

Introductory Courses at the Wealden College

Part of the Wealden Psychology Institute, Wealden College of Counselling and Psychotherapy (founded in 1986) is an Independent Vocational Training college, providing excellence in professional development and training for the Psychotherapy and Counselling professions.

Introductory Certificates & Diplomas

Introductory Certificate in Trauma Therapy

This five day training leads to an introductory certificate. It is made up of an initial day entitled 'Trauma and Recovery' followed by four others on severe and complex trauma, children with trauma and trauma and attachment.

Please [contact the head office](#) to request a brochure.

Wealden Institute Diploma in Trauma Therapy

A further five day residential training is offered at the French Branch of Wealden Institute and leads to a diploma level qualification.

Please [contact the office](#) for more details and to apply.

Introductory Certificate in Animal Assisted Therapy

This training is made up of five individual workshops run at College Farm and leads to an Introductory Certificate in Animal Assisted Therapy. [Please contact the head office](#) for further details.

Introductory Certificate in Therapy with Children and Adolescents; a Transactional Analysis Approach

This is a six day Introductory Course and participants must have done a TA101 and have at least one year Counselling or Psychotherapy training in order to enrol. The training is run as several separate workshops which can be found on our [Short Course Programme](#). Please [contact the head office](#) if you need further information.

Introductory Certificate in Therapy with Couples; a Transactional Analysis Approach

This five day training is spread out over a period of several weeks in order to facilitate participants getting time off to attend. It leads to an Introductory Certificate in Working with Couples. Please see our [Short Course Programme](#) for the dates of the modules. Feel free to [contact our head office](#) for further details.

Introductory Certificate in Therapy with Families; a Transactional Analysis Approach

This five day training is spread out over a period of several weeks in order to facilitate participants getting time off to attend. It leads to an Introductory Certificate in Working with Couples. Please see our [Short Course Programme](#) for the dates of the modules. Feel free to [contact our head office](#) for further details.

Introductory Certificate in Mindfulness and Stress Reduction

Mindfulness is a way of paying attention to the present moment and is designed to help people become more aware of their thoughts and feelings in a way that facilitates a greater ability to manage them appropriately. This course runs over 12 Friday evenings from 4.45 to 7.15pm and is open to anyone interested in learning more about this fascinating topic. Feel free to [contact our head office](#) for further details. The flyer for bookings can be found [here](#).