



# INTRODUCTORY DAY

## Personal Construct Psychology

ONE DAY introduction to Personal Construct Psychology (PCP)

This day will help you gain an initial feel for PCP and how it might relate to you personally and professionally.

It is a stand-alone day but can also be the first day in the 6 day Foundation Level Certificate accredited by the PCP Association. There is no obligation to continue to participate beyond the first day.

As an introduction we will include some basic elements of PCP including:

- Constructs and construing
- Reflexivity
- Experiences of change

The style of the day will be interactive and reflective. There will be opportunities for discussions around personal and professional applications.

No prior knowledge of PCP is required.

We will be running the day via Zoom and will then discuss how the full course might be delivered going forward depending on social distance rules, individual preferences and personal location.

**Venue: Zoom (for the initial day)**

**Date: 26<sup>TH</sup> January 2021**

**Cost: £95**

**Course Facilitators:**

**Adele Pile and Cathy Sparkes**

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*For further information and application form contact:*

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