

Training at CASY
CPD Training
June–December



Contents

About CASY's Training.....	2
– About	
– Training philosophy	
– Testimonials	
CPD Schedule & Webinar Descriptions.....	3
– CORE Webinars	3
– CPD Webinars	4
FAQs.....	9

About CASY's Training

About CASY

CASY, is a Newark based charity that has been providing counselling for children and young people across the east midlands in schools and the community for the last 2 decades.

Training Philosophy

At CASY we believe that counselling is a profession where we are lifelong learners and coming together to share experiences, discuss theory and practice therapeutic tools is one of the best things we can do for our clients.

It is because of this we create and deliver interactive webinars to help counsellors engage with tricky topics with knowledge skills and confidence.

We have two types of training, Core, which is free for all counsellors working with CASY and continued professional development (CPD) to develop your practice.

Testimonials for CASY's Training

"Thank you, so many really helpful ways to work with anxiety. Great tools and ideas to take away. Also, good book recommendations."

Qualified Counsellor after attending 'Working with Anxiety.'

"What a thought provoking workshop, we all try to put ourselves in others shoes in sessions but this has helped me to stop, think, quiz back or even just hold 'that moment' with the client going forward. A bit heavy in places but understand why it needs to be!."

Qualified Counsellor after attending 'Working with Intersectionality.'

"Never met the trainer before but able to feel immediately comfortable and connected to the host and the group through skilled delivery of the material and personal openness - felt very inclusive and helpful"

Qualified Counsellor after attending 'Working CYP that Self Harm.'

"It was interesting to discuss our own thoughts and feelings, and anxieties about suicide. Good to be reminded of tools and support available. Really appreciated the section on outside the counselling room. It was helpful to know what happens after sending a client to A&E"

Trainee Counsellor after attending 'Working with Suicidal Ideation & Intent'

Cost of CPD

As these workshops are for the further development of your practice, we do charge a small fee. To ensure you get the most for money we provide you with an activity booklet containing the presentation slides.

Money made from these webinars goes towards supporting CASY to deliver counselling to CYP across the east midlands.

CPD Webinars

Working With Suicidal Ideation & Intent– 5th of July, 10:00–13:00

"I don't want to be here anymore." It's a phrase many counsellors hear from young people in distress. This supportive and practical webinar equips practitioners to respond with sensitivity, confidence, and care. *****Quality checked by NCPS which signifies this workshop has met a specific set of standards, in support of specialised specific skills development.***

- **Exploring Suicidal Ideation:** Learn how to safely and openly talk about thoughts of suicide with young clients.
- **Recognising Escalating Risk:** Understand the signs that risk is increasing and how to respond appropriately.
- **Adapting Therapeutic Approaches:** Tailor your work to meet the unique needs of each individual.
- **Practitioner Wellbeing:** Discover strategies for managing emotional impact and prioritising self-care when working with suicide.

Cost for External Trainee Counsellors: £40
Cost for External Qualified Counsellors: £50



Sign up [HERE](#)

Working with Gaming Addiction in CYP– 15th August, 15:00–18:00

Gaming can offer connection, challenge, and escape—but for some young people, it becomes difficult to switch off. This engaging workshop supports counsellors in navigating the complexities of gaming behaviours and finding balanced, client-centred responses. ***** To be submitted to NCPS for Quality Checked status.***

- **Understanding Gaming Disorder:** Gain clarity on what constitutes problematic gaming and its impact on young people.
- **Exploring Underlying Drivers:** Delve into the psychological and social factors that can lead to excessive gaming.
- **Spotting the Difference:** Learn how to distinguish between healthy engagement and harmful patterns.
- **CBT-Based Strategies:** Access practical tools including Urge Surfing, mindfulness, and behavioural activation.
- **Non-Pathologizing Practice:** Discover ways to support young clients without stigmatising their interests.

Cost for External Trainee Counsellors: £40
Cost for External Qualified Counsellors: £50

Sign up [HERE](#)

A lost generation: working with young men – 15th of September, 18:00–21:00

Many young men today are navigating a world with shifting expectations, few positive role models, and rising mental health struggles. This reflective and practical workshop explores how professionals can better support boys and young men in distress.

