



the british  
psychological society  
promoting excellence in psychology

# CPD Approval Directory

June 2023



## INTRODUCTION

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The British Psychological Society (BPS) is the learned and professional body, incorporated by the Royal Charter, for psychologists in the United Kingdom. The Society has a total membership of approximately 60,000 and is a registered charity. Under its Royal Charter, the key objective of the BPS is 'to promote the advancement and diffusion of the knowledge of psychology pure and applied and especially to promote the efficiency and usefulness of members by setting up a high standard of professional education and knowledge'.

The BPS Learning Centre is The British Psychological Society's training and development portal. We provide information and guidance on professional development, an online CPD recording system for members and offer CPD opportunities to psychologists and those working in related fields through our annual programme of CPD events and e-learning courses. The BPS Learning Centre also runs the CPD Approval Scheme to approve professional development offered by external providers as meeting the Society's CPD standards.

The CPD Approval Scheme is the Society's model of approving programmes or events (including workshops, lectures, symposia and conferences), that meet our standards for professional development.

It enables CPD providers, including Higher Education Institutions, to have programmes or events that are of relevance to psychology and/or psychologists approved. This will include, for example, programmes that do not relate to the full standards for accreditation through partnership, but which may be of interest to qualified and aspiring psychologists.

The BPS Learning Centre Approved logo (right) can be found where a programme or event has met our standards. The logo is used in conjunction with the statement: *Approved by the British Psychological Society Learning Centre for the purposes of Continuing Professional Development (CPD)*. CPD



the british  
psychological society  
approved

Providers whose programmes or events have been successfully approved by the Society are encouraged to use our logo in their advertising and promotional materials.

This directory lists programmes and events that have been approved by the BPS Learning Centre as meeting our standards for continuing professional development.

**ACADEMIC CONSULTING AND EDUCATION SERVICES (ACCESS) LTD**

[www.consultaccess.co.uk](http://www.consultaccess.co.uk)

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**Working with young adults: A course for mental health professionals**

**ACADEMY OF THE INNER MIND**

[www.academyinnermind.co.uk](http://www.academyinnermind.co.uk)

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**Diploma in Clinical Hypnotherapy**

**BURN-OUT UK**

[www.burn-out.co.uk](http://www.burn-out.co.uk)

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**Overcoming and preventing burnout**

**Preventing burnout for doctors and dentists**

**CANTERBURY CHRIST CHURCH UNIVERSITY**

<https://cccub2b.my.site.com/Events/s/professional-development/clinical-neuropsychology-short-course>

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**Child and Adolescent Neuropsychology and Impact on Function**

**Neuroscience, Neuroanatomy, Brain, and Behaviour**

**Older Adult Neuropsychology**

**CENTRE FOR COACHING**

[www.centreforcoaching.com](http://www.centreforcoaching.com)

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**Certificated distance learning course in life coaching: A cognitive-behavioural approach**

**Certificated distance learning course in stress management**

**Certificate in coaching (5 days) (Option 1)**

**Certificate in coaching (5 days) (Option 2)**

**Certificate in psychological coaching/coaching psychology (5 days)**

**Certificate in coaching for developing psychological resilience and enhancing performance**

**Certificate in professional development (topic specialism)**

**Certificate in stress management and health coaching**

**Certificate in stress management and performance coaching**

**Certificate in work-based professional development (topic specialism)**

**Cognitive coaching**

**Developing resilience**

**Diploma in coaching**

**Diploma in coaching psychology**

**Diploma in psychological coaching**

**Enhancing resilience health and wellbeing**

**Imagery**

**Introduction to coaching at work**

**Primary certificate in coaching/coaching psychology supervision (2 days)**

**Primary certificate in coaching/coaching psychology**

**Primary certificate in developing psychological resilience: A coaching perspective**

**Primary certificate in health coaching (2 days)**

**Primary certificate in performance coaching (2 days)**

**Primary certificate in redundancy coaching & counselling (2 days)**

**Self acceptance**

**Solution focused coaching**

[www.bps.org.uk/cpd](http://www.bps.org.uk/cpd)

