

The British  
Psychological Society  
Promoting excellence in psychology

APPROVED PROFESSIONAL DEVELOPMENT DIRECTORY 2018

STANDARDS CONFERENCES  
ASSURANCE VALUES  
QUALITY  
PERSONAL PRACTICE  
LEARNING EVENTS  
WORKSHOPS

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



The British  
Psychological Society  
Approved

The British Psychological Society ('the Society') is the learned and professional body, incorporated by Royal Charter, for psychologists in the United Kingdom. The Society has a total membership of approximately 50,000 and is a registered charity. Under its Royal Charter, the key objective of the Society 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 Providers whose programmes or events have been successfully approved by the Society are encouraged to use our logo in their advertising and promotional materials.



**The British  
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This catalogue lists programmes and events that have been approved by The BPS Learning Centre as meeting our standards for continuing professional development.

## 2wardsustainability LLP, Coaching and Mentoring Asia

[www.coachingandmentoring.info](http://www.coachingandmentoring.info)

**Senior Practitioner Qualification to Coaching Psychology**

## A&DC

[www.adc.uk.com](http://www.adc.uk.com)

**Assessor Skills  
Centre Design and Management**

## BSPUK

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

**Brainspotting Therapy**

## Bond Solon

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

**Business Skills for Experts  
Courtroom Skills Training  
Excellence in Report Writing  
Expert Witness Conference  
Law and Procedure Day 1 & 2 (Criminal, Civil, Family Courts)  
Online Family Procedure Rules Training  
The Cross Examination Day**

Society members receive a 10% discount on these courses.  
Quote BPS-BS-2014 when booking.

## Brain Matters Institute

[Alexandra.pentaraki@kcl.ac.uk](mailto:Alexandra.pentaraki@kcl.ac.uk)

**Introduction to the Clinical Neuropsychology of Major Depression and Schizophrenia**

## British Autogenic Society

[www.autogenic-therapy.org.uk/bps](http://www.autogenic-therapy.org.uk/bps)

**Autogenic Training Foundation Course  
Postgraduate Certificate in Autogenic Training  
Personal Autogenic Training for Professionals – Self Care (PATP)**

## Buckinghamshire New University

<http://bucks.ac.uk/MAPP>

**MSc Applied Positive Psychology**

**Positive psychology in coaching**

**Post Graduate Diploma in Applied Positive Psychology**

**Post Graduate Certificate in Applied Positive Psychology**

## CBT Psychology Training

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

**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)**

## Change Brief Therapy Ltd

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

**Change Foundation in Solution Focused Practice**

## Central London CBT Training Centre

[www.central-london-cbt.com](http://www.central-london-cbt.com)

**Post-Qualification Certificate in CBT Supervision**

## Centre for Coaching

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

**Certificated Distance Learning Course in Life Coaching: A Cognitive-Behavioural Approach**

**Certificated Distance Learning Course in Stress Management**

**Certificate in Coaching (5 Days)**

**Certificate in Coaching (5 Days)**

**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 Well-being  
Imagery  
Introduction to coaching at work  
Primary Certificate in Health Coaching (2 Days)  
Primary Certificate in Developing Psychological Resilience: A Coaching Perspective  
Primary Certificate in Performance Coaching (2 Days)  
Primary Certificate in Coaching/Coaching Psychology  
Solution Focused Coaching  
Supervision (2 Days) Primary Certificate in Redundancy Coaching & Counselling (2 Days)  
Self Acceptance

## Centre for Stress Management

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

Advanced Certificate in CBT and Stress Management (modular: 2+3 days plus 3x2 days)  
Certificate in REBT (modular: 2+3 days)  
Certificate in Stress Management (modular: 3x2 days)  
Certificate in stress management and health coaching  
Developing resilience  
Foundation Certificate in CBT + REBT Certificate in CBT (modular: 2+3 days)  
Hazard Awareness  
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 Advanced Cognitive-Behavioural Skills (Level 3) (3 Days)  
Primary Certificate in Mediation Training Skills  
Primary Certificate in Stress Management (Level 2) (2 Days)  
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 Trauma & PTSD (Level 2) (2 Days)  
Time Management  
Understanding health and wellbeing of staff: For HR and management professionals

## 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**

Society members (Student, Graduate or Chartered Members) affiliate subscribers, and the members of the Register of Qualifications in Test Use (RQTU) pay CIPD members' rates for these courses. Quote your Society membership number when booking.

