



# **Corporate Training Packages**

2009/2010

**Lewisham Counselling & Counsellor Training Associates**

Broadway House, 15-16 Deptford Broadway, London SE8 4PA

Tel: 020 8320 2311

Email: [enquiries@lcandcta.co.uk](mailto:enquiries@lcandcta.co.uk)

---

# Welcome

## **LC&CTA is a dynamic Communication, Creative Skills & Counsellor Training Association**



*Chris Brown MA and Juanita Harriot MA founded LC&CTA and there are 17 experienced trainers who work with them delivering the Portfolio of Courses the company comprehensively offers.*

This small but diverse organisation evolved out of the Communication & Counselling Training Department which used to exist at Lewisham College. LC&CTA now runs independently from Lewisham College.

We offer a wide range of Interpersonal & Intrapersonal Communication, Management & Creativity Courses which assist the ongoing development of all those needing to communicate effectively with and manage others in the workplace, be imaginative, use initiative or work autonomously.

The training packages we offer can be mixed and matched in order to suit your corporate needs, or alternatively you have the option of discussing your requirements with us and we will develop a customised Training Package to meet your needs. All participants receive high quality resource & reference materials and Continued Professional Development certification. Our training team is culturally diverse and our trainers come from a wide range of backgrounds; understanding and working with human diversity is intrinsically built into all the Training Packages LC&CTA offers. Our fees are negotiable and will be dependent on the type of package you choose.

LC&CTA is an organisational member of the British Association for Counselling and Psychotherapy, an approved City & Guilds and CPCAB Training Centre, a UK Registered Training Provider and a registered Professional Organisation with the National Students Union. We are also in partnership with the Skills People at Lewisham College, a unit which delivers corporate and developmental training for individuals and groups in the workplace

If you would like to find out more about our Training Packages do not hesitate to call Chris Brown on 020 8320 2311 or email [enquiries@lcandcta.co.uk](mailto:enquiries@lcandcta.co.uk)

We welcome all enquiries and look forward to your call.

---

<b>1 Day Workshops</b>	<b>4</b>
Problem Solving Skills	4
Time Management	4
Stress Management	5
Managing Assertively	5
Communication Skills	5
Presentation Skills	6
Dealing With Difficult People & Complaints	6
Introduction to Mental Health Issues	6
<hr/>	
<b>Team Building &amp; Development Skills Workshops</b>	<b>7</b>
Developing an Effective & Supportive Awareness of Diversity	7
Peer Appraisal & Feedback Skills	7
Mentoring & Team Development Skills – 2 Day Workshop	8
<hr/>	
<b>Short Courses</b>	<b>9</b>
Creativity / Lateral Thinking Course	9
Autogenic Therapy Course	9
<hr/>	
<b>Personnel Support Services</b>	<b>10</b>
Critical Incident Debriefing	10
Personal Counselling	10
<hr/>	
<b>Meet the LC&amp;CTA Training Team</b>	<b>11</b>

## 1 Day Workshops

With some of the following Workshops it is possible to arrange for individual members of staff to attend LC&CTA 'in house' training days, rather than arranging a group delivery at a venue of your choice.

The fees quoted are for groups numbering 5 to 10 participants. Fees are negotiable for workshops of fewer than 5 or more than 10 participants.

Any questions / want to discuss a booking?

Please contact Chris Brown on 020 8320 2311 or email [enquiries@lcandcta.co.uk](mailto:enquiries@lcandcta.co.uk)

---

### Problem Solving Skills

This workshop is ideal for any one who wants to improve their problem solving skills and develop different ways of achieving this successfully. Participants will learn tried and trusted techniques which, if implemented, often provide quick and effective solutions to everyday reoccurring or sudden predicaments. These techniques include:

- Specific Thought Mapping
- Socratic Questioning Techniques
- Incident Analysis

During this workshop participants can also be introduced to 'Collective Attitudinal Highlighting' a method developed by Chris Brown of LC&CTA

which can bring into full awareness the underlying attitudes and beliefs which exist within a team or company that either promote or hinder productivity and growth and/or cause on-going problems to arise. Gaining such awareness enables teams/companies to build on their positive and constructive attitudes whilst working toward eradicating the issues which have lead to negative and hindering perspectives.

---

*Normal Cost of the Workshop:*

*£150.00 per participant (Groups 5-10 Participants)*

---

### Time Management

This workshop is designed for anyone who needs to improve their time management skills. We will address the typical barriers to managing time and how to develop self management skills in order to take control of work and delivery schedules.

