

Live Interactive Webinar

Dealing with Difficult Emotions: Guilt, shame, hurt, jealousy and envy

Presented by Professor Windy Dryden

Join live on the day, or access the recording at any time for 30 days.

Often clients struggle with the emotions of guilt, shame, hurt, jealousy and envy. In this webinar, Professor Windy Dryden will offer a conceptualisation of these emotions, featuring the adversities, behaviours, and thinking that accompany each of them. He will discuss the importance of setting goals with respect to each emotion and describe how to help clients achieve these goals. The need to maintain the working alliance throughout the therapy process will be highlighted with discussion of how to overcome challenges that may arise.

Real-life demonstrations of how to help someone with different emotions will be carried.

Previous delegates at Professor Dryden's webinars have said: Brilliant live demonstrations. Unique learning. Live examples were great and showed how to put the model into practice. Windy did a great job. Informative and powerful session. Windy is an excellent and eloquent speaker. Inspired me. Excellent. Clearly and succinctly delivered. Loved the humour and down to earth content. Engaging and energetic presentation by Windy. Interesting and useful webinar from a very experienced practitioner with a lot of good stuff to share.

You will have **access to the full recording and materials/resources until the 23rd January. This gives you the flexibility to join for all or part of the day or to watch the recording whenever fits with your commitments.**

Professor Windy Dryden is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths, University of London. He has authored and edited more than 270 books. He is internationally acclaimed for his work and undertakes live demonstrations of therapy and coaching all over the world.

This live interactive webinar is suitable for health professionals including clinical and counselling psychologists, doctors, counsellors, social workers, mental health nurses as well as those working in third sector, educational and coaching settings. It will be of interest to practitioners of CBT and other approaches. It will contribute 6 hours of Continuous Professional Development (CPD)

3rd December 2024, 10 – 4.30pm
Join live on the day and/or watch the recording
at any time until 23rd January 2025
Price £120+VAT