## **CENTRE OF EDUCATION AND TREATMENT EATING DISORDERS (CETED), GREECE**

[www.keadd.gr](http://www.keadd.gr)

**Excellence in practitioner skills for eating disorders**

**Essential obesity: Psychological approaches**

**Nutritional interventions for eating disorders**

## **CENTRE FOR MALE PSYCHOLOGY**

[www.thecentreformalepsychology.thinkific.com/courses/](http://www.thecentreformalepsychology.thinkific.com/courses/)

**Introduction to Male Psychology and Mental Health**

## **CENTRE FOR STRESS MANAGEMENT**

[www.managingstress.com](http://www.managingstress.com)

**Advanced certificate in CBT and stress management (modular: 2x2 days plus 3x2 days)**

**Certificate in CBT (modular: 2x2 days)**

**Certificate in REBT (modular: 2x2 days)**

**Certificate in stress management (modular: 3x2 days)**

**Certificate in stress management and health coaching**

**Developing resilience**

**Foundation certificate in CBT + REBT**

**Hazard awareness**

**Primary certificate in advanced cognitive-behavioural skills (2 days)**

**Primary certificate in anger management: A cognitive behavioural approach**

**Primary certificate in assertion & communication skills training (2 days)**

**Primary certificate in counselling (skills)**

**Primary certificate in cognitive behavioural therapy & training (2 days)**

**Primary certificate in mediation training skills**

**Primary certificate in occupational & organisational stress management (2 days)**

**Primary certificate in problem focused counselling, coaching & training (2 days)**

**Primary certificate in rational emotive behaviour therapy (2 days)**

**Primary certificate in relaxation skills training (2 days)**

**Primary certificate in stress management (2 days)**

**Primary certificate in trauma & PTSD (2 days)**

**Time management**

**Understanding health and wellbeing of staff: For HR and management professionals**

## **CHANGE BRIEF THERAPY LTD**

[www.changebrieftherapy.org](http://www.changebrieftherapy.org)

**Change foundation in solution focused practice**

**CITY UNITY COLLEGE, GREECE** (in collaboration with Cardiff Metropolitan University)

<https://cityu.gr/en/>

Certificate in academic writing skills and the APA referencing style

Certificate in basic CBT skills for stress management

Certificate in creative mindset

Certificate in substance abuse in general and forensic settings

Certificate in the implementation and evaluation of health and behaviour change interventions

Diploma in Forensic Sciences

**COUNSELLING AND PSYCHOTHERAPY IN GUERNSEY**

[www.counselling.gg](http://www.counselling.gg)

Performance coaching: Winning the mental game

**DAVID TRICKEY**

[www.davidtrickey.com](http://www.davidtrickey.com)

Trauma-focused Cognitive Behavioural Therapy (TF-CBT) for children and young people with Post Traumatic Stress Disorder (PTSD) and Complex PTSD, 2 and 3 October 2023

**DR LYNDA SHAW**

[www.drlyndashaw.com](http://www.drlyndashaw.com)

The neuroscience professional development programme

**DYNAMIC ASSESSMENTS AND INTERVENTIONS LTD**

[www.dynamicassessmentuk.com](http://www.dynamicassessmentuk.com)

Dynamic assessment competencies (Levels 1,2 and 3)

**EPIONE TRAINING AND CONSULTANCY**

[www.epione-training.com](http://www.epione-training.com)

Trauma informed/skills enhancing practice

**EPSYTHE TRAINING CENTRE, GREECE**

[www.epsythe.gr](http://www.epsythe.gr)

Introduction to Practice Supervision Skills

**EXCLUSIVE HYPNOTHERAPY**

[www.exclusivehypnotherapy.co.uk](http://www.exclusivehypnotherapy.co.uk)

Rational emotive behaviour therapy (REBT), its theory & practice with hypnotherapy

