

# Working with and Supporting Clients Taking or Withdrawing from Psychiatric Drugs

**Friday 5<sup>th</sup> July 2024 (10.00am to 3.00pm)**

It is estimated that Psychiatric Drugs such as antidepressants and antipsychotics are prescribed to around a quarter of the UK adult population. Some report positive effects, others report no benefits or adverse side effects. There is also evidence to suggest that some struggle with reducing or withdrawing from these prescribed drugs. Most therapists surveyed work with at least one client taking a psychiatric drug, nearly half of these therapists reported feeling a lack of confidence in knowing where to find information, ethical and professional guidance to work with and or support those taking or withdrawing from psychiatric drugs. \*

(\* taken from The All-Party Parliamentary Group (APPG) Guidance for Psychological Therapists - Enabling conversations with clients taking or withdrawing from prescribed psychiatric drugs revised January 2021)

Using the APPG as a guide, the learning from this day will offer you the opportunity to deepen your knowledge working with this client group, to familiarise yourself with the issues and the role of psychiatric drugs in therapy and reflect on your personal position in relation to your beliefs, values and attitudes towards prescribed psychiatric drugs. This will enable you to have open, informed, and supportive conversations with clients.

## The session sets out to explore:

- The use of Drugs and how they work
- The implications for (and of) our Therapeutic Practice
- An overview of psychiatric drugs
- The role of the therapist in assisting the withdrawal of psychiatric drugs

**Facilitated By:** Pam Evans MBACP (accred) BSc. Integrative Counselling.

Pam is confident that a deeper knowledge of psychiatric drugs facilitates an open and fully informed relational approach to her counselling work.

**Cost:** 95.00 Please see Booking Form below for booking a place and payment

**Numbers:** The training is face-to-face and participative.

**Venue:** LIFE-FORCE Centre, 3 East Hill, Colchester, CO1 2QL

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## Booking Form

### To reserve a place on this training:

Choose a payment option and make a payment by bank transfer to:

Life-Force School of Counselling Ltd

Sort Code: 12-24-82

Account number: 06069038 (Please use your initials for payment reference)

Fill in the form below and send the booking form by email or post to the address below to secure your place

- I have paid £25 deposit by bank transfer  
(Balance of £70 payable by Monday 24<sup>th</sup> June)
- I have paid £95 by bank transfer
- Invoice needed to activate payment

**NB. The £25 deposit once paid to reserve a place is non-refundable, unless the training is cancelled due to unforeseen circumstances.**

Participant's Name: .....

Contact Telephone: .....

Contact Email: .....

Organisation / Job Role: .....

Qualification & Year: .....

Additional Requirements: .....

**Please send the completed application form to:**  
[katrinaf@lifeforce-counsellingschool.co.uk](mailto:katrinaf@lifeforce-counsellingschool.co.uk)

All personal details & information supplied on this form will be deleted appropriately by digital deletion, and/or double cross shredding, within thirty days of completing the training and the information not used for any other purpose.

To maintain ethical boundaries this training is not open to Current Registered Life-Force School Students