## Chartered Institute of Personnel and Development (CIPD)

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

**An Introduction to the Psychology of Management**

**Neuroscience for Leaders and Managers**

**Positive Psychology at Work**

**The Psychology of Coaching: Individuals and teams**

**The Psychology of Organisational Culture and Climate**

## Consolidated Continuing Education and Professional Training (CONCEPT)

Click courses below for weblinks

**Assessing Psychopathy using the Hare Scales (PCL-R and PCL:SV)**

**DBT Skills Training**

**Evaluation of risk for violence using the HCR-20 Version 3**

**Foundations of violence risk assessment and management (HCR-20-V3, RSVP, SARA-V3, B-SAFER and SAM)**

**Minimizing bias in forensic decision making**

## Consult4as

[www.robinson-ruthenberg.com](http://www.robinson-ruthenberg.com)

**Assessment and Diagnosis of Asperger Syndrome in Adults: An integrative clinical approach**

## Core Psychology Services

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

**Family Life Intervention Program (FLIP)**

## Exclusive Hypnotherapy

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

**Application and practice of hypnotherapy**

**Rational Emotive Behaviour Therapy (REBT), its theory & practice with hypnotherapy**

## Family Futures

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

**Annual Making Connections Conference: Research into practice 'Family relationship influences on Children's Mental Health**

## Family Psychology Solutions CIC

<https://fpsscic.org/professionals-and-practitioners/bps-approved-training>

**Parental alienation: Understanding, assessment and intervention for children and families**

## Future Academy

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

**Be your own therapist**

**Master Practitioner Diploma in Cognitive Behavioural Therapy**

**Master Practitioner Diploma in Cognitive Behavioural Hypnotherapy with a Project (MPchb)**

**Practitioner Diploma in Cognitive Behavioural Hypnotherapy without a Project (Pchb)**

## Foundation for clinical interventions

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

**Treating Anorexia Nervosa**

## Dr Eoin Galavan & Dr Mathew McCauley

<http://galavanpsychology.wix.com/cams-workshop>

**Assessment and treatment of suicidality**

## Golfmind

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

**Masterclass in Golf Psychology**

**Masterclass in Applied Sport psychology**

## Greenwood Mentors

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

**Dialectical Behaviour Therapy Practitioner Training**

## Head Start – ASD

[www.headstart-asd.com/FosterCare.htm](http://www.headstart-asd.com/FosterCare.htm)

**Introduction to Behaviour Therapy: Applied behaviour analysis (ABA)**

## Heriot-Watt 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)**

## Hils Learning Sdn. Bhd.

[www.hilslearning.edu.my](http://www.hilslearning.edu.my)

**Shadow aid certification training programme**

## Hypnosis Unit UK (HUUK)

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

**Foundation Certificate Level 1 complete**

**Certificate Level 1 & Level 2 complete**

**Diploma**

**Introduction to Hypnosis (CPD course)**



## Innovative HR Solutions

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

**Assessor Skills  
Centre Manager Course**

## The Institute of Psychiatry, Psychology and Neuroscience (IoPPN)

<https://goo.gl/L1Nzoe>

**Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA)  
Cognitive Remediation Therapy (CRT)**

## The Institute of Psychiatry, Psychology and Neuroscience, King's College London

<http://tinyurl.com/phsyha7>

**MSc Organisational Psychiatry and Psychology**

## Hypnofocus

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

**Diploma in Clinical Hypnotherapy**

## Irving & Irving Associates

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

**Optimise Modular Development Programme**

## Karuna Institute

[www.karuna-institute.co.uk](http://www.karuna-institute.co.uk)

**Diploma in relational mindfulness**

## Langley Group Institute: Emotional Intelligence Worldwide

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

**Diploma of Positive Psychology and Well-being**

## Life Happens

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

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

## Life Therapies Clinic

[www.life-therapies.com](http://www.life-therapies.com)

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

## Lincolnshire Partnership NHS Foundation Trust

[www.innovationforlearning.com/LPFT](http://www.innovationforlearning.com/LPFT)

**Approved Trainer in Outcomes Orientated Approaches to mental health**

## Lucy Arnsby-Wilson

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

**Yoga therapy for young people**

## Manchester Centre for Cognitive Behavioural Therapy

[www.cbt-centre.co.uk](http://www.cbt-centre.co.uk)