We also explore time management tools and theories, and assist you in identifying your personal

blocks to the effective management of time.

You will gain an understanding of how you can be more effective in organising your life and achieving your goals; career and personal.

---

*Normal Cost of the Workshop: £130.00 per participant (Groups 5-10 Participants)*

## Stress Management

This workshop is for those who need to gain the knowledge and techniques to manage stress in the workplace.

We will be identifying the emotional and physical symptoms of stress and how this affects personal well being and effectiveness. We will also explore

how to adopt lifestyle changes in order to gain confidence and use stress positively and productively.

---

*Normal Cost of the Workshop:*

*£130.00 per participant (Groups 5-10 Participants)*

---

## Managing Assertively

This workshop is for those who want to learn assertive management techniques and to recognise passive/aggressive behaviour in others and how best to deal with it.

We will define the different dynamics of passive, aggressive and assertive behaviours and assist you in developing an awareness of the corresponding body language which accompanies such behaviour.

We will also help you to identify your personal barriers to being assertive and explore how you can effectively get your message across whilst remaining open to the value and importance of listening to others.

---

*Normal cost of the Workshop:*

*£150.00 per participant (Groups 5-10 Participants)*

---

## Communication Skills

This workshop is designed for participants who want to develop different techniques in and improve their communication skills.

We will identify the common barriers to communication and how these can be effectively addressed. We will consider and explore how you can encourage positive communication and promote positive working relationships in different situations.

Whilst the learning you glean on this workshop is primarily focused on developing these skills to use in the workplace, the skills can be as effectively used in personal relationships and situations.

---

*Normal cost of the Workshop:*

*£150.00 per participant (Groups 5-10 Participants)*

---

## Presentation Skills

This workshop is for individuals who need to develop skills in presentation delivery.

You will learn how to prepare for a presentation, develop different presentation techniques and learn how to identify and meet the diverse needs of both general and specific audiences. We will explore your individual style of presenting and method of delivery and assists you in using this to its best

advantage whilst avoiding common presentation mistakes.

You will receive guidance on how to manage anxiety and learn how to make the best presentation impact in different situations.

---

*Normal cost of the Workshop:  
£150.00 per participant (Groups 5-10 Participants)*

---

## Dealing With Difficult People & Complaints

This Workshop specifically explores how to deal with complaints and to communicate with and effectively manage difficult people and the situations they tend to create. We will identify the most commonly encountered types of difficult people and will explore the ways in which such people try to block clear communication, sabotage plans and avoid being 'managed'.

You will learn how to employ simple strategies to

counter such behaviour and stay in control of the situation, whilst ensuring your message is heard.

This Workshop will also give you the strategies to deal swiftly and efficiently with complaints; getting straight to the heart of the matter and solving it at source.

---

*Normal Cost of the Workshop:  
£150.00 per participant (Groups 5-10 Participants)*

---

## Introduction to Mental Health Issues

This Workshop is designed for those working in the Public, Education or Care Sectors who need a general understanding of mental health or are likely to come into contact with anyone suffering from mental health issues.

The Workshop Covers:

### **The Mental Health Act**

Why it was created and who does it serve?

### **Whose Mental Health Issues?**

Who and how are individuals affected?

### **The DSM IV**

The Range of Mental Disorders and how these are categorised.

Mental Disorders, Mental Disturbance and Mental Distress and how do you tell the difference?

### **How are Mental Health Issues and Disorders Managed and By Whom?**

The NHS; Professional Roles and Responsibilities.

Diagnosis; a negative or positive tool?

Treatment and Drugs and their effect.

Other Mental Health Organisations and their role.

### **Experiencing a Mental Disorder**

What does it feel like to have a mental disorder?

What does it feel like to work with a client with a mental disorder?

---

*Normal cost of the Workshop:  
£175.00 per participant (Groups 5-10 Participants)*

---

---

### Developing an Effective & Supportive Awareness of Diversity

Whilst Britain has long been moving toward becoming the culturally and racially diverse country it is today, there are still many misunderstood human differences and outlooks which cause tension in the workplace.

This Workshop is designed to assist you in questioning your attitudes toward human difference and learning how to develop an understanding and appreciation of such differences instead of being at odds with them. Central to this process is having an ability to take others' racial and cultural experiences into consideration without stereotyping individuals,

which is in and of itself a vital skill in the effective and supportive management of others. During the workshop we will explore how these skills and attitudes can be achieved.

