

PCE-CfD CPD Schedule 2026



All workshops cost £85 each per day and are facilitated ONLINE, via the Zoom / Microsoft Teams video conferencing software.

To book, please click the [CPD workshop title](#) to be directed to our 'Quercus - Book & Pay' platform and create a 'New Account' if applicable. ['CPD Opportunities Available Exclusively to PCE-CfD Students'](#)

We are excited to draw your attention to our upcoming PCE-CfD CPD workshops, they are all designed to support you in maintaining fidelity to the modality, refining your skills, and deepening your practice.

As a licensed PCE-CfD practitioner or supervisor, you know that ongoing continuous personal development (CPD) isn't just a requirement - it's an essential part of ensuring best practice for your clients. Both BACP and UKCP require at least 30 hours of CPD per year to maintain accreditation / registration, defining it as an opportunity to broaden competence and systematically maintain, improve your knowledge and skills.

[Friday 10th April 2026 \(10:00-17:00\) – Working within Diversity with Glen Grace-Bloomfield and Marva Sherman](#)

This is an opportunity for participants to explore the nature of working within this model with diverse contexts and diverse clients. Anti-oppressive practice inclusivity and the power dynamics within the therapeutic relationship. Participants will be invited to be self-reflective both personally and professionally around this focus.

[Tuesday 21st April 2026 \(10:00-17:00\) – PCE-CfD: A Neuroscience Perspective with Alessia Biciocchi and Lorraine Munro](#)

This experiential workshop explores how the therapeutic relationship, rooted in empathy, congruence and unconditional positive regard, literally reshapes the brain. Drawing on neuroplasticity, polyvagal theory, mirror neurons and the default mode network, we will trace how emotional safety and attunement support integration and healing. Through video insights, felt-sense practices and group reflection, we will link brain science to the lived experience of therapy, deepening our understanding of how PCE-CfD fosters change from the inside out. You can look forward to a rich blend of theory, embodiment and shared curiosity.

Wednesday 20th May 2026 (10:00-17:00) – Working with clients presenting with trauma in history with Catherine Cox and Kim Murray

Much has been written about in terms of how relevant the PCE-CfD approach is when working with trauma, due in particular to how the model is client led and a very 'gentle' way of working, with client autonomy being a central tenet. We will be looking at the key principles and practice of working in this way with clients presenting with trauma within the Talking Therapies services. These considerations will be set within the context of the new risk guidance set by NICE. The day will be experiential and you will have the opportunity to try out new skills.

Friday 26th June 2026 (10:00-17:00) – The Nature and Quality of my Professional Self Care with Geraldine Thomson and Sarah Boles

This CPD training for PCE-CFD practitioners will provide an opportunity for participants to focus on the nature and quality of their professional self-care. Themes that will be addressed and explored are:

- The phenomenon of self-forgetfulness in relation to counsellor self-care.
- The roots that feed your frame of reference about your self-care.
- The organisational context in which you are working – how rich is your soil?
- Aspects of person-centred theory that can inform your approach to self-care.
- The purpose and role of supervision as a space for supporting counsellor self-care.

While there will be reference to Rogerian and more contemporary person-centred thinking, the day will be largely experiential in nature.

Thursday 26th June 2025 (10:00-17:00) – Configurations of self with Glen Grace-Blomfield and Michael Mulkerrin

If you are in two minds over whether to sign up for this workshop, you are experiencing 'configurations of self.'

In the workshop we will focus on how to bring our client's awareness to these internal conflicts. We will learn how to help them differentiate the different aspects of self. How to facilitate them in giving voice to these conflicted parts.

These may be relatively benign and superficial differences: "I want to apply for that new job, but I don't want to risk being turned down". However, they often harbour more fundamental splits in our experience of ourselves: "I'm deeply unhappy in my current job but it's pointless trying to do anything about it because I am basically useless."

We all have aspects of ourselves that we are not comfortable with, that we choose to minimise, ignore, deny and hide away. When we do this with a part of ourselves, we are denying it the chance to grow and develop along with the rest of our being.