



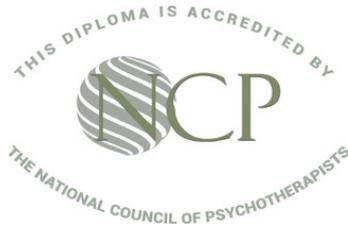
Penny Parks Training Ltd

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Parks¹ Inner Child Therapy Trauma & Abuse Specialist Skills Diploma



Training Syllabus & Guide

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¹ Please see the end of the Guide for a brief biography of PICT's creator, Penny Parks

PICT Overview

PICT creates lasting change. It equips professionals to effect a big difference in a comparatively short space of time. As a complete stand-alone model with demonstrable outcomes, it enables clients and practitioners to work effectively, gently and compassionately towards resolution of issues including trauma, childhood abuse, and a wider range of problems.

PICT has continued to evolve since its recognition in the early 90's and has remained at the cutting edge of treatment since then. It was the first trauma and abuse therapeutic model to recognise the value of imagery rescripting and to incorporate it into the training, alongside strong elements and techniques from CBT, TA, NLP, humanistic and attachment-based models. PICT's structured, measurable, systematic approach encompasses cortical re-mapping and accelerated belief restructuring to establish new neural pathways. It can produce profound, rapid, gentle and enduring core level change – **full resolution** – and equips practitioners to work with skill, understanding and warmth.

PICT Trauma & Abuse Specialist Skills Diploma Training Enables Students to:

- ❖ benefit from a complete, stand-alone therapeutic model and 'tool kit'
- ❖ gain a thorough understanding of trauma and abuse
- ❖ gain the expertise to create lasting change and resolution for clients
- ❖ establish authentic and deep rapport
- ❖ build the strong foundations that facilitate change
- ❖ accurately assess treatment priorities
- ❖ measure client outcomes and client experience
- ❖ identify and change limiting beliefs
- ❖ recognise false memories
- ❖ build a resourceful state for clients
- ❖ rescript client's personal history
- ❖ resolve childhood and adult traumas
- ❖ work with all aspects of grief and loss
- ❖ disconnect phobias
- ❖ reduce or remove allergies
- ❖ appropriately direct or disconnect anger
- ❖ settle crippling inner conflict
- ❖ effectively treat PTSD associated with witnessing or experiencing a traumatic event, increasing work opportunities with trauma teams
- ❖ rapidly stop abreactions
- ❖ equip clients with a cluster of self-soothing exercises
- ❖ benefit from the discipline and growth of keeping a reflective journal
- ❖ learn the remarkable PICT Intensive (Quick Change) model and increase client base
- ❖ set up allergy and/or phobia clinics

What to Expect from the PICT Diploma Training

Throughout the course participants can expect to learn, laugh, cry, change, develop, relax and become inspired. The training format incorporates explanation, demonstration and practise. Participants will leave the course with a full ‘tool kit’ and the confidence to use it comfortably and effectively.

A PICT Practitioner needs to be secure and comfortable with his or her own material so that they can readily step into the often fearful and traumatic world of the client’s inner child. From this strong position the therapist is more likely to enhance the quality of the work done. Therefore, the course format is based on experiential learning - providing each student with a thorough ‘client’ experience to fully understand the client’s perspective, as well as resolving any personal material that could be a possible restriction when facilitating clients.

Please note: PICT training has a high experiential component and no role-play is utilised; students are expected to use their own personal experiences as material in all of the exercises.

Important note: *If any potential student feels s/he has a large amount of unresolved personal material, or material that feels overwhelming, it is suggested that therapy with a PICT Practitioner be arranged **before** enrolling on the PICT Training. During the course all students will find personal therapeutic benefit, but for those who need a large amount of undivided one to one attention, the course format is inappropriate. Students who do not disclose unresolved or potentially overwhelming material during the interview/application that consequently becomes a disruption to the student and/or cohort, is likely to be dismissed from the course without refund.*

Successful completion of the PICT Diploma Training involves more than the ability to grasp theory and use techniques. The personal qualities each therapist needs in order to fully engage with clients and make the best use of the PICT model are also assessed. Those personal qualities are:

- ❖ flexibility
- ❖ adaptability
- ❖ self-awareness
- ❖ willingness to embrace change
- ❖ self-respect
- ❖ integrity

PICT is a powerful therapy model for resolving trauma-based issues, which means it is crucial for practitioners to practice PICT with a sound knowledge, skill and emotional base. It is expected that students will adhere to their professional body’s guidelines for practice and ethics during the course, and PICT Practitioner Certification will further require successful achievement in *practical skills, modular assessment, appraisal of personal qualities and the case study*.