**Certificate in Cognitive Behavioural Therapy**

**Certificate in Cognitive Behavioural Therapy (online Distance Learning)**

## Manchester Metropolitan University

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

**MSc Psychological wellbeing in clinical practice**

## Middlesex University (Forensic Psychological Services)

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

**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**

## **Mindfulness Training Ltd**

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

**Acceptance and Commitment Therapy Training Programme:**

**Experiential Introduction with Skills Training (Part 1)**

**Group Supervision Programme (8 monthly sessions)**

**Intermediate Level Skills Training (Part 2)**

## **Mind's Well**

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

**Training on self-harm – Managing self-harm behaviour**

## **Monumental Health**

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

**Healthy brains: Evidence-based lifestyle interventions for mental health**

## **National Centre for Eating Disorders UK**

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

**Excellence in Practitioner Skills for Eating Disorders**

**Essential Obesity: Psychological Approaches**

**Master Practitioner programme in eating disorders and obesity:**

**Nutritional Interventions for Eating Disorders**

## **Oakfield Psychological Services**

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

**Assistant Psychologist Training**

**Examining self-harm and suicide ideation within youth culture**

## OTR Bristol

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

**Multidisciplinary Supervision**

## 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**

## Oxford Institute of Clinical Psychology Training

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

**Ageing and dementia**

**Clinical neuropsychology of acquired brain injury**

## Positive Psychology Learning

<http://positivepsychologylearning.com>

**Applying positive psychology at work**

## Post Traumatic Stress Disorder

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

**Rewind technique 'Closure without disclosure'**

## Relational Change

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

**Developing Leadership Skills: Presence and resilience**

## Riverwaves Ltd

<https://riverwaves.co.uk>

**Assessor skills certification course**

## SDS Seminars Ltd

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

**CBT: Introductory Course (3 days)**

**CBT Master Practitioner Diploma Programme**

**Certificate in Anger Therapy (Online)**

**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 Third Wave CBT**

**Certificate in Trauma Treatments**

## Sensorimotor Psychotherapy® Institute, Sensorimotor Psychotherapy® Europe

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

**Training Program in Affect Regulation, Attachment, and Trauma: Level I: Affect Dysregulation, Survival Defenses, and Traumatic Memory**

## Sheffield Hallam University (Centre for Sport & Exercise Science)

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

**Introduction to Qualitative Research Data Analysis using N-Vivo**

## Sheffield Hallam University (Department of Psychology)

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

**Executive MBA**

## 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)**

## 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**

## Staffordshire University

[www.staffs.ac.uk/academic\\_depts/health/news/conferences/performance-psychology/index.jsp](http://www.staffs.ac.uk/academic_depts/health/news/conferences/performance-psychology/index.jsp)

**The Inaugural Staffordshire University Performance Psychology Conference**

## The Tavistock and Portman NHS Foundation Trust

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

**Supervision for applied psychologists 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**

## Therapeutic Consultancy Services Ltd

<https://therapeuticconsultancyservices.com>

**Quality reflective supervision in a changing educational landscape**

## 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 – Birmingham & Black Country Partnership

[www.bsmhft.nhs.uk](http://www.bsmhft.nhs.uk)

**Behavioural experiments**

**Cultural diversity – Adapting psychological interventions**

**Obsessive Compulsive Disorder (OCD)**

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

**Self harm and risk**

**The seven eyed supervision model**

**Using CBT approaches with older people**

**Working with older people**

## 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)

**Acceptance and Commitment Therapy (ACT) for Psychosis: A Mindful Approach to Recovery**

**Acceptance and Commitment Therapy (ACT) for Insomnia**

**Acceptance and Commitment Therapy (ACT) for long-term physical health conditions**

**An experiential Introduction to Acceptance and Commitment Therapy (ACT) – Introductory Level**

Acceptance and Commitment Therapy (ACT) for long-term physical health conditions – Intermediate level  
Cognitive Therapy for Command Hallucinations  
Life with and beyond loss: ACT for grief – Introductory level  
Putting Acceptance and Commitment Therapy into Practice – Intermediate 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)

<http://bit.ly/1x1Mak4>

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>

**MSc Positive Psychology**

## University College of London Great Ormond Street Institute of Child Health

[www.ucl.ac.uk/ich/short-courses-events/short-courses-events-publication/mus/jan-2018](http://www.ucl.ac.uk/ich/short-courses-events/short-courses-events-publication/mus/jan-2018)

**Assessment and treatment of medically unexplained symptoms in children: Practical skills for technicians**

## University of Derby

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

**Understanding maths anxiety**

## University of Glasgow

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

**Suicide – A global perspective**

## University of Kent

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

**Assessment and treatment of adult firesetters**

## University of Leeds Beckett – SPACS

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

**Mindfulness meditation training**

## University of Oxford

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

**Postgraduate Certificate in Supervision**

## 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)

**MSc Foundations of Clinical Psychology**

## University of the West of England

[www.uwe.ac.uk/appearancematters](http://www.uwe.ac.uk/appearancematters)

**Appearance Matters**

**Qualitative Research International Summer School**

## The Wonder Weeks

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

**Infant Mental Health and Development Foundation Programme**

This information is correct at the time of going to print.

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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For more information, please contact  
the Professional Development team:

**t:** +44 (0)116 252 9925

**e:** [learning@bps.org.uk](mailto:learning@bps.org.uk)

The British Psychological Society  
St Andrews House  
48 Princess Road East  
Leicester  
LE1 7DR



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