



**Saturdays:**

19th Oct 2024

7th Dec 2024

18th Jan 2025

29th March 2025

26th April 2025

10th May 2025

28th June 2025

2024 - 2025



Join us for topical discussions with invited speakers

## All welcome

Our Seminars are open to those interested in the ***Sherwood Psychotherapy Training Institute*** and its activities, which includes trainees across all courses, graduates, and allied professionals. In each seminar the presenter will share their thinking about a psychotherapy topic and there will be time for discussion, questions, and the sharing of ideas.

The fee for attendance is **£25 per seminar** with a discount of £25 if you book five or more seminars. Attendees will also be encouraged to complete a brief market research survey to help shape the future of CPD at SPTI. Information about forthcoming training opportunities will also be on display.

Seminars are hosted at 7 Castle Quay (which is lift accessible), and you are invited to arrive any times after **5.30pm** for shared nibbles and refreshments in the foyer before the seminar begins at **6.15pm**. The seminar will finish at **7.45pm** and the event will formally close at **8.00pm**.

Places are limited and offered on a first come first served basis. **Booking is now open for the 2024-2025 seminars** via: [Online booking form](#)

These seminars are a great opportunity to network, connect with others, share ideas, to meet socially across all training programmes and to welcome interested people into the institute. We anticipate seminars will be both fun and stimulating. Attendees will receive CPD certificates (for 1.5 hours) and any handouts electronically after each seminar.

Please note there is no on-site parking available at Castle Quay, but nearby on-street metered parking on Castle Boulevard. Our proximity to the city centre of Nottingham offers many options for bus and tram travel as well as NCP parking.

**We look forward to welcoming you to our community.**

## UPCOMING SEMINARS

Our [programme for 2024-2025](#) has grown with a range of seven seminars planned.

### Seminar 1: 'The somatisation of distress and medically unexplained symptoms' with Helen Appleton – 19<sup>th</sup> October 2024



This seminar aims to provide an informative overview of the presentations, and pre-determining factors of functional symptoms, from the perspective of my experience as a specialist psychotherapist within the Neurology Psychotherapy Service at STH Hallamshire. Making links to the relevance of this for the wider field of psychotherapy provision.

**Helen Appleton is an Integrative psychotherapist and supervisor working in the field of medically unexplained symptoms or functional non-organic symptoms within the Neurology department of STH Hallamshire and in private practice. She also has a special interest in working with neurodiversity, learning and communication difficulties and with the mind/ body connection.**

[Book your place](#)

### Seminar 2: 'Working with Couples' with Deborah Blagden – 7<sup>th</sup> December 2024

Working with couples requires a different therapeutic approach to working one to one. This seminar will focus on a number of key concepts when working therapeutically with couples, such as the 'Couple Mind Set' an approach which focuses on working with the relationship rather than with the two individuals in the room, as well as a developmental model, as a tool to conceptualise the stage the relationship is at. The intention is to invite interest and excitement in this area of this therapeutic work. During the seminar there will be theoretical input, experiential exercises, and time for questions. psychotherapy provision.



**Deborah Blagden is a UKCP registered Clinical Psychotherapist, Supervisor and Trainer as well as a BACP member. She holds a MSc in Transactional Analysis Psychotherapy and is a Certified Transactional Analyst, undertaking her masters at the Metanoia Institute London in the mid 1990's. Over the last 20 years she has also trained as an EMDR practitioner, Developmental Couple Therapist and completed training in Clinical Supervision. She is endorsed by the European Association of Transactional Analysts as a (provisional) Teaching and Supervising Transactional Analyst. She has worked in a variety of therapeutic settings, including the NHS and for the last 26 years in a Forensic setting facilitating therapeutic groups. She also manages a private psychotherapy practice in Derbyshire, working with individuals, couples, and groups.**

[Book your place](#)

### Seminar 3: 'Working with energy, vibration, and resonance: psychotherapy in a new paradigm' with Ruthie Smith – 18<sup>th</sup> January 2025



Energy psychotherapy methods, which clients self-apply, facilitates the regulation of stress and triggers by calming the nervous systems and bringing balance. It is empowering for clients to release the dense resonances of guilt and shame from their bodies, making way for the higher frequencies of love and peace. In this talk Ruthie explores the paradigm shift, with its transformative methods, where the task of relational therapy becomes one of clearing the dense energy of trauma to make room for more light in our bodies, thus bringing about healing and transformation.

**Ruthie Smith is an author, musician and energy psychotherapist with a passionate interest in the 'shift' of humanity's awakening consciousness, and in integrating energy and spirituality within psychotherapy. After training in work with subtle energy and vibrational healing, Ruthie founded The Flame Centre in London in 2009, specialising in trauma work.**

[Book your place](#)

### Seminar 4: 'Becoming a therapist: So I've graduated...what next?' with Anna Robinson - 29<sup>th</sup> March 2025



Stepping out of the network of a training institute or group into life post-graduation can be a place where the hopes that we held of being a therapist collide with the challenges of clinical practice, and this can sometimes be a lonely place too. Aimed at therapists who are earlier on in their therapeutic careers, this seminar will support, validate and normalise this next stage in your career with both reflective space and practical guidance. This will also offer an opportunity to come together informally with other recently qualified therapists from across modalities to network and share together.