Individual students may also be ‘tasked’ (given specific undertakings during the course) should the trainer feel it would be of positive benefit in their development towards becoming a PICT Practitioner.

PICT employs varied and flexible scripted work. If potential students are unable, or averse, to reading scripts aloud in a relaxed, conversational manner they will NOT be suitable for this course.

PICT material utilises various embedded instructions for the unconscious mind. The manual and scripts are only offered in written English and copyright restrictions prohibit any verbal or written translation. Therefore, because PICT has extensive and detailed scripted work, foreign applicants who plan to use PICT material with clients who *do not* speak English are not able to be accepted onto the course.

How would using the PICT model and interventions enrich my therapeutic practice?

The most significant feature of PICT is that it can generate change gently and compassionately because there is little to no need for disclosure of the details of traumatic or emotionally painful events – which often only re-traumatizes clients, is time consuming, and may, in some cases, be harmful.

PICT addresses the effects of experiences (whether or not in conscious memory), thereby allowing clients to work at ease, retaining their privacy and dignity. Most clients report enjoying the therapeutic experience and are quickly aware of their achievements. PICT practice can be relaxing and satisfying, with appropriately placed light heartedness, to constructively counterbalance the more serious moments.

Although PICT was originally created to help individuals recover from the trauma and damage of childhood abuse, it has been found to be equally effective for a wide range of emotional and mental health problems, not exclusively ²including: depression, anxiety, low self-esteem, substance abuse, eating disorders, self-harm, anger issues, grief and loss issues (including murder, suicide, abortion and miscarriage, and loss of homes, pets, jobs, relationships, limbs, etc.), Critical Incident Debriefing (witnessing/experiencing highly traumatic events), phobias, allergies, working with abusers, OCD, PTSD, DD, and organised abuse,

Qualified practitioners (psychotherapists, counsellors, psychologists, therapists, psychiatrists, clinical teams, hypnotherapists, NLP practitioners, occupational therapists, psychiatric nurses or life/health/executive coaches) who want to work with a high degree of knowledge and skill and further develop their roles as trauma, abuse, mental and emotional health specialists, PICT is the next logical step.

PICT Diploma Training Structure

This 18-day course offers unique tools and skills. The PICT manual includes handouts for clients *and has every exercise scripted for ease of use.*

- The 18-day course is designed for delivery in three different formats over five or nine months and contains 142 *contact* hours.
- Upon successful completion, the PICT Practitioner Diploma is awarded with the title *PICT Diploma QC Practitioner* and confers the right to use the PICT logo on websites and promotional materials.
- Successful students will be invited to be listed on The Penny Parks Foundation website (first year free and £25.00 per year subsequently).
- This course is accredited by the National Council of Psychotherapists (NCP) and has Advanced Specialist Course status with the National Counselling Society (NCS).

² The PICT Diploma is a specialist skills training focused on resolving trauma and abuse issues. PICT tools are effective for additional specialist areas of work, (*including substance abuse, OCD, dissociative disorders and organised abuse*) and those students who have prior knowledge/training in these fields will find PICT tools productive; students new to these areas, but wishing to work with them, are advised to seek suitable additional theoretical training to support and underpin the use of PICT tools. For further information, please contact a PICT trainer.

IMPORTANT NOTE: prospective students, who have themselves experienced or been diagnosed with the above-mentioned challenges, must disclose and discuss that information with the trainer to ascertain whether PICT training is suitable. The PICT model is a profoundly intense experience, and depending on an individual's personal development level, may be triggering.

Training Formats

Group size is limited to a maximum of 12 students. Most courses are held in the Trainer's locality, but groups from the UK, or abroad, can arrange for a Trainer to teach at the group's location.

Training hours are: 9.30 for 10am start to 5.30pm with an hour for lunch and two breaks.

PICT Training may be delivered in **three formats**. Format One is the Standard training. Formats Two (Intensive) and Three (Comprehensive) are designed for courses held in the UK, as well as abroad, but are less regularly available.

- ***Format One – Standard:*** Nine, 2-day modules, delivered monthly, (approximately nine months overall).
- ***Format Two – Intensive:*** One 2-day segment and four 4-day segments, each held monthly (approximately five months overall).
 - Segment One – Contains Module 1
 - Segment Two – Contains Modules 2, 3.
 - Segment Three – Contains Modules 4, 5.
 - Segment Four – Contains Modules 6, 7.
 - Segment Five – Contains Modules 8, 9.
- ***Format Three - Comprehensive*** - Three, 6-day segments, each held with a one-month gap between segments (approximately five months overall).
 - Segment One – Contains Modules 1, 2 & 3.
 - Segment Two – Contains Modules 4, 5 & 6.
 - Segment Three – Contains Modules 7, 8 & 9.

