



# Counsellor CPD Library

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## *What's inside the library*

Specific Presentations  
Approaches  
Loss and Bereavement  
Children and Young People  
Neurodiversity  
Practice  
Counselling Skills  
Online Counselling  
Equality, Diversity & Inclusion  
Personal Development  
Counselling Theory



COUNSELLOR  
RESOURCES

# Specific Presentations

## General

### *LECTURES*

- Counselling Clients in Substance Misuse
- Counselling for Chronic Illness or Pain
- Introduction to Suicide Awareness
- Preparing to Work with Anger
- Preparing to Work with Clients who Self-Harm
- Preparing to Work with Sexual Abuse
- Preparing to Work with Shame
- Recognising Sex and Porn Addiction
- Stockholm Syndrome
- Supporting Clients through Life Transitions
- Supporting Maternal Mental Health
- Working with Addictions
- Working with Codependent Clients
- Working with Eating Disorders
- Working with Hard-to-Help Clients
- Working with Suicidal Clients
- Working with Moral Injury
- Understanding the Basics of Psychosexual Therapy
- Exploring Couples Counselling
- Working with Millennial Clients
- Understanding and Managing Loneliness
- Supporting Clients with Body Dysmorphia and Body Image Difficulties
- Exploring Eating Disorders: A Complex Field Requiring Specialist Training
- Overcoming Imposter Syndrome
- Exploring and Addressing Perfectionism



## *RESOURCES*

- Anger in the Therapy Room
- Working with Clients Going through a Court Case
- Working with Clients on Medication
- Working with Shame
- Working with Suicidal Clients
- Recognising Sex and Porn Addiction
- Working with Millennial Clients
- Working with Addictions
- Boarding School Syndrome
- Understanding and Managing Loneliness
- Supporting Clients with Body Dysmorphia and Body Image Difficulties
- Exploring Eating Disorders
- Overcoming Imposter Syndrome
- Exploring and Addressing Perfectionism

## **Mental Health**

### *LECTURES*

- An Introduction to Anxiety Disorders
- Different Models of Mental Health
- Working with Personality Disorders
- Understanding Anxiety Disorders and Supportive Strategies
- Overcoming Perfectionism and Self-Sabotage
- Talking about Depression: A Transactional Analysis Perspective
- Working with Guilt
- Distinguishing PTSD and Complex PTSD



## *RESOURCES*

- Common Mental Health Problems: Identification and Pathways to Care
- How Counselling Theories View Common Mental Health Issues
- Obsessive-Compulsive Disorder – Overview
- Obsessive-Compulsive Disorder – Therapeutic Treatments
- Working with Clients Who Have a Formal Mental Health Diagnosis
- Empty Nest Syndrome
- Understanding Anxiety Disorders
- Approaches to Working with Depression and Low Mood
- Overcoming Perfectionism and Self-Sabotage
- Depression: A Transactional Analysis Perspective
- Working with Guilt
- Distinguishing PTSD and Complex PTSD

## **Trauma**

### *LECTURES*

- Building Relational Depth with Traumatised Clients
- Trauma and Abuse
- Trauma and Brain Plasticity
- Trauma and the Brain
- Using Trauma-Informed Grounding Techniques in Therapy
- Recognising and Working with Narcissistic Personality Disorder
- Working with the Inner Child
- Working with Survivors of Narcissistic Abuse



## *RESOURCES*

- Trauma
- Trauma-Informed Practice
- The BASIC Ph Model for Resilience and Trauma
- Recognising and Working with Narcissistic Personality Disorder
- Working with the Inner Child
- Working with Survivors of Narcissistic Abuse



# Approaches

## *LECTURES*

- An Introduction to Emotion-Focused Therapy
- Applying Neuroscience in Counselling Practice
- Introducing Creative Arts in Counselling
- Introduction to Couples Counselling
- Introduction to Pluralistic Counselling
- Polyvagal Theory
- Practising Walk-and-Talk Counselling and Other Ecotherapy
- Single Session Therapy
- Using Measurement in Therapy
- Using the ACT Matrix
- Working at Relational Depth
- Working with Goals in Therapy
- Providing Time-Limited Counselling in the NHS
- Using Creative Writing for Therapeutic Purposes

## *RESOURCES*

- Differences between Eclectic, Integrative and Pluralistic Therapy
- Using Creative Writing for Therapeutic Purposes