Application and practice of hypnotherapy

**FUTURE LEARN**

[www.futurelearn.com/courses/guided-self-help-for-postnatal-depression](http://www.futurelearn.com/courses/guided-self-help-for-postnatal-depression)

**Addressing postnatal depression as a healthcare professional**

**GREENWOOD MENTORS**

[www.greenwoodmentors.com](http://www.greenwoodmentors.com)

**Dialectical behaviour therapy practitioner training**

**GROUNDED BEHAVIOURAL HEALTH**

[www.groundedbehavioralhealth.com](http://www.groundedbehavioralhealth.com)

**Evidence-based interventions for managing side and late effects of cancer treatment  
From prevention to survivorship: Applying cognitive behavioural therapy across the cancer  
continuum  
Managing burnout with mindful self-compassion**

**HERIOT-WATT UNIVERSITY, DUBAI CAMPUS**

[www.psych-me.com](http://www.psych-me.com) – [www.hw.ac.uk/dubai.htm](http://www.hw.ac.uk/dubai.htm)

**International psychology conference Dubai (IPCD)**

**HERIOT-WATT UNIVERSITY, EDINBURGH CAMPUS**

<https://langlife.hw.ac.uk>

**EEG and language comprehension crash course  
Neurodiversity for a more circular economy  
Internet-based experimentation and data-collection: Good practices and principles for  
experimental design**

**ICCHP LIMITED**

[www.icchp.com/hypnotherapy-courses-uk.html](http://www.icchp.com/hypnotherapy-courses-uk.html)

**Certificate in evidence-based integrative clinical hypnosis (blended learning – online distance learning)  
Diploma in evidence-based integrative clinical hypnosis (blended learning – online distance learning)  
Practitioner certificate in evidence-based integrative clinical hypnosis (blended learning –  
classroom and online)  
Practitioner diploma in evidence-based integrative clinical hypnosis (blended learning – classroom  
and online)**

**INTERNATIONAL ASSOCIATION FOR REWIND TRAUMA THERAPY**

<http://iartt.com/become-a-practitioner/forthcoming-courses>

**The rewind technique for treating post-traumatic stress disorder**

**LIFE HAPPENS**

[www.lifehappens-mindfulness.com](http://www.lifehappens-mindfulness.com)

**Life happens: Using psychological concepts and mindfulness for health and emotional issues**

**MANCHESTER METROPOLITAN UNIVERSITY**

[www2.mmu.ac.uk/study/postgraduate/taught](http://www2.mmu.ac.uk/study/postgraduate/taught)

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**MSc Psychological wellbeing in clinical practice**

**MIDDLESEX UNIVERSITY (FORENSIC PSYCHOLOGICAL SERVICES)**

[www.onlinestore.mdx.ac.uk](http://www.onlinestore.mdx.ac.uk)

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**Understanding sexual violence (four workshops):**

**Workshop 1: An introduction to the psychology of multiple perpetrator rape**

**Workshop 2: The psychology of negotiating ethical relationships**

**Workshop 3: Using an Intersectional framework for understanding the psychology of women who have experienced sexual violence**

**Workshop 4: The psychology of policing and prosecuting sexual violence**

**NATIONAL CENTRE FOR AUTISM AND MENTAL HEALTH**

[www.ncamh.co.uk](http://www.ncamh.co.uk)

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**Practitioner Certificate and Diploma in Autism and Mental Health**

**NATIONAL CENTRE FOR EATING DISORDERS TRAINING LP**

[www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)

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**Excellence in practitioner skills for eating disorders**

**Essential obesity: Psychological approaches**

**Master practitioner programme in eating disorders and obesity**

**Nutritional interventions for eating disorders**

**NUBIA WELLNESS AND HEALING**

[www.nubiawellnessandhealing.co.uk](http://www.nubiawellnessandhealing.co.uk)

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**African psychology: Skills on fire boot camp 2021**

**PROFESSOR BRUCE HOOD**

<https://science-happiness.com>

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**The science of happiness**

