal trainers, life coaches, teachers, human resources, managers, support workers, and all other health care professionals

#### Amanda Perl

Registered MBACP (Accred), MBPsS  
Adv. Dip. Integrative Counselling  
BSc & Msc Psychology

Amanda is an Existential Psychotherapist, Counsellor, CBT Practitioner and University Lecturer. Specialisms include personality disorders, addictions, emotional abuse, relationship issues, anger, eating disorders, mindfulness, anxiety and depression.

<https://amandaperltherapy.com>

#### Ian Rattray

Registered MBACP (Accred)  
Dip. Integrative Counselling, Cert. Supervision  
BA, MSc

Ian is a Counsellor and Therapist whose interests and experience include attachment, relationship and couples therapy, creative arts and experiential therapies working in local services and organisations, schools and the NHS in addition to private practice.

<https://ianrattraytherapy.com>

### Location and Cost

Venue: Anglia Ruskin University, Bishop Hall Lane, Chelmsford CM1 1SQ

Cost: £95

10% **discount** when booked before 31st October 2020

Early booking advised as **spaces are limited** and offered on a first-come first-served basis.

### Bookings and enquiries

[info@journeytotheself.co.uk](mailto:info@journeytotheself.co.uk) or online at [www.journeytotheself.co.uk/book-workshop](http://www.journeytotheself.co.uk/book-workshop)

[ian@ianrattray.com](mailto:ian@ianrattray.com) +44 (0) 7973 427488

[amanda@amandaperltherapy.com](mailto:amanda@amandaperltherapy.com) +44 (0) 7976 545775