



One Day Introduction to Running Psychoeducation Groups

A Workshop with Dr Adrian Hemmings

20th June 2008

With the introduction of 'Layered Care' into Primary Care Mental Health Services the use of Psychoeducation Groups is increasing.

Are they simply a way of getting counselling on the cheap or could they be seen as treatment in their own right?

In an attempt to answer this question, we will look at the theory and history of psychoeducation and will touch on some of the supporting research. We will also look at the kind of people that might benefit from attending.

Above all, however, this is a practical day and we will cover the following topics:

Initial setting up of a group.

Group exercises.

Useful information sources.

How to deal with potential problems.



Adrian is a Chartered Psychologist as well as a UKCP Registered Psychotherapist. He has had many years of experience working in the NHS and third sector organisations. Until recently he was professional head of psychology for a Primary Care Mental Health Team in Kent where he ran psychoeducational groups. He now works part time in the NHS and as an independent practitioner and trainer.

Booking Form

Psychoeducation Groups- 20th June 2008

Venue TBC: Near Euston Station, London

FEES: £95 for Members £120 for Organisational Members £150 for Non-Members

Name _____ Role _____

Address _____

Daytime contact number _____

Please tick/complete as appropriate:

* I am a member of CPC/BASRT and my membership number is _____

* I am not a member of CPC or BASRT

Please select one of the following payment options:

1. I enclose a cheque for £ _____ made payable to CPC Ltd

2. I wish to pay by credit card/debit:

Switch Delta Solo Maestro JCB Visa Mastercard

Card No:

Start Date: / Expiry Date: /

Security Code Issue No: (Switch only)

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3. Please send an invoice sent to the following address :

Please return to: CPC, Queensway House, The Queensway, Bognor Regis, West Sussex, PO21 1QT

Tel: 01243 870701 Email: CPC@CPC-online.co.uk

Booking Conditions: By making a booking you are making a contract. Any cancellation must be in writing and an administration charge may be made for cancellations. Two weeks prior to an event no refund will be given.

Please note that a minimum and maximum delegate limit applies to this event. CPC may cancel this event if there are not enough bookings to make the day viable. In this unlikely event CPC will refund all fees paid.