**PTSD TRAUMA WORKSHOPS**

[www.ptsdtraumaworkshops.co.uk](http://www.ptsdtraumaworkshops.co.uk)

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**OCD Masterclass: Using specialist CBT to work with OCD (2 Day workshop)**

**PTSD Masterclass: Using trauma focused CBT to work with PTSD (2 Day workshop)**

**RIVERWAVES LTD**

<https://riverwaves.co.uk>

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**Assessor skills certification course**

**Competency behavioural interviewing skills**

**SAFEHAVEN TRAUMA CENTRE**

<https://safehaven.co.uk>

Trauma responsive psychological first aid  
Brief psychological first aid  
Workplace mental health awareness training

**SCHOOL OF COACHING PSYCHOLOGY**

[www.schoolofcoachingpsychology.com](http://www.schoolofcoachingpsychology.com)

Psychology for coaches  
Coaching for psychologists

**SCPS CONSULTING**

[www.scpsconsulting.com](http://www.scpsconsulting.com)

Making Every Contact Count (MECC): Cognitive Behavioural Therapy Training to Support Healthy Lifestyles

**SDS SEMINARS LTD**

[www.skillsdevelopment.co.uk](http://www.skillsdevelopment.co.uk)

CBT: Introductory course (3 days)  
CBT master practitioner diploma programme  
Certificate in acceptance and commitment therapy (ACT)  
Certificate in anger therapy (online)  
Certificate in CBT for working with adolescents  
Certificate in CBT with children and adolescents  
Certificate in clinical supervision  
Certificate in dialectical behaviour therapy  
Certificate in essential therapy skills (4 modules)  
Certificate in motivational interviewing  
Certificate in psychological copying strategies post-stroke  
Certificate in resource based therapies (4 modules)  
Certificate in single-session therapy (CSST)  
Certificate in third wave CBT  
Certificate in trauma treatments  
How to overcome 'imposter' syndrome  
Integrated CBT for common life challenges – Certificate in non-diagnostic psychological problems

**SKILLS 24**

[www.skills24training.com/accredited-certificate-in-coaching-coach-training](http://www.skills24training.com/accredited-certificate-in-coaching-coach-training)

Anger management  
Accredited certificate in coach training (ACCT)

**SLIDE AWAY**

[www.slideaway.org](http://www.slideaway.org)

Children's grief



**TALOGY**

<https://www.talogy.com/en-ae/talent-management-solutions/develop#welcomecalendar>

**Assessor skills – Centre design and management**

**Assessor skills – Centre manager course**

**THE ADULT AUTISM PRACTICE**

<https://www.eventbrite.co.uk/e/neuro-affirmative-adolescent-autism-assessments-a-comprehensive-training-tickets-629143835147>

**Neuroaffirmative Autism Assessments**

**THE APPETITE DOCTOR LTD**

<http://theappetitedoctor.co.uk>

**Masterclass: How to help your clients overcome food cravings**

**Masterclass: How to help your clients reduce Emotional Eating**

**The psychology of weight loss: How to help your clients change their eating habits**

**THE COMPASSIONATE MIND FOUNDATION**

[www.compassionatemind.co.uk](http://www.compassionatemind.co.uk)

**Foundation certificate in compassion focused therapy**

**Diploma in compassion focused therapy**

**THE DECIDER SKILLS**

[www.thedecider.org.uk](http://www.thedecider.org.uk)

**The decider skills training**

**THE INSTITUTE OF PSYCHIATRY, PSYCHOLOGY AND NEUROSCIENCE (IOPPN)**

[www.kcl.ac.uk/ioppn/depts/ps/study/pgtaught](http://www.kcl.ac.uk/ioppn/depts/ps/study/pgtaught)

**Cognitive remediation and emotion skills therapy (CREST)**

**MSc organisational psychiatry and psychology**

**THE OPEN UNIVERSITY**

[www.open.ac.uk/ccig/events](http://www.open.ac.uk/ccig/events)

