



the british
psychological society
professional development centre

APPROVED PROFESSIONAL DEVELOPMENT DIRECTORY 2021

STANDARDS CONFERENCES
ASSURANCE VALUES
QUALITY
PERSONAL PRACTICE
LEARNING EVENTS
WORKSHOPS

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.



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

Senior practitioner qualification to coaching psychology

Association for Rewind Trauma Therapy

<http://iartt.com/become-a-practitioner/forthcoming-courses>

The rewind technique for treating post-traumatic stress disorder

Bond Solon

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.

British Autogenic Society

www.autogenic-therapy.org.uk

Postgraduate certificate in autogenic therapy

Foundation certificate in autogenic therapy

Personal autogenic training for professionals (PATP) – Self care

Buckinghamshire New University

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

MSc Applied positive psychology

Positive psychology in coaching

Postgraduate diploma in applied positive psychology

Postgraduate certificate in applied positive psychology

Burn-out UK

www.burn-out.co.uk

**Overcoming and preventing burnout
Preventing burnout for doctors and dentists**

Change Brief Therapy Ltd

www.changebrieftherapy.org

Change foundation in solution focused practice

Central London CBT Training Centre

www.central-london-cbt.com

Post-qualification certificate in CBT supervision

Centre for Coaching

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 wellbeing
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 of Education and Treatment Eating Disorders (CETED), Greece

www.keadd.gr

Excellence in practitioner skills for eating disorders
Essential obesity: Psychological approaches
Nutritional interventions for eating disorders

Centre for Stress Management

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

Chartered Institute of Personnel and Development (CIPD)

www.cipd.co.uk

**An introduction to the psychology of management
Neuroscience for leaders and managers
The psychology of organisational culture and climate**

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.

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

Assessment and diagnosis of Asperger syndrome in adults: An integrative clinical approach

Core Psychology Services

www.corepsychology.co.uk

Family life intervention program (FLIP)

Counselling Guernsey

www.counselling.gg

Performance coaching: Winning the mental game

David Trickey

www.davidtrickey.com

Science of happiness

Dr Lynda Shaw

www.drlyndashaw.com

The neuroscience professional development programme

Dynamic Assessments and Interventions Ltd

www.fraserlauchlan.com

Dynamic assessment competencies (Levels 1,2 and 3)

Exclusive Hypnotherapy

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

Annual making connections conference: Research into practice ‘family relationship influences on children’s mental health

Family Psychology Solutions CIC

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

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

Future Academy

www.futureacademy.org.uk

Be your own therapist

Future Learn

www.futurelearn.com/courses/guided-self-help-for-postnatal-depression

Addressing postnatal depression as a healthcare professional

Foundation for clinical interventions

www.ffci.org.uk

Treating anorexia nervosa

Golfmind

www.golfmind.co.uk

Masterclass in golf psychology
Masterclass in applied sport psychology

Greenwood Mentors

www.greenwoodmentors.com

Dialectical behaviour therapy practitioner training

Harris Howard Psychology Practice

www.harrishoward.com

Trauma informed/skills enhancing practice

Head Start – ASD

www.headstart-asd.com/FosterCare.htm

Introduction to behaviour therapy: Applied behaviour analysis (ABA)

Heriot-Watt University, Dubai Campus

www.psych-me.com – www.hw.ac.uk/dubai.htm

International psychology conference Dubai (IPCD)

Heriot-Watt University, Edinburgh Campus

<https://langlife.hw.ac.uk>

EEG and language comprehension crash course

Neurodiversity for a more circular economy

Internet-based experimentation and data-collection: Good practices and principles for experimental design

Hils Learning Sdn. Bhd.

www.hilslearning.edu.my

Shadow aid certification training programme

Hypnofocus

www.hypnotherapytrainingcourses.org

Diploma in clinical hypnotherapy

Hypnosis Unit UK (HUUK)

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

Assessor skills

Centre manager course

Institute of Psychiatry and Neuroscience

<http://tinyurl.com/sir-cary-cooper>

Organisational Behaviour Lab Inaugural Public Lecture with Professor Cary Cooper

International Educational Psychology Services (IEPS)

www.internationaleps.com

Suicide and self-harm and response foundation course

Irving & Irving Associates

www.irvingandirving.com

Optimise modular development programme

Karuna Institute

www.karuna-institute.co.uk

Diploma in relational mindfulness

Langley Group Institute: Emotional Intelligence Worldwide

www.langleygroupinstitute.com

Diploma of positive psychology and wellbeing

Leeds Beckett University

<https://onlinestore.leedsbeckett.ac.uk/short-courses>

Eating disorders for dieticians

Life Happens

www.lifehappens-mindfulness.com

Life happens: Using psychological concepts and mindfulness for health and emotional issues

Lincolnshire Partnership NHS Foundation Trust

www.innovationforlearning.com/LPFT

Approved trainer in outcomes orientated approaches to mental health

Lucy Arnsby-Wilson

www.themayaproject.org

Yoga therapy for young people

Manchester Metropolitan University

www2.mmu.ac.uk/study/postgraduate/taught

MSc Psychological wellbeing in clinical practice

Middlesex University (Forensic Psychological Services)

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

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

Training on self-harm – Managing self-harm behaviour

Monumental Health

www.monumentalhealth.co.uk

Healthy brains: Evidence-based lifestyle interventions for mental health

National Association for People Abused in Childhood (NAPAC)

www.napac.org.uk

Supporting adult survivors of childhood abuse (SASCA)