Training Content

Module One – Understanding Childhood abuse and PICT processes

Theory:-

- How to use vital, and unique PICT language
- Effectively using visualisation, and resolving visualisation fears
- Working with abuse
 - Symptoms of abuse
 - Childhood abuse effects on sexuality
 - Understanding variations of Abuse Experiences and client age groups
- How PICT's unique approach immediately creates energy and positivity for both client and therapist
- Six foundational steps for resolution
- The PICT interview and assessment form
- Metaphors for understanding and embracing change work
- Tools for measuring PICT therapy results (PICT Memory/Problem lists)

Practise:-

- Creating a positive learning state
- Collecting a memory and a problem list (pairs work)
- Utilising PICT worksheets (pairs work)

Module Two – Creating Foundations for Change Work

Theory:-

- Teaching client ‘self-soothing’ positive states
- Introducing the PICT adaptation of the “Well-Formed Outcome” for therapy and non-therapeutic goals
- How to introduce PICT Information to a client:-
 - How beliefs create our reality
 - Adult, Parent Child
 - Self-talk
 - Mask Behaviour
- Preparing the client for change with the PICT Transformation Meditation

Practise:-

- Group exercise of client positive state tool
- Demonstration and pairs work using the PICT Well-Formed Outcome
- Group exercise experiencing the Transformation Meditation

Module Three – Changing Beliefs, Managing memory recall

Theory:-

- Assessing memory recall
- Relevance of beliefs and typical limiting beliefs
- 3 steps to prepare for the Mistaken Belief Visualisation

Practice:-

- Demonstration and practise (pairs work) of the Mistaken Belief Visualisation
- Demonstration of ‘Inner Child’ Freedom exercise

Module Four – Releasing Limiting Perspectives, Challenging Client Issues

Theory:-

- Representational Systems and PICT
- Submodalities and PICT:-
 - Changing how we store our memories
 - Disconnecting fear and anger
 - Stop angry ‘telling off’ thoughts
- How to quickly stop abreactions using the PICT Separation Technique
- Using PICT with Challenging client problems
- Re-writing adult experiences of shame, blame, regret and embarrassment

Practice:-

- Creating a positive learning state
- Demonstration and pairs work for ‘How we store our memories’ tool
- Demonstration of ‘Disconnecting fear and anger’
- Demonstration and pairs work of PICT Separation Technique
- Demonstration and pairs work of Adult Time Line Walk

Module Five – Comprehensive Procedure to Resolve Trauma Part I

Theory:-

- Part I – Introduction and explanation of PICT Trauma Resolution Experience (TRE)

Practise:-

- Creating a positive learning state
- Completing TRE worksheets utilising Memory/Problem lists
- Demonstration and commencement of pairs work for Trauma Resolution Experience

Module Six - Comprehensive Procedure to Resolve Trauma Part II

Practise:-

- Continuation of pairs work for Trauma Resolution Experience

Module Seven – Grief Work, Anger Management, basic technique to rewrite personal history

Theory:-

- PICT's extensive and unique tools for working with
 - Bereavement and loss covering:
 - Naturally caused death, suicide, murder, still birth, miscarriage and abortion, death of pets, and loss of job, home, partner, etc.
 - Anger:-
 - Anger letters, physical anger exercises, anger visualisation, anger tools for life, and repressed anger.
- The Short Form Trauma Resolution Experience (S/F TRE)

Practise:-

- Grief work practise (pairs or solo)
- Anger work practise (solo)
- Anger visualisation (group)

Module Eight – Rescripting Past, Present, Future; Trauma Stopper; Utilising Inner Resources

Theory:-

- Introducing:-
 - PICT Time Line Walk (TLW)
 - Critical Incident Debriefing
 - PICT Resourceful Self Exercise (RSE)

Practise:-

- Teaching client additional 'self-soothing' states
- Demonstration and practice (pairs work) of
 - Time Line Walk
 - Critical Incident Debriefing
 - Resourceful Self Exercise (RSE)

Module Nine – Phobia, Allergy & Inner Conflict Work, PICT Quick Change

Theory:-

- PICT tools for resolving inner conflict
- Specialist tools for Phobias and Allergies
- PICT Quick Change Variations
 - Extensive adaptation to standard Trauma Resolution Experience (TRE)
 - Assessing client for PICT Quick Change
 - Optional formats for PICT Quick Change

Practise:-

- Creating a positive learning state
- Demonstration and practise of:
 - 2 methods for resolving inner conflict
 - 2 methods for resolving Phobias
 - 2 methods for resolving allergies

PICT Intensive (Quick Change)

Formerly available as an additional and separate training module, in 2014, the powerful PICT Intensive (called “Quick Change (QC)” to reflect the accelerated pace of the work and outcomes) model was incorporated into the PICT Trauma & Abuse Specialist Skills Diploma Training. PICT QC is identified by four-hour sessions, which can be offered over two, three or five sequential days and is composed of specifically modified PICT tools.

