

Journey to the Self

Certificate in Understanding Personality Disorders: Beyond the Label

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: TBC

Cost: TBC

Bookings and enquiries

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