

Live Interactive Webinar Helping Clients when Regret becomes Toxic

Presented by Professor Windy Dryden

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

In this live webinar, you will learn how to differentiate between toxic regret and healthy regret with a framework to help your clients understand the factors that underpin both. Prof Dryden will describe how clients can become trapped in the cycle of regret that is rigid and inflexible. You will learn a way of helping your clients deal with their toxic regret using self-acceptance and self-compassion so they can develop flexibility, experience healthy regret and move on with their lives.

A real-life demonstration of how to help someone with toxic regret will be conducted live with a webinar volunteer.

Professor Windy Dryden's latest book: 'Single-Session Therapy and Regret' is due out in 2023. He is internationally acclaimed for his work and undertakes live demonstrations of therapy and coaching worldwide. He has done over 700 such demonstrations.

You will have access to the full recording and materials/resources until the 24th October
This gives you the flexibility to join on the day or to watch the recording whenever fits with your commitments.

Windy Dryden is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths, University of London. He has authored and edited more than 260 books.

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 3 hours of Continuous Professional Development (CPD)

19th September 2023, 9.30 – 12.30

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October**

Price £60+VAT