**Researching therapy talk: Qualitative methods for analysing counselling and psychotherapy scripts**

**Couple and sexual relationships in the 21st Century**

**New frontiers of family: The psychological implications of merging family forms**

BPS Research Seminars competition winner 2015 Seminars:

**Beyond the nuclear family: Conceiving of a non-nuclear family**

**Beyond the non-nuclear family: Non-nuclear family planning**

**Beyond genetic kinship: Donor conception**

**Beyond the nuclear family: Experiences of non-nuclear families**

**THE SOLUTION FOCUSED WAY**

[www.thesolutionfocusedway.com](http://www.thesolutionfocusedway.com)

**Advance applications of solution focused therapy: A four day workshop  
Incorporating solution focused tools and techniques into your everyday work**

**THE TAVISTOCK AND PORTMAN NHS FOUNDATION TRUST**

[www.tavistockandportman.nhs.uk/cpd32](http://www.tavistockandportman.nhs.uk/cpd32)

**Supervision for staff working in schools and community contexts: Working relationally and reflectively**

**TEESSIDE UNIVERSITY**

[www.tees.ac.uk](http://www.tees.ac.uk)

**Doctorate in clinical psychology – An introduction to neuropsychology**

**TIZARD CENTRE, UNIVERSITY OF KENT**

<https://www.kent.ac.uk/courses/postgraduate/3818/intellectual-developmental-disabilities-forensic-issues>

**Postgraduate Diploma/Postgraduate Certificate in Intellectual and Developmental Disabilities and Forensic Issues**

**UK COLLEGE OF HYPNOSIS & HYPNOTHERAPY**

[www.ukhypnosis.com](http://www.ukhypnosis.com)

**Certificate course in cognitive behavioural hypnotherapy  
Diploma in cognitive behavioural hypnotherapy**

**UK COLLEGE OF MINDFULNESS MEDITATION**

<http://mindfulnessnow.org.uk>

**Mindfulness meditation teacher training**

**UNIVERSITY OF BIRMINGHAM: SCHOOL OF EDUCATION**

[www.birmingham.ac.uk](http://www.birmingham.ac.uk)

**Autism (Adults) (part-time distance education)  
Autism (Children) (part-time distance education, or part-time or full-time on campus)  
Webautism (Autism Spectrum) (part-time distance education (blended online learning))**

**UNIVERSITY OF BIRMINGHAM: SCHOOL OF PSYCHOLOGY**

[www.birmingham.ac.uk](http://www.birmingham.ac.uk)

**An experiential Introduction to acceptance and commitment therapy (ACT) – Introductory level  
Primary certificate in rational emotive behavioural therapy (REBT)  
Skills development workshop in acceptance and commitment therapy (ACT) – Intermediate level**

**UNIVERSITY OF BIRMINGHAM (BIRMINGHAM AND BLACK COUNTRY PARTNERSHIP)**

[www.bsmhft.nhs.uk/about-us/join-us/work-for-us/postgraduate](http://www.bsmhft.nhs.uk/about-us/join-us/work-for-us/postgraduate)

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**Are we getting it right for our patients? Diagnosis v Collaborative decision-making**