**Anna Robinson is an Integrative Psychotherapist, Supervisor and Trainer with a breadth of experience across health, social care and education. The majority of her work has been with hard to reach, marginalised and high-risk groups at individual/family and system leadership levels. Anna is passionate about the psychotherapy field and the role that therapists can have in supporting not only individual growth but also influencing wider population-level approaches to wellness. Along with private practice, Anna therefore continues to work with multi-agency and research colleagues to develop innovative responses to improving access, understanding, training and interventions that are culturally and contextually relevant to diverse communities. She is accredited with UKCP.**

[Book your place](#)

## **Seminar 5: Working creatively with children “A journey through creativity” with Phill Beisty – 26th April 2025:**

This seminar will introduce the concept of working creatively with children and going beyond just sitting and talking but using creative media to either facilitate the conversation or to provide a way for the child or young person to express their thoughts and feelings in a nonverbal way.

**Phill is an integrative practitioner who works creatively to engage children and young people in therapy. Phill’s background as a therapist includes working with vulnerable children within maintained and independent special schools and specialist units schools. Phill has a passion and strong belief that all children and young people should have the best start in life, and that they can access the appropriate therapy and safeguarding services to ensure this can happen.**



[Book your place](#)

## **Seminar 6: Acceptance & Commitment Therapy (ACT) to help people cope with Motor Neurone Disease (MND) with Carla Smith and Roy McPartland – 10th May 2025**



Following on from contributing skills to a study trial published in The Lancet, it would be our pleasure to present our experience to other therapists. ACT, a psychotherapy from the CBT family, incorporates mindfulness and encourages acceptance of life’s inherent difficulties while focusing on what truly matters. The therapy aims to develop psychological flexibility through 6 core principals. The trial was implemented in the hospice setting, which also have a specialist multidisciplinary team for MND, a devastating and fatal disease.

For the trial we were trained in ACT and provided with a manual and worksheets. Our sessions were recorded and reviewed to ensure adherence to protocols. We presented ACT psychoeducation over 8 sessions, tailoring it to the participants experiences and teaching them exercises. This allowed participants to observe their distress and refocus on their interests, promoting psychological flexibility and a feeling of getting some control back in their lives.

We aim to share our experience with you, give you an understanding of working in a hospice setting, understanding MND, how ACT trial was implemented and the findings of the research on completion.

[Book your place](#)

## Seminar 7: 'Two Chair Work' with Deborah Blagden – 28th June 2025



Redecision therapy was developed by Robert and Mary Goulding, combining Transactional Analysis with the techniques of Gestalt therapy to provide a powerful means of personal change. Based on the premise that internal and external conflicts could be resolved through 'enactment': the gestalt approach was the first to apply 'chairwork' within one-to-one therapy contexts. Goulding and Goulding used this technique in Redecision therapy when working with stuck parts of self to help clients own the different parts of themselves and/or to help clients resolve old conflicts with their significant others in their environment when growing up.

Chairwork, also known as the "two-chair technique," is a powerful and dynamic therapeutic intervention that is used in psychotherapy. It is an experiential and interactive approach where clients engage in a dialogue or role-play with an empty chair or chairs representing different people or aspects of themselves. This seminar will provide participants with an overview of the 2-chair approach, outlining the theoretical approach and including a demonstration of the method. Knowledge of the TA concepts is not necessary as they will be taught over the course of the seminar.

[Book your place](#)

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### Bookings and queries:

To Collette Colver, Graduate Officer, SPTI, [collette.colver@spti.net](mailto:collette.colver@spti.net) Tel: 0115 924 3994

*If you have any access or dietary requirements, please let us know on the [Online booking form](#).*

**Future seminars:** If you have a topic suggestion or would be interested in offering an Open Seminar for SPTI in the future, please contact Deborah Blagden via: [deborah.blagden@spti.net](mailto:deborah.blagden@spti.net)

### Fees and payments:

Please note that payment is required at the time of booking. Places are limited and offered on a first come, first served basis.

Payments may be made online via credit card via this link: <https://www.spti.net/fees/product/oss/>

- 1 Seminar = £25
- 2 Seminars = £50
- 3 Seminars = £75
- 4 Seminars = £100
- 5 Seminars = £100 (£25 discount applied)
- 6 Seminars = £125 (£25 discount applied)
- 7 Seminars = £150 (£25 discount applied)

### Cancelations:

Bookings must be cancelled two weeks prior to the event date for refunds otherwise participants will be liable for the full amount.