



Training Information

January - June 2026

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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. 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

“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. Money made from these webinars goes towards supporting CASY to deliver counselling to children and young people across the East Midlands. You can find more information on fees on our FAQ page.

CPD Fees

- CASY Trainee Counsellors: £30
- CASY Qualified Counsellors: £40
- External Trainee Counsellors/Therapists: £40
- External Qualified Counsellors/Therapists: £50

Core Competency Course (CCC) Fees

- Cost for CASY Counsellors & CASY Placement Students: Free
- Cost for Trainee Counsellors/Therapists NOT working with CASY: £200
- Cost for Qualified Counsellors/Therapist NOT working with CASY: £300

Included in the fee is access to the live webinar, along with a virtual activity booklet containing the presentation slides.

All prices are subject to change.

Cancellation Policy

You must cancel 48 hours prior to the webinar. In this case, a full refund will be issued to you. If the required notice is not given, then the training fee will still be due, and no refunds will be given.

To cancel your place, please email office@casy.org.uk with the webinar name as the email subject.

Core Competence Course for Working with CYP

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

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.

The Webinars

• Part 1 – Understanding Development

Introduction 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 adaptions 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 CPD in the following areas.

Understanding Development	Law & Ethics	Skills & Adaptation
<ul style="list-style-type: none">• Becoming independent• Family systems• Developing relationships & sexuality• Neuro atypical spectrum issues• Cultural competence• Disability awareness	<ul style="list-style-type: none">• Legal & ethical framework• The Mental Health Act• Record keeping & GDPR	<ul style="list-style-type: none">• 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. 7 These CPD hours can be found many formats from book chapters, blogs, podcasts, lectures at university, documentaries, and other relevant media.

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 trainee not affiliated with CASY.

CORE Webinars

Our training is designed to support your growth and development as a counsellor. The CORE webinars we cover are:

- **Safeguarding:** Understanding and working within the limits of CASY's safeguarding policy. This unit is compulsory to both Qualified and Trainee Counsellors.
- **Beginnings and Endings:** Equipping counsellors to gain a better understanding of beginning and ending's within short term work. This unit is optional for Qualified counsellors and Compulsory for trainee counsellors.
- **Pre-trial Therapy:** Gaining a better understanding of the CPS guidance surrounding pretrial therapy. This unit is compulsory to both Qualified and Trainee Counsellors.
- **Suicide:** Equipping practitioners to respond with sensitivity, confidence, and care. While we strongly encourage all counsellors to attend the webinar, this unit is optional for Qualified Counsellors, and Compulsory for Trainee Counsellors.
- **Self-harm:** Supports counsellors in developing a compassionate and informed approach to working with self-harm. While we strongly encourage all counsellors to attend the webinar, this unit is optional for Qualified Counsellors, and Compulsory for Trainee Counsellors.

We encourage that you attend all CORE training sessions at CASY. However, there may be exceptions dependent on experience. Please email r.obrien@casy.org.uk for further information.

CPD Schedule

Title	Date	Registration Link
Safeguarding Refresher	Wednesday 25 th February 6pm - 7:30pm	CORE Webinar Click here to book!
Beginnings & Endings	Wednesday 18 th March 6:30pm - 9pm	CORE Webinar Click here to book!
Safeguarding	Monday 23 rd March 6pm - 9pm	CORE Webinar Click here to book!
CCC Day One	Saturday 18 th April 10am - 1pm	Please note, it is mandatory to attend all CCC dates. Click here to book!
CCC Day Two	Saturday 25 th April 10am - 1pm	
CCC Day Three	Saturday 9 th May 10am - 1pm	
Working With Suicide	Monday 11 th May 6pm - 9pm	CORE Webinar Click here to book!
Pre-Trial Therapy	Wednesday 20 th May 6:30pm - 8:30pm	CORE Webinar Click here to book!
Safeguarding Refresher	Wednesday 3 rd June 6:30pm - 8pm	CORE Webinar Click here to book!
Working with CYP that Self-Harm	Monday 8 th June 6:30pm - 9pm	CORE Webinar Click here to book!

FAQ's

What do CASY webinars involve?

We have endeavoured to create sessions that engage, excite, and make participants feel at ease. 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. During the webinar, there will be a range of activities including:

- Whole group discussion
- Small group work
- Digital engagement activities
- Reflective exercises
- Experiential exercises
- Skills practice

Can I watch a recording of the webinar?

To maintain the privacy of the online space, and that of our attendees and trainers, webinars are **not** recorded.

How do I make payment?

Once you have signed up to a webinar, our finance team will be 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
- 8 - 20 (Maximum): £30 per head

Do you offer in-person CPD?

No, CASY CPD is only offered virtually via the video conferencing platform Zoom.

Is this training approved by a regulating body?

Yes, CASY training is approved by [The National Counselling & Psychotherapy Society](#).