- **Understanding the Crisis:** Examine the social, emotional, and systemic factors contributing to poor mental health outcomes in young men.
- **Breaking the Silence:** Learn how cultural messages around masculinity impact help-seeking, emotional expression, and vulnerability.
- **The Role of the “Manosphere”:** Explore how online spaces influence identity, behaviour, and worldviews—and how to have meaningful conversations in response.
- **Loss of Roles and Identity:** Consider how the decline of traditional male roles has left many young men without a clear sense of purpose or belonging.

Practical Engagement Strategies: Discover approaches for building trust, fostering emotional literacy, and offering positive alternatives to harmful narratives.

Cost for External Trainee Counsellors: £40
Cost for External Qualified Counsellors: £50

Sign up [HERE](#)

Working with Intersectionality– 11th of October, 10:00–13:00

Counselling requires a nuanced understanding of how intersecting identities affect client experiences. This interactive workshop introduces counsellors to the concept of intersectionality and its application in therapeutic settings. ***“Quality checked by NCPS which signifies this workshop has met a specific set of standards, in support of specialised specific skills development.”***

- **Understanding Intersectionality:** Explore how overlapping identities influence privilege and oppression.
- **Navigating the Therapeutic Relationship:** Address power dynamics and cultural considerations in counselling.
- **Practical Strategies:** Learn tailored approaches for working with diverse clients, including children and young people.
- **Self-Reflection and Awareness:** Examine your own identities and biases to enhance your practice.
- **Resources and Support:** Discover tools and frameworks for implementing intersectional approaches in your work.

Cost for External Trainee Counsellors: £40
Cost for External Qualified Counsellors: £50



Sign up [HERE](#)

Working Anxiety with Anxiety in CYP– 7th of November, 15:00–17:30

Anxiety is one of the most common presentations in therapeutic and educational settings, yet it often goes unrecognised or misunderstood. This reflective and practical 2.5-hour workshop equips professionals to support anxious children and young people with confidence and compassion. ***“Quality checked by NCPS which signifies this workshop has met a specific set of standards, in support of specialised specific skills development.”***

- **Understanding Anxiety:** Learn how anxiety develops and manifests across cognitive, emotional, physical, and behavioural domains.
- **Identifying When It's Anxiety:** Explore how to differentiate between everyday worry, clinical anxiety, and stress responses.

- **How Anxiety Presents:** Recognise the hidden signs of anxiety—including somatic complaints, shutdown behaviours, and perfectionism.
- **Polyvagal Theory in Practice:** Use the polyvagal ladder to help young clients understand their nervous system states and begin to regulate.
- **Therapeutic Approaches:** Develop in-the-room techniques including mindfulness, metaphor, movement, and co-regulation.
- **Supporting Regulation Outside the Room:** Learn how to empower young people with practical strategies they can use in daily life.

Cost for External Trainee Counsellors: £40
Cost for External Qualified Counsellors: £50



Sign up [HERE](#)

Attachment 101 – 8th of November, 10:00–12:00

Attachment patterns shape how children, young people, and adults seek safety, comfort, predictability, and connection. This reflective and practice-oriented 2.5-hour workshop gives professionals a clear, contemporary roadmap for understanding—and working confidently with—attachment in therapeutic, educational, and caregiving contexts. *** To be submitted to NCPS for Quality Checked status.*

- **What Attachment Theory Is:** Trace the journey from Bowlby and Ainsworth's seminal work to current neurodevelopmental and polyvagal insights.
- **Understanding Core Needs:** Map the foundational needs of safety, proximity, comfort, and predictability—and how unmet needs drive behaviour.
- **Attachment Strategies Across the Lifespan:** Differentiate A-, B-, C-, and mixed A/C patterns, recognising their developmental pathways and everyday presentations.
- **Dynamic-Maturational Model (DMM):** Reframe "styles" as adaptive strategies and learn to spot blends that can look confusing in practice.
- **Recognising Hidden Signs:** Identify cues such as compulsive compliance, exaggerated affect, shutdown behaviour, and somatic complaints.
- **Building Balance:** Practise in-the-room techniques—mindfulness, metaphor, movement, and co-regulation—to help clients integrate cognition and affect and develop resilience.