# Loss and Bereavement

## *LECTURES*

- Bereavement Awareness
- Children and Loss
- Grief Recovery Approach to Grief and Loss
- Preparing to Work with Loss and Bereavement
- Working with Bereaved Children: Theory and Practice
- Working With Grief
- Working with Grief and Bereavement
- Counselling Clients Experiencing Ambiguous Loss
- Understanding How Adverse Circumstances Can Complicate Grief

## *RESOURCES*

- Elisabeth Kübler-Ross
- Tasks of Grieving
- Dual Process Model of Grief
- Grieving Process
- Secondary Loss
- Counselling Clients Experiencing Ambiguous Loss
- How Adverse Circumstances Can Complicate Grief



# Children and Young People

## *LECTURES*

- Adverse Childhood Experiences (ACEs)
- Children and Loss
- Counselling Children Podcast
- Working with Bereaved Children: Theory and Practice
- Working with Children in Therapy
- Understanding the Teenage Brain: New Knowledge of Adolescent Brain Development
- Preparing to Work with Young People

## *RESOURCES*

- Theories of Child Development

# Neurodiversity

## *LECTURES*

- Autism Masking
- Counselling ADHD
- Counselling Autistic Clients
- Working with Autism

## *RESOURCES*

- Working with Clients with Autism
- The Coventry Grid





# Practice

## Practice Management

### *LECTURES*

- An Introduction to GDPR – Data Protection
- Assessments in Counselling
- Counselling Contracts
- Grow Your Private Practice
- Note Taking in Counselling
- Working in Prison Counselling
- Understanding and Using Motivational Interviewing
- Identifying and Handling Risks That May Trigger Claims or Complaints
- Working in Prison Counselling
- Understanding and Using Motivational Interviewing
- Understanding GDPR for Therapists

### *RESOURCES*

- Private Practice Guide
- First Counselling Session – Overview for Student Counsellors
- Opening a Session – Transcript
- Endings
- Appropriate Referrals
- Making an Ethical Referral
- Assessing Clients
- GAD Assessment Tool
- Why Do a Counselling Assessment
- Autonomy-Centred and Process-Centred Practice
- Boundaries in Counselling
- Contracting in Counselling



- Counselling and the Law
- Counselling Contract Checklist
- Counselling Contract Example
- Client Breaks
- Dealing with Emergency Phone Calls
- Handling Disagreements with Colleagues
- Good Practice in Note Taking
- Stages in Counselling
- Understanding GDPR
- When a Client Dies
- When Clients DNA
- When Clients Do Not Attend
- When to Break Confidentiality in Counselling
- Working in a Multidisciplinary Team
- Working with a Third Person in the Room
- Guidance on Writing Letters
- Notes
- Note Taking
- Why Do We Take Notes?
- Phones in the Counselling Room
- Professional Will
- Recording Clients
- Making a Referral
- Referrals
- Reviewing Client Progress
- Reviewing Progress
- Writing a Referral Letter
- Differences between Agency and Private-Practice Working
- Working in Prison Counselling
- Identifying and Handling Risks That May Trigger Claims or Complaints
- Understanding and Using Motivational Interviewing



## Professional Considerations

### LECTURES

- Contemporary Issues in Counselling
- Building Relational Depth with Traumatised Clients
- Working Safely with Erotic Transference and Countertransference
- Approaching Pre-Trial Therapy
- Working with Male Survivors of Sexual Violence
- Understanding and Managing the Impact of Vicarious Trauma
- Understanding the Role of Humour in Counselling
- Understanding the Role of Humour in Counselling
- Introducing Breathwork for Counsellors

### RESOURCES

- Building Relational Depth with Traumatised Clients
- Working with Male Survivors of Sexual Abuse/Violence
- Approaching Pre-Trial Therapy
- Understanding and Managing the Impact of Vicarious Trauma
- The Role of Humour in Counselling
- Breathwork

## Ethical Practice

### LECTURES

- Advanced Counselling Skills – Contracting
- Boundaries in Counselling
- Ethical Problem Solving
- New 2018 BACP Ethical Framework



## *RESOURCES*

- 5 Key Points in the 2018 BACP Ethical Framework
- Confidentiality Habits for Counsellors
- Confidentiality: A Legal or Ethical Requirement?
- Ethical Frameworks
- Ethics in Assignments
- Power in the Counselling Relationship
- SCoPEd
- What are Ethical Bodies?
- What Is the Role of an Ethical Body?
- What Is Unethical Behaviour?
- Working with Conflicting Ethical Frameworks
- Working within Your Competence
- Respecting Social-Media Etiquette in Counselling
- Making a Clinical Will

