

Understanding Psychiatric Drugs Issues for Counsellors and Psychotherapists

Treloar's, Alton, Hampshire

Friday 4th January 2019

Limited places available

£105pp or early bird discount if booked before 1st Dec 2018 - £95

What might it mean to be taking a psychiatric drug? What are some of the effects of psychiatric drugs, including how they might impact on the therapeutic relationship?

It is increasingly common for counsellors and psychotherapists to have clients who are also prescribed, or who have had recommended, a psychiatric drug as a treatment for emotional or mental distress and disturbance. This can raise many questions and sometimes concerns.

Through a mixture of theoretical input, exercises and discussion, this workshop aims to

- Provide an overview of the various types of psychiatric drugs, why and when they are prescribed
- Offer a framework for thinking about the influence of drugs on the therapeutic process and whether a drug is helping or harming a client
- Enable participants to reflect on their own views (and any prejudices) regarding the prescribing and use of psychiatric drugs, and what informs those views

Speaker: Dr Rachel Freeth

Rachel is a psychiatrist working in a community mental health team in Herefordshire. She also works as counsellor for a charity in Gloucestershire, having trained in the person-centred approach. Through both writing and delivering workshops, Rachel bridges the worlds of psychiatry and counselling, and the contrasting worlds of psychiatry and the person-centred approach. In so doing she aims to help counsellors and psychotherapists develop greater understanding and confidence regarding psychiatric issues.

For further details and to book, please contact:

Kaz Lodge

Training Services Coordinator

E: trainingservices@treloar.org.uk

T: 01420 547400 Ext: 6428

M: 07766 990 098

www.treloar.org.uk/personal-development

Founded by Sir William Purdie Treloar, Lord Mayor of London, 1906



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