We will also look at how Company or Team wide harmony can be created; developing a cooperate/team perspective in which cultural and racial difference is valued by your work force for the positive attribute it truly is, rather than simply having to manage or 'police' prejudice and racism.

---

*Normal cost of the Workshop:*

*£150.00 per participant (Groups 5-10 Participants)*

---

### Peer Appraisal & Feedback Skills

One of the most effective ways proven to enhance performance and productivity is through an on-going Peer Appraisal and Feedback Scheme. During this Workshop you will learn basic Appraisal and Feedback Skills and we will show Managers and/or Teams how to set up such a scheme effectively.

Giving feedback in a supportive, non-judgemental but productive and honest manner takes proficiency and as a participant you will be equipped to achieve this, at least to a minimum degree, by the close of the workshop.

Self-reflection is vital to the process of peer appraisal and feedback and we will explore the personal benefits you will gain as an individual when you take the time to self-reflect; developing and building

on your ability to meet your own career or work goals - whatever these may be.

We will look at the common and individually specific barriers to giving and receiving appraisal and feedback and also explore the best way for you to overcome such obstacles.

There is also the opportunity to opt for an additional half day follow-up session to iron out any difficulties and overcome any problems you are experiencing implementing the peer appraisal and feedback scheme.

---

*Normal cost of the Workshop:*

*£175.00 per participant (Groups 5-10 Participants)*

*Follow-up Session: £450.00*

## **Mentoring & Team Development Skills – 2 Day Workshop**

Helping staff to develop and become more effective in the workplace is a vital aspect of getting the best out of your team to improve productivity; mentoring and team development skills are invaluable in this endeavour.

This workshop will assist you in becoming an effective Mentor; giving you the skills to recognise the learning styles and needs of those you manage and how to encourage maximum confidence, performance and growth.

We will also explore how you can set up an effective Mentoring Scheme company or team wide and will provide 6 experiential sessions of on going Mentoring Support for the most senior managers participating in the training.

---

*Normal Cost of the Workshop:*

*£210.00 per participant (Groups 5-10 Participants)*

*Cost with 6 x 1:1 experiential sessions included:*

*£280.00 per participant*

---

### Creativity / Lateral Thinking

**In the current financial climate nothing is more important than your managers and workforce/team being able to increase productivity, business and targets. This course is designed to give participants the opportunity to appreciate and develop their ability to 'think outside the box' and be creative; in order to be inventive and use initiative in the workplace.**

Participants explore their abilities using words, music, movement, visual expression, and painting. We also look at exercises which can be used within teams to generate ideas and develop participants' ability to see things laterally.

No prior experience is necessary but a willingness to participate and try out new ways of self-expressing is desirable. Whilst this course is fun it has proven to be invaluable to many, helping to amplify their profitability and expanding their capacity to invent new concepts and make plans with the increased confidence to see these through to completion. The course run for 7 weeks and sessions are of 2 hours duration.

---

*Normal Cost of the course:*

*£260.00 per participant (Groups 6-10 participants)*

---

### Autogenic Therapy

*For this course it is possible to arrange for individual members of staff to attend LC&CTA 'in house' training days, rather than arrange for a group delivery at a venue of your choice. Please contact Chris Brown on 020 8320 2311 or email [enquiries@lcanctca.co.uk](mailto:enquiries@lcanctca.co.uk) for bookings or further enquiries.*

This course is for anyone who wants to change their attitudes and patterns of behaviour which increase rather than minimise stress.

Anyone who wishes to increase their creativity, improve sports performance and/or facilitate personal growth and development.

Following an initial one to one personal assessment with Lynne Stevens you will learn Autogenic Therapy over 7 weeks. Sessions last approximately 2 hours and are conducted in small supportive groups. No special clothing or equipment is required.

Over 7 weeks the whole programme is built up week by week; you are trained to use the exercises by Lynne who guides you through the process of change. Each week's exercise builds on the last and

forms an integral part of the whole programme. Gradually you will be training yourself to tap into and trust your own innate capacity to bring about improved physical and emotional health.

Between weekly classes, you'll be asked to do two or three practice sessions each day and be able to access telephone support from Lynne should you require it. These simple exercises only take a few minutes, can be done anywhere, and help the mind and body focus on the process of switching to the relaxation response.

