

# Journey to the Self

## Certificate in Understanding Personality Disorders, an Integrative Approach

Saturday 23rd February 2019 10:00-5:00 pm 6 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**”. We will give you the necessary tools for understanding specific personal dynamics involved. You will gain the awareness and essential knowledge forming 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
- The differences between OCD and Obsessive Compulsive Personality Disorder
- What relational approaches 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, anxiety (fear) and depression (sadness), mindfulness.

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### 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.

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

### Location and Cost

Venue: The Tree Room, 12 Trinity Street, Colchester, CO1 1JN

Cost: £95 includes vegetarian gluten free lunch and refreshments

10% **discount** if booked before 31/10/18

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

### Bookings and enquiries

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