

# Training for counsellors

## Working with the Functionality of Neurodivergent CYP

Neurodivergent people – children, young people and adults – often feel they are to blame, living in a world that feels not made for them. In this 6-day, intensive course, we explore how moving towards a strengths-based approach to neurodiversity enables the therapist to view neurodiverse functionality through a different lens and enables the client to be better advocates for themselves.

We have been ‘blown away’ by the feedback we have already received from participants in this course. Feedback such as, “Even the first two days on this course made me view my practice differently. I introduced some small changes straight away and it made a difference to the client in just one session.”

Dedicating years of therapeutic practice to working with high level educational needs, your facilitator, Zara, has developed a whole systems approach to understanding the context of the client’s world. Personalising therapeutic approaches has allowed her to create a pathway to connect with the client, their parents and other parties to help clients to thrive, rather than merely survive. In this 30-hour CPD course, you are invited into the ND CYP world to explore your own sensory experiences – an experience which invites you to learn more about yourself and about your clients.

**Aims:** This experiential course will allow you, the therapist, to learn essential skills, knowledge and ethics to support you in your future work with neurodivergent young people clients, their families and other parties within the clients’ systems.

**When:** 28 March, 29 March, 23 May, 24 May, 27 June, 28 June.

**Cost:** £860.00

**Where:** Training for Counsellors, Haydock House, Haydock Mews, Pleckgate Road, Blackburn, Lancashire. BB1 9RP

**Interested?** Booking link at [www.training-for-counsellors.co.uk/book-online](http://www.training-for-counsellors.co.uk/book-online)



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## About Zara

Zara is a Counsellor/Psychotherapist and Clinical Supervisor with over 14 years of experience working with adults and children, individually, in couples and family groups. In that time, she has worked in various settings including mental health teams, GP practices, residential units, schools and family services, a hospice and a women's prison and EAP. She currently works from South Manchester, working mostly with adults and young people who are presenting with neurodivergent traits which may or may not have been diagnosed, supporting them and their caregivers to understand their challenges and strengths. Her efforts to create a therapeutic alliance that is customised to meet the needs of the client. Her approach (that you will experience during this training) offers a neuro-affirming and anti-oppressive approach to sharing her knowledge and experience of working with neurodivergent systems and environments. When she isn't working or listening to audiobooks and podcasts, she enjoys lovely walks, a drink with people who are dear to her and time with her daughters

## About Sam and Training for Counsellors



Anyone who knows Sam will tell you that she wears many hats! All of them have therapeutic counselling practice at their centre. Working mostly in private practice now (at [www.number11counselling.co.uk](http://www.number11counselling.co.uk)), her client work mostly comprises working with adults and teens who are experiencing the effects of relational challenges, sometimes as a result of their neurodivergence.

As a late-diagnosed autistic and self-recognising as ADHD herself, she says, "I am continuously developing understanding of the nuanced needs of neurodivergent clients and adult learners. Like many practitioners, I am learning reflexively about how to be more effective as a practitioner within the neurodivergent community." Sam prizes the importance of knowledge and skills transferring into practice, which adds to her 'real world' approach to training and facilitation.

Sam is also an experienced clinical supervisor, owns Training for Counsellors and is a student at the University of Chester conducting her Professional Doctorate.



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