When used in the sequential five-day format, this intensive model can offer remarkably shortened therapeutic time scales. In those five days, clients receive the equivalent of five months’ work, when compared to traditional one-hour sessions per week. Many people wish to take advantage of the benefits of working at a faster pace and this intensive format enables practitioners to offer a unique service and widens therapist’s client base.

Using the PICT Intensive (QC) five-day format also attracts clients from abroad or clients who may not have a PICT Practitioner located nearby, therefore, again substantially widening therapist’s client base. During the training, various applications of PICT Intensive (QC) are discussed.

PICT Trauma & Abuse Specialist Skills Training Criteria

- Students are expected to attend the full 18 training days and to successfully complete associated assessments, tasking (where applicable) and the case study in order to gain the PICT Practitioner Diploma. Up to two days may be missed through illness or unforeseen circumstances, but must be made up by booking private tuition with the trainer, at extra cost (£150.00 per day), *in addition to the usual module fee*.
- Leaving early on the last day of any module will be considered a day missed. Therefore it is expected that students will arrange their travel plans, and social engagements to fully accommodate the course hours – there will be no exceptions.
- ‘Rescuing the Inner Child’ and ‘The Counsellor’s Guide to Parks Inner Child Therapy’ are mandatory reading assignments, to be completed before or during the course.
- The module notes are emailed three weeks prior to each module. **It is mandatory that students completely read and familiarise themselves with the material before the module starts.**

- **Students are instructed NOT to utilise any PICT technique contained in the module notes prior to receiving proper training.**
- Certification will be issued **only upon satisfactory completion** and payment of the course. Successful students will receive certification as a *PICT Diploma QC Practitioner (PICT Dip. QC Pract.)*
- At the end of most modules students will complete Question Sheets, peer graded from answer sheets.
- Students may be ‘tasked’ by the Trainer to help the student reach their full potential as a PICT therapist. Tasks will vary according to the situation.
- One case study will be required.
- An on-going journal will be required.

Who Can Apply?

- Prospective students are expected to be qualified and experienced professionals in a helping profession, who are secure in their mode of practice. *Copy/ies of the relevant qualification/s must be submitted with the application form.*
- Prospective students will be full members of a bona fide professional organisation. *Copy/ies of current membership/s must be submitted with the application form.*
- Prospective students will be covered by professional indemnity insurance. *A copy of current policy must be submitted with the application form.*

How Do I Apply?

- Contact the Training Lead (Lindsay Schofield) to determine course locations, dates and spaces available, to obtain an application form, or to simply ask any questions you may have about the training.
- The Training Lead can advise you on the application process, which includes:
 - i. Submission of full application, including T&Cs, copies of qualifications/certificates, copies of insurance.
 - ii. If your application is successful, your referees will be contacted and your references gathered.
 - iii. If your reference check is successful you will be contacted to arrange an interview.
 - iv. If successful, you will be notified of your placement on the course by Penny Parks Training Ltd.
 - v. Upon receipt of your course deposit your placement will be confirmed.
- Please note full payment of course fees are payable one month prior to the commencement of training (or three months for early bird payment).
- The notes for the first module are released one month prior to the course start. Non-payment may mean these notes are withheld, and your place and deposit may be forfeited.
- The Trainer will subsequently email each module’s notes to you 3 weeks prior to the module start. To comfortably contain module training notes, it is recommended that you purchase five presentation binders (25mm).

Training Investment

[18 training days]

£2395.00 [after successful application, £239.50 deposit is required to reserve a place]; the remaining balance is due 1 month in advance of course start

£2300.00 *Early bird payment* [after successful application, £239.50 deposit is required to reserve a place]; the remaining balance is due 3 months in advance of course start

Supervision is provided during training hours. However, students should make allowance for additional supervision in the event that client work necessitates extra input, or in case students would like to book additional time with their Trainer, who will charge pro-rata with a slight reduction to their professional rate.

£50.00 Certification fee (paid when certification has been achieved)

Course and certification payments will be invoiced by, and paid directly to, Penny Parks Training Ltd. Follow-up group supervision day fee is paid to PICT Trainer.