## **Supervision**

### *LECTURES*

- Different Models of Supervision
- Supervision Training
- Engaging with Supervision

### *RESOURCES*

- Case Study: Supervisee Self-Care
- Generic Tasks of Supervision
- Supervision
- Models of Supervision
- Supervision Checklist
- Supervision: A Brief Overview



- Developing Your Internal Supervisor
- Interpersonal Process Recall: Application
- Interpersonal Process Recall: Questions
- Interpersonal Process Recall: Theory
- The Seven-Eyed Model of Supervision
- Engaging with Supervision



# Counselling Skills

## LECTURES

- Advanced Counselling Skills – Use of Questioning
- Advanced Counselling Skills – Working with Metaphors
- Configurations of Self or Subpersonalities
- Counselling Skills: Attending
- Counselling Skills: Rapport
- How to Structure a Counselling Skills Session
- Implicit and Explicit Patterns of Relating
- Linking Skills to Practice in Assignments
- Reflecting and Paraphrasing
- Skills Evaluation + Skills Toolbox
- The Skill of Challenge
- Using Silence Effectively
- Working with Immediacy

## RESOURCES

- 4 Rules of Therapeutic Pacing
- Active Listening using SOLAR
- SOLER – Gerard Egan
- The Skill of Attending
- Attending Explained
- Challenge Checklist
- When to Use Challenge in the Counselling Relationship
- Empathy
- Empathy Responses
- Idiosyncratic Empathy
- Radical Empathy
- Carkhuff and Truax Scale
- Carkhuff Rating Scales
- Focusing



- The Skill of Focusing
- Immediacy
- Examples of Immediacy
- Key Counselling Skills
- Metaphor
- Paraphrasing
- Appropriate Use of Questions
- 5 Ways of Building Rapport
- Rapport Building
- Reflection
- Relational Depth in Counselling
- Silence
- Skills
- Skills Worksheets
- The Skill of Summarising
- Therapeutic Relationship





# Online Counselling

## LECTURES

- E-Counselling
- Online Counselling
- Online Therapy Paperwork
- Assessing Effectiveness in Online Therapy

## RESOURCES

- Black Hole Effect – What It Looks Like in Practice
- Contracting for Online Therapy
- Cyber Trauma
- Developing an Online Mindset
- Disinhibition Effect: What It Looks Like in Practice
- Managing Risk in Online Therapy
- Online Counselling Training
- Online Therapy Competencies
- Safety Considerations in Online Therapy
- Specific Areas of Contracting in Online Counselling
- Synchronous and Asynchronous Communication
- The Black-Hole Effect in Online Counselling
- The Disinhibition Effect in Online Therapy
- What is Online Counselling and Psychotherapy?
- Benefits and Challenges of Working Online
- Working with Clients Abroad
- Challenges of Working Internationally



# Equality, Diversity and Inclusion

## Gender

### LECTURES

- The Women Who Changed Counselling
- Understanding about Gender and Gender Identification

## LGBTQIA+

### LECTURES

- An Introduction to Minority Stress Processes in Lesbian, Gay and Bisexual Individuals
- Talking Respectfully about Sexuality and Gender Identity with Clients
- Working Inclusively with the LGBTQ+ Community

## Race and Culture

### LECTURES

- Developing Core Competence in Race and Culture: Eight Reasons Why It Matters
- Understanding the Race, Culture and Anti-Discrimination Competence Framework
- Exploring the Intersections of Privilege and Otherness
- Introducing Difference, Diversity and Inclusion Using Anti-Oppressive Practice Foundations

### RESOURCES

- Cultural Working
- Division and Heritage
- Exploring Culture



- What is Cultural Heritage?
- The Social Graces
- The Race, Culture and Anti-Discrimination Competence Framework
- Exploring the Intersections of Privilege and Otherness
- Introducing Difference, Diversity and Inclusion Using Anti-Oppressive Practice Foundations

## **Disability**

### *LECTURE*

- Common Myths Around Disability and Therapy

## **Others**

### *LECTURES*

- Counselling in a Diverse Society
- Equality and Diversity – also not a lecture but a section under 'Resources'
- Sex in Counselling: An Introduction and New Approaches

