



CONTEXTUAL  
CONSULTING  
TRAINING | SUPERVISION | THERAPY



Quality Acceptance  
and Commitment Therapy  
Organisational CPD contracts

## Develop, motivate and retain staff

Contextual Consulting is the leading provider of Acceptance & Commitment Therapy (ACT) Training for therapists and practitioners from world renowned experts. Over 50,000 practitioners have benefitted from our training.

We'd love to provide your staff with easy, ongoing access to our training events. Our continuing professional development (CPD) events keep them up to date with the latest techniques, well-motivated and making their therapy more impactful.

*“ The library of ACT training helps our psychological staff with their clinical delivery and the training helps them feel valued and supported in their work. This helps with staff engagement recruitment and retention. Providing this training has been seen as very valuable by our staff particularly given the current workforce shortages within the NHS.”*

Dr Christopher Whiteley is Chief Psychologist at Central and North West London (CNWL) NHS Foundation Trust

### Exceptional quality CPD

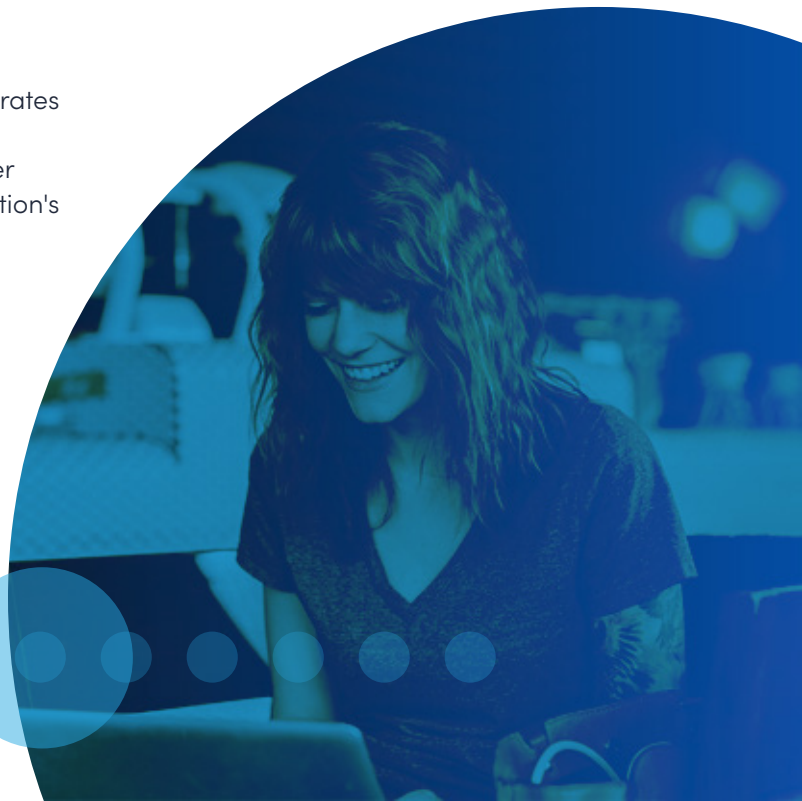
- ▶ Our exceptional training makes it easier to retain staff.
- ▶ We engage world-renowned speakers that your staff will love.
- ▶ Our speakers are experts in cutting-edge research and new techniques ensuring your staff stay up to date in their field of expertise.
- ▶ Our training covers various levels, ranging from beginner courses for those being introduced to ACT for the first time, to intermediate and advanced courses for experienced practitioners.

### Flexible learning options

- ▶ A wide variety of live training workshops
- ▶ A large catalogue of On-Demand resources
- ▶ Staff can mix and match CPD to suit their diary and work commitments
- ▶ Staff who undertake their supervision with us have access to heavily discounted training sessions

### Value for money

- ▶ Benefit from our permanently discounted rates to make your training budget go further.
- ▶ We can tailor the number of CPD hours per person or department to fit your organisation's training needs and budget.
- ▶ Reduce the administrative burden by allowing staff to book their own individual training sessions, and receive just one monthly invoice or have us manage the whole budget for you.
- ▶ We take care of organising events and negotiating with speakers, so you save precious time, hassle, and money.



## Easy access and budgeting

- ▶ Individual staff arrange their own choice of CPD within the timescales and budget set by your NHS organisation and Contextual Consulting.

*“There is a clear appetite for ACT from the CNWL staff. We chose Contextual Consulting because of their respected reputation for delivering training of good quality and value and this made it easy to set up the contract. Contextual Consulting understand how the NHS and other public sector organisations worked within the UK health setting. This helps ensure that training is relevant to NHS staff.”*

*“We were looking for a system that was easy and that cut down on admin and invoicing time. With our contract the uptake in training from the staff has significantly increased.”*

Dr Christopher Whiteley is Chief Psychologist at Central and North West London (CNWL) NHS Foundation Trust

*“Contextual Consulting training is very popular with our staff and initially we were oversubscribed due to high demand.”*

*“It’s brilliant working with Contextual Consulting – I would give them “five stars”. They have helped us improve and streamline our training process and are generous when it comes to pricing and costing for the Trust.”*

Dr Fouzia Siddique is Lead for Workforce Development of Psychological Professions at Central and North West London (CNWL) NHS Foundation Trust

## About us

We are dedicated to providing high quality Acceptance & Commitment Therapy (ACT) training to therapy staff. Our training events are aimed at practitioners who want to develop or enhance their skills based on evidence-based principles. Our events are highly practical, delivered by experienced trainers and experts.

Contextual Consulting was founded by Dr Joe Oliver over 10 years ago. Joe is a consultant clinical psychologist and an associate professor at UCL, as overall programme director co-ordinating large scale national level training schemes.

He has worked in the NHS for the past 20 years and is an ACT expert. With his extensive experience and connections Joe has an in-depth understanding of the training needs of therapy staff working within organisations. Together with his team, he curates a cutting-edge, evidence-based training program from experts worldwide to fulfil these needs.