

Continuing Professional Development



**Erere
Hadjiioannou**

I am a UKCP Integrative Psychotherapist, and have worked with adult clients since 2010 in statutory, third sector, higher education, and private settings.

Between 2014 and 2018 I created and co-ordinated two specialist services for women with complex needs (offenders, and survivors of sexual violence). My work is firmly based in relational, humanistic, and empowerment perspectives to maximise the efficacy of psychotherapy. I incorporate activism into my work around sexual violence, believing that as practitioners we have a responsibility to advocate in service of our clients and our shared world.

Working with Sexual Violence: A Relational & Empowerment Perspective

The workshop will outline a model of working with survivors of sexual violence from a relational and empowerment perspective, including embodied approaches to psychotherapy. Attendees will be provided with psychoeducation on the neurobiological, psychological, and social impacts of sexual violence as a basis by which to support clients affected by this complex and traumatic issue.

Attention will be paid to individual and intersectional factors that can exacerbate a person's experience of trauma as a result of sexual violence, as well as understanding commonalities with the client group. Understanding barriers to disclosure and accessing support will be outlined, so that attendees are enabled to work with survivors from a trauma-informed perspective from the start to finish of service delivery.

Considerations on working ethically and safely with survivors will be explored, including understanding our remit in providing pre-trial therapy for clients who have reported to the Police (in line with Crown Prosecution Service guidelines).

The interplay of internalised myths about sexual violence will be explored, in an effort to manage the challenges experienced by both client and practitioner in navigating this complex work. This will include thinking about our own understanding and reactions to sexual violence, particularly as an issue that is currently receiving more media attention than ever before.

TARGET GROUPS: Any practitioner wanting to work more effectively with sexual violence.

Friday 19th June 2019

Time: 9:30am —5:30pm

Venue: Metanoia Institute, 13 North Common Road, Ealing W5 2QB

Metanoia Members: £70

Non-Members: £80

Complete our CPD Booking Request Form and return to CPD@metanoia.ac.uk



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This workshop will cover some of the following MHFP Learning Outcomes

Knowledge of and ability to work with a social responsibility framework

The first learning outcome revolves around psychotherapists being required to have a grasp of the historical and cultural influences on societal understanding of, and attitudes to, mental health and illness and to develop a capacity to work reflexively within a social responsibility framework. To gain this learning outcome you should have knowledge and experience of:

- The impact on mental health service users and their families of diagnosis, stigma, normativity and minority experience
- The influence of socio-economics, class, gender, disability, age, culture, religion, race and sexuality on the incidence, definition, diagnosis and treatment of mental illness and mental health
- The intensifying impact of intersectionality (where a person belongs to more than one marginalised group) Familiarity with the role of minority community organisations and mental health advocacy organisations and how to engage with them

Knowledge of and the ability to work within a wider system of care.

Psychotherapists will also require sensitivity and awareness that equips them to work alongside other mental health services in the field. Learning in this area should enable you to:

- Be able to recognise clients with more complex, significant, enduring or exceptional needs; **The training will focus on the lasting impact on the child and targeted parent. It will also look at the attachment challenges and the alienating parent.**
- Know how and when to refer on to appropriate professional agencies; **There will be case studies within the training outlining how best to work alongside support services with the family law system**
- Understand how to offer, when necessary, psychotherapy as part of an appropriate package of care. **The training will look at best practice and the cautions attached to therapy and parental alienation**

Knowledge and awareness of diagnosis and treatment in the context of UK mental health care services

Psychotherapists will need to gain an appreciation of how other mental health services in the field operate so that they are equipped to work alongside them, if their client work necessitates this. Learning in this area should give you an understanding of the following:

- The basic structure of the MH services in the UK, and the role of NICE guidelines
- Diagnosis and classification of mental illness within the medical model including a working knowledge of the DSM V and a capacity to evaluate its use as a system of assessment
- The types of interventions and treatments used, their rationale and side effects
- Understanding and appreciation of different professional and personal roles in mental health care Ethical and Legal considerations including appropriate familiarity with the Mental Health Act 2007 and the Equality Act 2010.

A knowledge and appreciation of different models of assessment, including a medical model.

The final learning outcome relates to psychotherapists gaining an understanding of, but not restricted to the medical model of assessment. This should include:

- Assessment tools and approaches
- Safeguarding,
- Collaborative care and accessing services.
- Recognising complex and enduring mental illness.
- Current debates around evidence-based treatment