### *RESOURCES*

- 5 Ways of Working with Diversity
- Attribution Bias
- Different Family Structures
- Equality and Diversity in Counselling
- How Diversity Impacts on the Therapeutic Relationship
- Power Difference
- Stereotypes
- Sex in the Therapy Room
- The Socio-Political Nature of Counselling
- Discussing Sex in Therapy
- Working with Sight-Impaired Clients



# Personal Development

## General

### *LECTURES*

- Continuous Professional Development / BACP Proficiency
- Developing Your Professional Learning
- Exploring Beliefs, Values and Attitudes
- Models of Personal Development
- Reflective Journaling

### *RESOURCES*

- 5 Ways to Be a Reflexive Practitioner
- 6 Ways to Kick-Start Your Personal Development Plan
- Clothing and Counselling
- Compulsory Therapy in Counselling Training: An Oxymoron?
- Continuing Professional Development
- Gibbs Reflective Cycle
- Importance of Networking for Counsellors
- Johari's Window
- Reflexive Practice
- Reflexivity in Counselling
- Self-Development
- Self-Disclosure in Counselling
- The Wounded Healer
- Therapeutic Use of Self
- Use of Self in Counselling
- When Clients Frighten You
- Growing as a Therapist



# Self-Care

## *LECTURES*

- Overcoming Procrastination for Counsellors
- Self-Care
- Understanding and Preventing Counsellor Compassion Fatigue
- Understanding and Managing Stress for Therapists
- Using Mindfulness for Self-Care

## *RESOURCES*

- 5 Ways to Avoid Course Overwhelm
- Counsellor Compassion Fatigue
- Understanding and Managing Stress for Therapists
- Using Mindfulness for Self-Care



# Counselling Theory

## Person-Centred

### LECTURES

- 19 Propositions
- 7 Stages of Process
- Developments in Person-Centred Therapy
- Dialogical Theory
- Rogers' 6 Necessary & Sufficient Conditions for Therapeutic Change
- Self-Concept in Person-Centred Therapy
- The Life and Times of Carl Rogers

### RESOURCES

- 19 Propositions
- 5 Criticisms of Maslow's Theory
- 7 Stages of Process
- Abraham Maslow:
- Abraham Maslow - History and Overview
- Maslow - Jonah Complex
- Assignment Trigger Words for PCT
- Carl Rogers
- Carl Rogers Biography
- Carl Rogers Potatoes Observation
- Key Events in the Life of Carl Ransom Rogers
- Conditions of Worth
- Configurations of Self - Mearns
- Core Conditions
- Congruence
- What is congruence?
- Empathy



- Carkhuff and Truax Scale
- Carkhuff Rating Scales
- Unconditional Positive Regard
- Developing UPR
- Criticisms of Person-Centred Therapy
- Critique of Perso-Centred Theory
- Eugene Gendlin's Focusing Therapy
- Fragile Process
- Frame of Reference
- Garry Prouty's Pre-Therapy: Theory
- Garry Prouty's Pre-Therapy: Application to Practice
- Historic Development
- Humanism: 5 Key Facts
- Introjected Values
- Locus of Evaluation
- Modern Ideas in PCT (1)
- Organismic Self
- Psychological Contact
- Self-Concept
- Phenomenology
- A Clients Phenomenological View
- Phenomenology Linked to 19 Propositions
- Phenomenology Explained
- The Organismic Self (Video)
- The Philosophers of Person-Centred Therapy
- What is Self-Actualization?
- Person-Centred and Experiential Psychotherapy Scale (PCEPS)





## **Integrative**

### *LECTURES*

- Integrative Counselling Approaches
- Petruska Clarkson's 5 Relationship Model

### *RESOURCES*

- 4 Types of Integrative Therapy
- Integrative Therapy 101
- Petruska Clarkson
- Clarkson's Seven-Level Model
- Gerard Egan
- The Skilled Helper

## **Transactional Analysis**

### *LECTURES*

- Introduction to the Principles of TA Therapy
- Working with Transference, Countertransference and Projection

### *RESOURCES*

- Biography of Berne
- Cathexis
- Classical TA
- Drivers and Injunctions Graphic
- Ego States
- Games in TA
- History of TA - E-book
- Injunctions & Drivers
- Interview with Bob Cooke
- Karpman Drama Triangle
- Life Script



- Martin Buber's I and Thou
- PAC Ego States of TA
- Racket Feelings and Stamp Collecting
- Redecision Therapy
- Redecision School
- Relational Transactional Analysis
- TA History
- Transference:
- Erotic and Eroticized Transference
- Transference and Countertransference
- Object and Object Transference
- What is Transference and Countertransference
- Working with Transference
- How to Recognise Your Own Transference