This proven method of changing the stress response was taught to BA Pilots and comes highly recommended.

---

*Normal Cost of the course:*

*£215.00 per participant (Groups 6-10 participants)*

---

### Critical Incident Debriefing

Critical Incident Debriefing (CID) is a highly structured form of debriefing, which can be provided to assist an individual after a traumatic experience; an act of violence, an accident or witnessing such events.

A critical incident is identified when an event has overridden an individual's regular coping mechanisms and provokes stress in an otherwise normally healthy person. If left unaddressed such stress can cause profound emotional distress and impact greatly on a person's current abilities and potential to develop new skills. The effects of such stress can result in shock, perceptual distortions and disruption, or feeling emotionally numb. An individual can also become hostile and very angry,

he/she may also become fearful, depressed develop sleeping difficulties or isolate from others. Intrusive thoughts, flashbacks (visual images of the event flash into the persons' mind's eye) and a profound sense of guilt can also develop.

LC&CTA can provide CID for individuals or groups if a Critical Incident has occurred internally or externally to the workplace which has affected your members of staff and their potential ability to continue to work effectively.

---

*Cost of the service:*

*Negotiable and based on requirements.*

---

### Personal Counselling

#### 1:1 Counselling

From time to time, as is to be expected, members of staff often face personal problems and issues which may detrimentally effect their productivity and performance at work, but annually industry loses millions of man hours to 'stress absenteeism'.

Providing staff with a confidential support service in times of emotional or life changing distress or crisis can ensure that the man hours lost to your company due to staff distress, can be reduced to a minimum.

LC&CTA can provide an 'in house' or 'off site' Counselling Service which your staff may be referred to as and when such support is deemed advantageous. How the implementation of such a service will work best for your company will be based entirely on your needs.

If you are interested in finding out more about developing this support service please contact Chris Brown (as above).

---

*Cost of the service:*

*Negotiable and based on requirements.*

---

***To discuss either service or to find out more about what LC&CTA can offer in relation to other Personnel Support Services, please contact:  
enquiries@lcandcta.co.uk***

## Meet the LC&CTA Training Team



### Chris Brown

Chris is a Person-Centred trained, BACP Accredited & UKRC Registered Counsellor and Psychotherapist who also works in Private Practice. As well as her Diploma in Person-Centred Counselling, Chris holds an MA in Counselling & Psychotherapy, a Certificate in Education, and an AEB Certificate in Counselling Supervision. She is currently on leave from her Doctorate in Psychotherapy at Middlesex University, researching the impact of experiential training in relation to race, racism and other diversity issues.

Over the last 12 years she has gained broad experience as a Counselling Trainer in FE & AE Institutions London wide. In her Private Practice Chris also offers Supervision to other Counsellors.

Chris is a co-founder of LC&CTA, and this is her eight year teaching in the Borough of Lewisham.

Chris comes from a Working Class background and Italian immigrant heritage.



### Juanita Harriot

Juanita is Person-Centred trained and holds an MA in Psychoanalytic Psychotherapy, as well as a PGCE; she is a BACP Accredited and UKCP Registered Practitioner.

Juanita currently practices as a Counsellor/Psychotherapist in a North London GP Practice and coordinates the Counselling Service this GP Practice offers to its patients. Juanita also has extensive experience training administrators and is currently embarking on her doctorate in education.

Juanita is a co-founder of LC&CTA, based at Lewisham College and this is her fifth year teaching in the Borough of Lewisham.

Whilst her name is of Spanish origin, Juanita is of British /Caribbean heritage.



### Arike

Arike trained in the Person-Centred Approach and holds not only his Counselling Diploma but also an MA in Counselling & Psychotherapy. He has worked in the profession for a considerable number of years in a number of different settings; Private & Institutional. Arike is known for his very successful work with Black Male Offenders and runs Personal-Development Workshops, as well as supervising other Counsellors. Arike is also deeply interested in creativity; his own and that of others and often holds Salons at his home. His name is Nigerian and reflects aspects of his upbringing. This is his fifth year teaching in association with the co-founders of LC&CTA.



### George Kwasniewski

George is a qualified Person-Centred Counsellor presently working with a Youth Counselling service in Greenwich both as a counsellor and Trustee. He has 4 years in-depth experience working with young people in school and the community. With a wide-ranging background in the City he is also a freelance Career Management Consultant; coaching clients in transition together with facilitating group seminars and workshops.

