

# Foundation Course in Personal Construct Psychology West London 2018

This foundation course in Personal Construct Psychology (PCP) will benefit anyone wishing to understand behaviour change both in individuals and groups. On this course you will explore how people make sense of the world, by standing in another person's shoes and understanding what their unique core values are and how they respond when these are challenged, how they cope with change.

PCP is a meta theory that provides us with a powerful tool in exploring and understanding behaviour change, in individuals, organisations, and society as a whole. It will benefit people working in education, in business and in behaviour change.

Clare Morris, a psychotherapist with twenty years experience applying and teaching Personal Construct Psychology, teams up with David Dansky of Cycle Training UK. Clare uses PCP in her work with people at all stages of dementia and other forms of cognitive impairment, developing a variety of interventions that help improve people's quality of life and wellbeing. David is a teacher who now works in cycling and transport behaviour change and uses PCP both in his work in educating people to consider how they move around, as well as in managing human resources as a member of one of the UKs leading worker's cooperatives, Cycle Training UK.

Clare and David are co authors of Carsickness: reconstruing driving and cycling (Personal Construct Psychology at 60: Papers from the 21st. International Congress) and have collaborated to develop the award winning project Positive Spin: enabling people with dementia and their families to cycle.

They will be facilitating this 6 day foundation course comprising three 2 day units:

**2nd/3rd February 2018**

**16/17th February 2018**

**2nd/3rd March 2018**

Fees: £850 for all 3 units  
£300 per unit

The course is of interest to anyone working with change in any area, and the group process benefits greatly from studying PCP and change across a range of contexts. The style of learning is experiential, illustrating the theory by looking at your own ways of making sense in the world, and participants will be facilitated to apply the ideas in their own practice.

**Enquiries to Clare Morris**  
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