Note: If payment is being provided by an employer, it is the student's responsibility to ensure the funding body is fully aware of payment procedure and **deadlines** and that Penny Parks Training is **notified** that a funding body is involved. Students sharing payment with their employer still need to ensure full course costs are paid up front (**by the deadline**) to Penny Parks Training and, if needed, make separate reimbursement arrangements with their employer.

Training at Outside Venues or Abroad

i. Independent Courses

When PICT Trainers organise and offer a course outside of their general area, for **independent students** (not attached to one organisation), the course is increased to cover additional costs including travel, subsistence and accommodation. Class size required is 10 minimum – 12 maximum.

£2,595.00 per student due 3 months in advance of course start. *Register your interest early so the trainer can correctly determine class size and also because payment is due 3 months in advance.*

ii. Courses Requested by Groups/Organisations

When an **organisation or group** requests delivery of the Diploma training at their chosen location, the class size is 8 minimum – 12 maximum. The course fees will remain at £2595.00, **but the group will supply and meet the costs of:**

- trainer accommodation; subsistence (£20 per day); and travelling expenses (50p per mile) **or** airfare and taxi's
- venue (room/s large enough to accommodate the students comfortably working in pairs)
- flip chart/pens
- break refreshments

About Penny Parks

Penny is the creator of *Parks Inner Child Therapy (PICT)* and a pioneer and expert in the field of childhood abuse (recognition, treatment and training) having developed the first inner child therapy model. She began teaching this 'stand-alone' model in 1988. It was developed from her own successful self-help efforts to resolve her personal childhood abuse experiences and has evolved into the structured, rapid, thorough and compassionate therapeutic model for trauma, abuse and emotionally based challenges that it is today.

Penny is an American, with British Citizenship, who has lived in the UK since 1982. She has worked with survivors in England and internationally, and has written two popular therapeutic books, *Rescuing the 'Inner Child'* (1990, *Souvenir Press*) a self-help book and *The Counsellor's Guide to Parks Inner Child Therapy* (1994, *Souvenir Press*). Both have remained in print since first published. We anticipate more books to follow as she considers how the powerful information contained in the Diploma might be made available to children. She has appeared in local and national media and has been the Patron of five organisations. She is currently retired and holds an Honorary Fellow membership with The National Council of Psychotherapists and The National Counselling Society.

The NHS, Social Services, MIND and private counselling agencies have secured PICT training for their staff, with advantages including shorter waiting lists, reducing the 'revolving door' syndrome with clients, and offering a service that is gentle and effective.



CONTACT: PICT Training Lead: Lindsay Schofield

Please contact us for an application form or simply for more information:

cornerstoneintegratedtherapy@gmail.com

Telephone: 0208 668 7527

About Lindsay Schofield (Training Lead & Consultant Psychotherapist)

Lindsay is a Psychotherapist, Supervisor and Trainer working in private practice and, delivering both PICT Training and her own successful workshops in the UK and Internationally. She has specialised for working with trauma, dissociative disorders, couples and for supervision. She is developing material for publication on Compassion Fatigue and has a keen interest in other's development, professional and personal. www.cornerstoneintegratedtherapy.com.

What Students Have to Say About the PICT Training

I have found PICT to be an excellent alternative to more traditional models used with clients who have experienced abuse. I have found it to bring fast results, changes more significant and profound than either myself or the client expected; and moreover the changes in the client are profound and lasting – unlike the temporary and superficial progress we have accepted in the past. *J. H. - OT*

I have found the PICT Training the most useful course I have done since my training and wish that I had known of and done it sooner. For the first time I feel empowered to address childhood abuse issues and have been encouraged by the effectiveness of this therapy. PICT empowers workers and clients alike, reduces the time in which clients need to be seen and allows them to leave the service never to return. L. K. - CPN

PICT transforms the way you work with clients, because you know you can get through very traumatic material in a relatively short time. *S. D. - Psychotherapist*

PICT is a structure that is easy to follow and it works! With the scripting of exercises I never feel at a loss. E. S. - Community OT

Up until now, I have felt I was working in the dark with abuse clients; the PICT method is like at last having a light turned on. *S. M. - Psychiatric Social Worker*

It works quickly and it's easy to use. What used to take 6 months now takes 6 sessions. M.S.F. - CPN

“If you have always wanted to find a treatment approach that enables people to dispel mistaken beliefs, while at the same time acknowledges the person’s feelings that they have forever held inside. An approach that not only tells you how it is, but what to do about it, then PICT will mark the end of your search. PICT is an empowering, energising experience for both therapist and client.”
S.K. – Senior Occupational Therapist in Community Mental Health, Clinical Specialist.