George, whose parents are refugees from the Second World War, comes from Polish stock; his upbringing has given him an insight into issues affecting ethnicity and diversity. He has a son, who is a young adult, with learning disabilities and this experience has immersed him in disability issues. He has a passion for developing opportunities for all people with learning disabilities both in a working environment and independent living.



### Denise Hubble

Denise has had a teaching affiliation with the co-founders of LC&CTA over the past six years and her Existential Unit delivery on the HPD has been highly commended by our City & Guilds External Moderator. Denise is an Existentially Trained Counsellor who developed and manages a local Agency which supports the mothers of children who have been sexually abused. She also works as a School Counsellor and provides Supervision to other Counsellors.

Denise holds a Diploma in Counselling and a Certificate in Education which she gained at Greenwich University.

Denise is British and lives and works locally.



### Denise Duncan

Denise holds both a Diploma in Person-Centred Counselling and a Certificate in Education. This is her fourth year of qualified Teaching in association with the co-founders of LC&CTA, although during her Diploma Training she also worked for us as a Study Buddy on lower grade courses for 2 years. She has also coordinated a number of Introduction to Counselling courses run externally in the Lewisham community. Denise practices locally in a number of different settings and is in the process of widening her practice experience still further.

She is of Afro-Caribbean descent but was born in Britain.



### **Tony Taylor**

Tony is a Person-Centred Trained Counsellor who is currently in the 2nd Year of his 'Certificate in Education'. During his Counsellor Training, Tony worked as a highly effective Study Buddy supporting other students in achieving their qualifications at both Introduction and Certificate Levels at Lewisham College. He works in a GP Surgery, is a School Counsellor and has a depth of experience working with children and young people. He also has a profound interest in the way in which oppression impacts on both individuals and groups within society and is an advocate of the need for men to become more expressive of their vulnerabilities through intra and interpersonal exploration and disclosure. Tony is Black British of Afro-Caribbean decent.



### **Paula Jordan**

Paula is Person-Centred trained and has a four year association with the co-founders of LC&CTA. She is now providing our 2nd Year HPD students with Skills Feedback in order to enhance and develop their clinical practice abilities.

Paula has a strong drive toward congruence and is ever seeking to develop her Personal and Professional Awareness. She is currently taking her 'PETALS' Course in order to broaden her Tutoring abilities and develop her teaching skill.



### **Candy Fathers**

Candy is a Person-Centred trained qualified Counsellor who works for a Youth Counselling Service in Greenwich. She is currently in the process of working toward her BACP Accreditation.

Candy has a wide range of interests and possesses a forceful personality; she is street wise and 'out there', with an innate ability to be empathic to other's concerns; which makes her an ideal person to work with young people.

Candy is a Black woman who was adopted as a very young baby by White parents and she is extremely proud of her mixed cultural and racial heritage; she presented a Research Paper at the BACP National Research Conference in May 2007 in which she used her life experiences to explore the Transracial Counselling process.



### **Manda Glanfield**

Manda Glanfield is a qualified person-centred counsellor with 4 years clinical experience working with children and adults in a GP's surgery, primary school, PRU and private practice.

Underpinning her work is a belief in the fundamental healing potential of a client-counsellor relationship based on 'true' relating. She is also committed to being aware of diversity and difference in the relationship and to exploring the role of congruence in this context.



### **Muriel Sawyerr**

Muriel is a Person-Centred trained qualified counsellor who is working toward her BACP Accreditation. She is currently self-employed as a Private Practitioner in the Lewisham area and works in a local Counselling Agency.

Muriel made a great contribution to the formulation of LC&CTA during its 'birthing period' and is a highly valued member of our team. She is open, honest and gentle with an ability to give supportive feedback which enhances an individual's personal and professional development.

Muriel has had a five year association with us and is of African decent but describes herself as Afro-British as she has been a UK citizen since she was nine years old.



### **Leona Whitehead**

Person-Centred trained Leona holds a Higher Professional Diploma in Counselling and is currently applying for her BACP Counsellor Accreditation.

Leona practices in a variety of settings including Private Practice; she was the driving force in setting up a shared Diversity Practice with a number of other Counsellors with whom she trained some years ago.

This is Leona's first year teaching with us and LC&CTA welcomes her energy, humour and professional dedication.

Leona is of White British decent and lives and works in the local community.