National Centre for Eating Disorders UK

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

Nubia Wellness and Healing

<https://nubiawellnessandhealing.co.uk>

African psychology: Skills on fire boot camp 2021

Oakfield Psychological Services

www.oakfieldpsychservices.co.uk

Examining self-harm and suicide ideation within youth culture

OTR Bristol

www.otrbristol.org.uk

Multidisciplinary supervision

Oxford Institute of Clinical Psychology Training

www.oxicpt.co.uk

Ageing and dementia

Clinical neuropsychology of acquired brain injury

Positive Psychology Learning

<http://positivepsychologylearning.com>

Applying positive psychology at work

PSI

www.psonline.com/en-gb/talent-management/training/advanced-assessor-skills

Assessor skills: Centre design and management

PSI (Middle East)

<https://middleeast.psonline.com/calendar>

Assessor skills – Centre design and management

Assessor skills – Centre manager course

PTSD Trauma workshops

www.ptsdtraumaworkshops.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)

Relational Change

www.relationalchange.org

Developing leadership skills: Presence and resilience

Riverwaves Ltd

<https://riverwaves.co.uk>

Assessor skills certification course

Competency behavioural interviewing skills

Safehaven Trauma Centre

<https://safehaven.co.uk>

Trauma responsive psychological first aid

Brief psychological first aid

Workplace mental health awareness training

SCPC Consulting Ltd

www.scchconsulting.com

Making every contact count (MECC): Cognitive behavioural therapy training to support healthy lifestyles

SDS Seminars Ltd

www.skillsdevelopment.co.uk

CBT: Introductory course (3 days)

CBT master practitioner diploma programme

Certificate in acceptance and commitment therapy (ACT)

Certificate in anger therapy (online)

Certificate in CBT for working with adolescents

Certificate in CBT with children and adolescents

Certificate in clinical supervision

Certificate in dialectical behaviour therapy

Certificate in essential therapy skills (4 modules)

Certificate in motivational interviewing

Certificate in psychological coping strategies post-stroke

Certificate in resource based therapies (4 modules)

Certificate in single-session therapy (CSST)

Certificate in third wave CBT

Certificate in trauma treatments

How to overcome 'imposter' syndrome

Integrated CBT for common life challenges – Certificate in non-diagnostic psychological problems

Sensorimotor Psychotherapy® Institute, Sensorimotor Psychotherapy® Europe

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

Introduction to qualitative research data analysis using N-Vivo

Sheffield Hallam University (Department of Psychology)

www.shu.ac.uk

Executive MBA

Skills 24

www.skills24training.com/accredited-certificate-in-coaching-coach-training

Anger management

Accredited certificate in coach training (ACCT)

Staffordshire University

www.staffs.ac.uk/academic_depts/health/news/conferences/performance-psychology/index.jsp

The inaugural Staffordshire University performance psychology conference

Talkseminars

<https://talkseminars.com/writing-for-publication-overview>

Writing for publication

The Appetite Doctor Ltd

<http://theappetitedoctor.co.uk>

The psychology of weight loss: How to help your clients change their eating habits

The Centre for Insight & Awareness Ltd (TCFIAA)

<http://tcfiaa.com>

Successful record keeping for independent practitioners

The Decider Skills

www.thedecider.org.uk

The decider skills training

The Institute of Psychiatry, Psychology and Neuroscience (IoPPN)

www.kcl.ac.uk/ioppn/depts/ps/study/pgtaught

Cognitive Remediation and Emotion Skills Therapy (CREST)

MSc Organisational Psychiatry and Psychology

The Minded Institute

<https://themindedinstitute.com>

Yoga skills for psychologists and therapists

The Open University

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

The Psychological Therapies Unit CIC

<https://workingconversationsgroup.org>

An introduction to solution-focused brief therapy and practice

The Solution Focused Way

www.thesolutionfocusedway.com

Advance applications of solution focused therapy: A four day workshop

Incorporating solution focused tools and techniques into your everyday work

The Tavistock and Portman NHS Foundation Trust

www.tavistockandportman.nhs.uk/cpd32

Supervision for staff working in schools and community contexts: Working relationally and reflectively

The Wonder Weeks

www.thewonderweekssacademy.com

Infant mental health and development foundation programme

Teesside University

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

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: School of Education

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

An experiential Introduction to acceptance and commitment therapy (ACT) – Introductory 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)

www.bsmhft.nhs.uk/about-us/join-us/work-for-us/postgraduate

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

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

University of Derby

www.derby.ac.uk

Understanding maths anxiety

University of Exeter

www.futurelearn.com/courses

Guided self-help for postnatal depression

University of Exeter and University of Liverpool

<http://cedar.exeter.ac.uk>

Perinatal Clinical Psychology Training

University of Glasgow

www.gla.ac.uk/postgraduate/taught/globalmentalhealth

Suicide – A global perspective

University of Kent

www.kent.ac.uk/psychology/fipmo/training.html

The assessment and treatment of adult firesetters

Understanding adult firesetting and available treatment for the fire and rescue services

University of Leeds Beckett – SPACS

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

Mindfulness meditation training

University of Oxford

www.oxicpt.co.uk

Postgraduate certificate in supervision

University of Oxford: Centre for Rehabilitation and Research in Oxford (RRIO)

www.futurelearn.com/courses/back-skills-training-programme

Cognitive behavioural skills to treat back pain: The back skills training (BeST) programme

University of Southampton

www.southampton.ac.uk/psychology/postgraduate/taught_courses/msc_foundations_of_clinical_psychology.page

MSc Foundations of clinical psychology

Work Life Balance Centre Ltd

<https://thewlbc.com>

Everyday magic: Using positive psychology to help children flourish

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



the british
psychological society
professional development centre

For more information, please contact
the Professional Development team:

t: +44 (0)116 252 9925

e: learning@bps.org.uk

w: www.bps.org.uk/cpd

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



Follow us on Twitter:
[@BPSLearning](https://twitter.com/BPSLearning)

ST
A
APPROV
QUALITY
PERSONA
PR
EVENTS
PRAC