

Understanding Personality Disorders and Traits for Therapy and Coaching work



This workshop will give a basic understanding of the various Personality Disorders together with a better understanding of key Personality Traits. It will help identify key personality and give better understanding why certain therapeutic / coaching approaches and interventions may not be working and how to better understand a client and the way they view the World.

An affordable one day CPD event – limited spaces

Martin J Smith PhD

This one-day event fully inclusive is just **£120.00**

(Early booking applies - places are limited to 8)
Cost includes refreshments, lunch, course notes and certificate of attendance.

Dates available

Saturday 2nd December 2017

Training times – 10.00am to 4.00pm
Venue – 152a Derby Road, Long Eaton NG10 4AX
(5minutes from junction 25 of the M1)

To book or for any further details call Martin Smith on
07 973 410 010 or email itctherapy@aol.com

Key Subject Areas

- ✳ **Defining Personality and Personality Disorders**
- ✳ **Understanding of the “Big Five” personality traits**
- ✳ **Greater awareness of the main Personality Disorders**
- ✳ **Why a degree of understanding can help your practice**
- ✳ **Understanding descriptive criteria for each disorder**
- ✳ **Applying understanding gained through a number of case studies and reflective discussions**

Course Tutor

Martin is a senior accredited member of the BACP, a life member of the Open University Psychological Society and a senior lecturer in psychotherapy at Nottingham Trent University. He has been a trainer for over 25 years and in clinical private practice as a psychotherapist for over 15 years.

He draws from a range of therapeutic theories and approaches including the third wave CBT model of ACT - Acceptance and Commitment Therapy and Solution Focused Therapy approaches together with use of Clinical Hypnosis and Mindfulness.

Take this opportunity to train with a therapist, trainer and supervisor with a broad range of skills and experience who believes all approaches have their strengths but no one school of thought has all the answers.