### **Keith Edmondson**

Keith has a decade of experience working as a qualified Counsellor/Psychotherapist and is the Manager of a South East London Community Service which supports local residents in various ways; which includes access to a 1:1 Counselling Service.

Keith is Person-Centred Trained and supervises other Counsellors in their Clinical Practice.

This is Keith's 2nd Year teaching with LC&CTA but he has a long association with its founding directors having trained for a year with both Chris Brown & Juanita Harriot. Keith has an avid interest associated with equality and equality of access and he describes himself as Black British.



### **Delia Edwards**

Delia is a dynamic, outgoing and energetic woman who has just won Government Funding to run Career Development Events in the Borough of Lewisham, designed to widen participation and encourage broader and diverse entry into the 'professions'. Delia is Person-Centred Trained and works as a Counsellor with a number of other Counsellors in a Private Practice which is geared toward providing a service which meets the diverse needs of the Lewisham Community.



### **Maya Gagni**

Maya is a qualified Dramatherapist and Person-Centred Counsellor and Supervisor with 8 years post qualification experience. She has extensive experience working with a variety of clients' issues; abuse, addiction, sexuality, cultural issues and identity, depression and child sexual abuse.

Since 2005 Maya has been facilitating Person-Centred Dramatherapy Groups for Women, Person-Centred Support Groups and Personal Development Workshops for women affected by domestic violence. She also offers various one day Workshops on 'Using Masks' and 'Puppetry in Therapy' as well as co-facilitating Workshops on 'Therapeutic Drumming'. She is also a theatre Performer, Director, Deviser and Producer and has worked for a number of theatre companies. She co-founded "Third Eye Theatre Co." and specialised in physical theatre focusing on masks, mime and puppetry.

Maya is of Afro-Italian decent and has lived and worked in Britain for over a decade.



### **Tanya Doenges**

Tanya is a qualified Critical Incident Debriefer who has worked in various residential settings with clients who have learning disabilities. She is now a Company Trainer and has been training staff for the last three years on up-grading their personal and professional skills, time management and assertive abilities.

Tanya has 15 years experience working in the Health & Care Sector and is now working with LC&CTA developing a series of exciting and innovative Workshops which will be delivered throughout the year.

Tanya lives and works in the South East England Region and is of white British heritage – she was born and raised in London.



### **Shirani Situnayake**

Shirani is a Person Centred Counsellor and Supervisor who has over 8 years counselling experience and she practices in a small Women's Counselling Service in SE London. Shirani works extensively with survivors of both child abuse and domestic violence and believes strongly that counselling should be accessible to all people, regardless of income. She is a member of BACPSL and although eligible for BACP accreditation she is actively resisting it on principle.

Shirani also facilitates Drumming Workshops in a variety of community based, educational and therapeutic settings, is a Group Facilitator and uses visualisations and a variety of creative media in her work with clients. She believes that developing creativity is a fundamental aspect of 'recovery and health'.

Shirani brings to counselling her awareness gained at the edges of our society and has a profound understanding of

dislocation, distress, oppression and rage honed from her own life experiences. She is a mixed heritage Sri Lankan Immigrant and a lesbian.



### **Lynne Stevens**

Lynne has worked as a personal trainer in the fitness industry for a decade and is a Person-Centred trained Counsellor, working towards BACP Accreditation. She is also a qualified Autogenic Therapist and has a profound belief in the holistic, mind, body, spirit approach to health and well-being. Lynne was co-author of a research paper presented at the BACP National Research Conference in May 2008, which explored the role of Spirituality as an agent in the recovery from addiction.

From Autumn Term 2008, Lynne will be teaching Autogenic Therapy Courses at LC&CTA. Autogenic Therapy is a highly effective, well-researched self-help technique that can be used to manage stress, reach deeper emotional balance and release creativity thus promoting inner well being and enhancing general health.

She describes herself as a Scot in self-inflicted exile.



### **Mavis Lartey**

Mavis has had a long association with many members of the LC&CTA Tutor Training Team and is a fully qualified Person-Centre Counsellor. She has experience of working with both children and adults in a variety of clinical settings and she operates a small Private Practice. Mavis is also currently working toward her BACP Accredited status.

She is extremely interested in the 1:1 supportive learning process and assists our students who require additional help in completing assignments. Mavis is a highly skilled study facilitator and a valued member of our team. She is looking toward extending her teaching abilities by taking the PETTLS Teacher Training course which starts in January 2009.