Cost for External Trainee Counsellors: £40
Cost for External Qualified Counsellors: £50

Sign up [HERE](#)

Working With CYP that Self Harm– 6th of December, 10:00–13:00

Self-harm is a complex and prevalent issue within therapeutic settings, particularly at CASY. This interactive 2.5-hour webinar supports counsellors in developing a compassionate and informed approach to working with self-harm. *****Quality checked by NCPS which signifies this workshop has met a specific set of standards, in support of specialised specific skills development.***

- **Understanding Self-Harm:** Examine the underlying functions and emotional drivers behind self-injurious behaviour.
- **Having the Conversation:** Develop confidence in using safe, non-judgemental dialogue around self-harm.
- **Tailoring Your Approach:** Learn how to adapt therapeutic interventions to meet individual client needs.
- **Working with Change:** Explore the cycle of change and how to support clients at different stages of their journey.

Cost for External Trainee Counsellors: £40
Cost for External Qualified Counsellors: £50



Sign up [HERE](#)

Core Competence Course for working with CYP

The training is in three parts all designed to build of your understanding of human development, gain confidence in unique ethical and legal challenges CYP counsellors face and gain tangible tools that you can take directly into the counselling room. *****Quality checked by NCPS which signifies this workshop has met a specific set of standards, in support of specialised specific skills development.***

All placement Counsellors working with CASY must attend this workshop within 6 months of starting placement.

The dates for the CCC are:

Autumn 2025 Part 1 4 th of October 10:00-13:00 Part 2 18 th of October 10:00-13:00 Part 3 1 st of November 10:00-13:00



The Webinars

- **Part 1 – Understanding Development**
Intro to Dynamic Maturation Model of Attachment, psychosocial development, teenage brains & pressures on young adults.
- **Part 2 – Law and Ethics around working therapeutically with CYP**
Role of ethics in counselling CYP, Ethical decision making and UK Law relating to; capacity & consent, confidentiality, and safeguarding.
- **Part 3 – Skills and adaptations for therapeutically work with CYP**
Focusing on adapting skills and practices for working with under 11's, early teens and young people.

Self-Led Study

To supplement your learning and receive your certificate in CYP competence you will need to complete continued professional development (CPD) in the following areas.

Understanding Development	Law & Ethics	Skills & Adaptation
Becoming Independent Family Systems Developing Relationships & Sexuality Neuro A-Typical Spectrum issues Cultural Competence Disability Awareness	Legal and ethical framework The Mental Health Act Record Keeping & GDPR.	Key differences for working with CYP over adults. Supervision in Counselling Establishing a Therapeutic Alliance & Concluding Counselling Using Outcome & Process measures

This ensures that we cover all the competencies relating to working therapeutically with CYP. These CPD hours can be found many formats from book chapters, blogs, podcasts, lectures at university, documentaries etc.

Case Study

The final part of this course is to write a short case study (500-1000 words) that demonstrates understanding of one or more of the topics covered in the training.

Cost for whole course: £300 if you are qualified counsellor or £200 if you are a trainee¹

Sign up [HERE](#)

FAQs

What do these webinars involve?

Online training can be challenging so we have endeavoured to create sessions that

¹ Not affiliated with CASY

engage, excite, and make participants feel at ease There will be a range of activities including:

- Whole group discussion.
- Small group work.
- Anonymous digital engagement activities
- Reflective exercises
- Experiential exercises
- Skills practice

Each webinar will come with an activity booklet which contains the content of the presentation. These are designed to be used alongside the webinars and work best as a physical resource.

Will the webinars be recorded?

The webinars will **not** be recorded.

How do I pay?

Once you have signed up to a webinar our finance team will be in in touch to invoice you.

Can I book a training session for my team?

Yes, depending on the size of your team we can offer the following discounts:

- 6 people or less £50 per head
- 10 to 19 people £40 per head
- 20 (Maximum) £30 per head

What if I sign up but can no longer attend?

Life gets in the way sometimes so if you have signed up to a workshop, please reach out via j.cosic@easy.org.uk or easytrainer@gmail.com with the workshop name in the email title. *If you do not give at least 24 hours' notice prior to the workshop taking place we will be unable to provide a refund. If you don't communicate anything within 48 hours of the training occurring, you will be invoiced £50.*