**Behavioural experiments**

**Body and mind – Helping people with long-term conditions**

**Cultural diversity – Adapting psychological interventions**

**Dementia awareness – Identifying and responding to cognitive impairment**

**Helping people to help themselves – Effective psycho educational groups**

**Hurting inside and out – Responding to self-harm in primary care**

**IAPT and severe mental illness**

**I'm sure there's something wrong with me – Health anxiety in primary care**

**Later life – Tailoring low intensity assessment and intervention for older people**

**Looking after ourselves using ideas from compassion focused therapy**

**Maintaining effective communications in a target driven NHS – Do's and don'ts**

**Motivational interviewing**

**Obsessive compulsive disorder**

**OCD in primary care – Treating obsessive compulsive disorder**

**Riding the rollercoaster – Working psychologically with bipolar disorder**

**Self-compassion for staff**

**Self-harm and risk**

**Survival skills for staff – Self compassion, self-care and sustainability for staff – Day 1**

**Survival skills for staff – Self compassion, self-care and sustainability for staff – Day 2**

**Sweet dreams – Using mindfulness to improve sleep**

**Tailoring interventions for people with mild learning disability**

**The impact of trauma – The challenges of working with trauma at step 2**

**The seven eyed supervision model**

**The tree of life**

**Too much? Not enough? Responding to eating disorders in primary care**

**Use or abuse? Responding to substance use in primary care**

**Using CBT approaches with older people**

**Using reflections to enhance practice**

**Working with older people**

**Working with confidence and self-esteem at step 2**

**UNIVERSITY OF BOLTON**

<http://courses.bolton.ac.uk/Details/Index/2535>

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**MSc Positive psychology**

**UNIVERSITY OF DERBY**

[www.derby.ac.uk](http://www.derby.ac.uk)

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**Understanding maths anxiety**

**UNIVERSITY OF EXETER**

[www.futurelearn.com/courses](http://www.futurelearn.com/courses)

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**Guided self-help for postnatal depression**

**UNIVERSITY OF EXETER AND UNIVERSITY OF LIVERPOOL**

<http://cedar.exeter.ac.uk>

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**Perinatal Clinical Psychology Training****UNIVERSITY OF GLASGOW**

[www.gla.ac.uk/postgraduate/taught/globalmentalhealth](http://www.gla.ac.uk/postgraduate/taught/globalmentalhealth)

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**Suicide – A global perspective****UNIVERSITY OF KENT**

[www.kent.ac.uk/psychology/fipmo/training.html](http://www.kent.ac.uk/psychology/fipmo/training.html)

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**The assessment and treatment of adult firesetters**

**Understanding adult firesetting and available treatment for the fire and rescue services**

**UNIVERSITY OF LEEDS BECKETT – SPACS**

<http://courses.leedsbeckett.ac.uk/psychology>

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**Mindfulness meditation training****UNIVERSITY OF OXFORD**

[www.oxcpt.co.uk](http://www.oxcpt.co.uk)

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**Postgraduate certificate in supervision****UNIVERSITY OF OXFORD: CENTRE FOR REHABILITATION AND RESEARCH IN OXFORD (RRIO)**

[www.futurelearn.com/courses/back-skills-training-programme](http://www.futurelearn.com/courses/back-skills-training-programme)

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**Cognitive behavioural skills to treat back pain: The back skills training (BeST) programme****UNIVERSITY OF SOUTHAMPTON**

[www.southampton.ac.uk/psychology/postgraduate/taught\\_courses/msc\\_foundations\\_of\\_clinical\\_psychology.page](http://www.southampton.ac.uk/psychology/postgraduate/taught_courses/msc_foundations_of_clinical_psychology.page)

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**MSc Foundations of clinical psychology****UNIVERSITY OF WEST LONDON**

[www.uwl.ac.uk/business/professional-short-courses/psychology-addiction](http://www.uwl.ac.uk/business/professional-short-courses/psychology-addiction)

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**Psychology of addiction****UNIVERSITY OF WESTMINSTER**

[www.westminster.ac.uk/counselling-and-psychology-short-courses/introduction-to-counselling-skills](http://www.westminster.ac.uk/counselling-and-psychology-short-courses/introduction-to-counselling-skills)

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**Introduction to counselling skills**

**WESTMINSTER AND KENSINGTON AND CHELSEA EDUCATIONAL  
PSYCHOLOGY CONSULTATION SERVICE**

<https://services2schools.org.uk/Services/4698>

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**Consultation refresher workshop: The psychological theory and practice of consultation  
Part 1 and Part 2**

**WORK LIFE BALANCE CENTRE LTD**

<https://thewlbc.com>

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**Everyday magic: Using positive psychology to help children flourish**

This information is correct at the time of publication.

Information on the Society's standards for CPD Approval can be found on our website:

**[www.bps.org.uk/cpd](http://www.bps.org.uk/cpd)**



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