

PROFESSIONAL DEVELOPMENT & TRAINING WORKSHOPS

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WITH DR RACHEL FREETH - PSYCHIATRIST, COUNSELLOR AND WRITER

THESE ARE SOME OF THE WORKSHOPS I DELIVER:

HOW DOES THE MEDICAL MODEL INFLUENCE COUNSELLING AND PSYCHOTHERAPY?

Initially we shall explore the key assumptions and values of the medical model and how these might influence a variety of helping activities, both within and outside traditional medical and healthcare settings. We shall expand on this exploration by looking at how clients may be influenced by medical model thinking and values and the challenges this may present to counsellors and psychotherapists who operate from a different paradigm. We are encouraged to reflect on our own attitudes and responses to the medical model and how this informs our clinical practice.

WORKING WITH SUICIDAL CLIENTS - PSYCHIATRIC PERSPECTIVES

The aim of this workshop is to help counsellors consider some of the issues around working with suicidal clients. We explore the concept of mental capacity and the ethical principle of respecting autonomy. We also look at how to consider and assess risk and when and how to intervene on behalf of a suicidal client. Throughout the workshop there is encouragement to reflect on our own values and beliefs about suicide, our own emotional responses and how these influence our practice.

RECOGNISING AND ASSESSING FORMS OF MENTAL DISTURBANCE: A PSYCHIATRIC PERSPECTIVE

I offer some insights into how psychiatrists assess mental functioning and explore mental phenomena: what generally might be understood as 'symptoms and signs' of disturbance. We go on to consider how some forms of mental disturbance might particularly impact on the counselling process and when counselling may not be suitable or helpful. We also go on to explore when counsellors might need to seek psychiatric advice or even make a referral.

PSYCHIATRIC DIAGNOSIS – WHAT MIGHT THIS MEAN FOR YOUR CLIENT AND TO YOU?

This workshop offers a conceptual overview of psychiatric diagnosis, the common classification systems (DSM and ICD), and its role within contemporary mental healthcare. This includes considering key debates and controversies. Of particular relevance for practitioners is the exploration of potential meanings of psychiatric diagnosis for clients: for example, is diagnosis helpful or unhelpful for them? What are the implications of this for each individual? We also consider the ways in which psychiatric diagnoses might influence the work of counsellors.

UNDERSTANDING PSYCHIATRIC DRUGS - ISSUES FOR COUNSELLORS AND PSYCHOTHERAPISTS

This workshop provides an overview of the various types of psychiatric drugs and why and when they are prescribed. Participants are encouraged to reflect on their own views and any prejudices regarding the prescribing and use of psychiatric drugs, and what informs those views. They are also provided with a framework for thinking about the influence of drugs on the therapeutic process and whether a drug is helping or harming a client.

ABOUT ME

I am a psychiatrist working in an NHS community mental health team. I am also a person-centred counsellor working within a counselling charity in Gloucestershire. For several years I have been developing and delivering workshops on a freelance basis for counsellors, psychotherapists, mental health professionals, pastoral counsellors, and those working in allied helping and healing roles. Many of my workshops are designed for practitioners who are interested in learning more about topics related to psychiatric practice and mental health. As a psychiatrist and a counsellor I am able to bring insights and perspectives from both these disciplines, with an overarching aim of building bridges of understanding and respect between a variety of perspectives, approaches and experiences.



FOR MORE INFORMATION ABOUT ME, THE WORKSHOPS AND TRAINING I OFFER PLEASE GO TO MY WEBSITE: WWW.RACHELFREETH.COM OR CONTACT ME BY EMAIL AT RACHELKFREETH@GMAIL.COM