

PSYCH-BYTES

Short CPD workshops for counsellors, trainees, and other helping professionals

TWO APPROACHES TO PSYCHOTHERAPY

Comparing and contrasting Transactional Analysis and Gestalt Therapy



In this afternoon workshop, Dr Barbara Smith and Brian McMinn will give an outline of their respective approaches, Transactional Analysis and Gestalt Therapy, before offering live demonstrations. Each will provide a short summary of their work before answering queries and responding to observations from attendees.

Saturday 29th February 2020, 1pm - 3.45pm

The Space, 60 Rodney Street, Liverpool, L1 9AD (parking at Anglican Cathedral)

Cost £50 (concessions available for no/low waged)

Handouts and attendance certificates will be provided, as will tea and coffee

To book a place please email me: b.d.mcminn@icloud.com

Dr Barbara Smith is an individual and group psychotherapist in private practice, and she works with children and adolescent mental health in the NHS. Barbara is an internationalist, undertaking disaster work with the Red Cross. Barbara's PhD was an investigation on cross-cultural counsellor training drawn mainly from her counselling teaching work during her 2-year contract in the Maldives.

Brian McMinn is a Gestalt therapist with a private practice on the edge of Liverpool. He also works part-time for the University of Liverpool. Brian qualified as a counsellor in 1994 and completed an MSc in Gestalt Psychotherapy in 2006. Formerly he was a programme leader for counselling training in FE, and course leader for counselling degrees in HE. Brian provides therapy for individual adults and couples, and co-facilitates a Gestalt therapy group.