## **Behavioural**

### *LECTURES*

- Acceptance and Commitment Therapy
- Introduction to Cognitive Behavioural Therapy
- Tackling Destructive Thought Patterns

### *RESOURCES*

- Albert Ellis 1: REBT
- Albert Ellis 2: The ABCDE Model
- Behavioural Interventions and Coping Techniques
- CBT – Useful Literature Sources
- CBT and Other Modalities – Similarities, Differences and
- CBT Model of Emotional Disorders and Mental Health Conditions
- CBT Session Structure and Use of Homework
- Cognitive Interventions
- Developments



- Dialectical Behaviour Therapy
- Diversity in CBT Work
- George Kelly: Biography and Personal Construct Theory
- George Kelly: Schemas
- History of CBT and the ABCDE Model
- Problem Lists, Case Formulations and Treatment Plans
- Professional Effectiveness – Supervision, Clinical Audit and Continuing Professional Development
- REBT and CBT: Similarities and Differences
- Self-Awareness and Personal Development as a CBT Therapist
- The CBT Working Alliance
- Working Safely, Legally and Ethically in CBT
- Biopsychosocial Model and Case Formulation

## **Psychodynamic**

### *LECTURES*

- Psychosexual Development
- Sigmund Freud: Key Theories
- Working with Transference, Countertransference and Projection
- Relating Ego and Self: Exploring Jung's Memories, Dreams and Reflections on the Collective Unconscious and Its Archetypes

### *RESOURCES*

- Alfred Adler 1: Inferiority/Superiority Complexes and
- Alfred Adler 2: Personality Theory and Styles of Life
- Alfred Adler 3: Disagreement with Freud
- Carl Jung
- Jung and the Shadow Self
- Carl Jung: A Brief History



- Compensation/Overcompensation
- Defense Mechanisms
- Donald Winnicott's True and False Self
- Heinz Kohut 1: Self-Psychology Theory
- Heinz Kohut 2: Self Psychology in Practice
- History of Psychoanalysis
- Key Theory in Modern Psychoanalytical Approaches
- Margaret Mahler and the Separation-Individuation Theory
- Martin Buber's I and Thou
- Object Relations – Key Quotes
- Object Relations Theory (1)
- Object Relations Theory
- Oedipus
- Psychoanalysis Explained.
- Psychodynamic Terms
- Psychoanalytical Theory: Id, Ego and Superego
- Psychosynthesis: The Key Ideas
- Roberto Assagioli: Biography
- Sigmund Freud – Id, Ego, Superego
- Wilfred Bion
- Relating Ego and Self

## **Attachment**

### *LECTURES*

- Understanding and Working with Attachment Styles
- Donald Winnicott's Theories of Attachment
- Attachment Theory

### *RESOURCES*

- Attachment Styles
- What's Your Attachment Style?



# Gestalt

## LECTURE

- Introduction to Gestalt Therapy

## RESOURCES

- Experiments in Gestalt Therapy
- Field Theory
- Gestalt Key Terms
- Gestalt -Key Words
- Gestalt Overview
- Gestalt Paradoxical Theory of Change
- History of Gestalt
- Pillars of Gestalt
- The practice of Gestalt therapy
- Topdog and Underdog in Gestalt Therapy

# Existential

## LECTURE

- Existential Psychotherapy and Counselling
- Introduction to Existential Therapy

## RESOURCES

- 5 Ideas in Existential Counselling
- Existential Concepts
- Existential Psychology Key Ideas
- Existential Therapy 101
- Key Figures
- Logotherapy – Victor Frankl
- Yalom's Therapeutic Factors



## Others

### *LECTURE*

- Compare and Contrast Models of Therapy
- Erikson's Stages of Human Development
- History of Counselling

### *RESOURCES*

- Cognitive Dissonance
- Counselling Approaches Quick Comparison Checklist
- Counselling Theory Key Terms Cheat Sheet
- Criticisms of Erikson's Theory
- EMDR
- EMDR Explained
- False Memory Syndrome
- History of Counselling
- Motivational Interviewing
- Prochaska and DiClemente
- Narrative Therapy
- Neuroplasticity
- Piaget's Stages of Cognitive Development
- Postmodern Therapy
- Solution-Focused Brief Therapy
- Systems Theory in Counselling
- Trauma Bonding
- Tuckman's Team Development Model
- Therapeutic Stance

