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PICT Trauma & Abuse Specialist Skills Diploma Training Guide

Penny Parks

Mrs Parks is the creator of *Parks Inner Child Therapy (PICT)*. She is 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 originally created from her successful self-help efforts in resolving her personal childhood abuse experiences and has evolved into a structured, rapid, thorough and compassionate therapeutic model for trauma, abuse and emotionally based challenges.

Mrs Parks is an American, with British Citizenship, who has lived in the UK since 1982. Her work with survivors in England evolved into 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. She has appeared in local and national media and has been the Patron of five organisations. She is Fellow member of 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 workers. The advantages to them include shorter waiting lists, reducing the 'revolving door' syndrome with clients, and offering a service that is gentle.

How would using the PICT method enrich my therapeutic practice?

It creates lasting change rapidly and gently. It's like travelling by Rolls Royce instead of horse and cart. This is the model to use when you want to make a big difference in a short space of time.

For qualified counsellors, therapists, psychotherapists, psychiatrists, psychologists, 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, Parks Inner Child Therapy (PICT) is the next logical step.

In the early 90's, PICT was the first trauma and abuse therapeutic model to recognise the value of imagery rescripting and designed it into their training. The exceptionally effective techniques available in the PICT training reflect the many years of experience with imagery rescripting. PICT's structured, measurable, systematic approach encompasses cortical re-mapping and accelerated belief restructuring to establish new neural pathways; producing profound, rapid, gentle and enduring core level change – **full resolution**.

The most significant feature of PICT is that it can bring about 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 the event (whether it is in conscious memory or not) therefore allowing clients to retain their privacy, dignity and to work comfortably. Most clients enjoy the therapeutic experience and are quickly aware of their achievements. The practice of PICT can be relaxing and satisfying, with appropriately placed light heartedness to constructively counterbalance the more serious moments.

Although PICT was originally created to specifically help people 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 such as: eating disorders, *OCD, *DID, self-harm, *ritual abuse, anxiety or depression, PTSD, phobias, allergies, *drug/alcohol issues, working with abusers, grief and loss issues (including murder, suicide, abortion and miscarriage, and loss of homes, pets, jobs, relationships, limbs, etc.), and Critical Incident Debriefing (witnessing/experiencing highly traumatic events).

**NB: This is a specialist skills course focused on resolving trauma and abuse issues. PICT tools are also effective for other specialist areas (Dissociative Identity Disorders (DID), Drug/alcohol abuse and Ritual Abuse). Those students who have prior knowledge/training in these fields will find PICT tools productive. For students new to these areas, but wishing to work within them, PPT advise seeking suitable additional theoretical training to support and underpin the use of PICT tools. For further information, please contact a PICT trainer.*

Additionally, 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.

What to Expect from PICT Trauma & Abuse Specialist Skills 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.

PICT is an experiential course, there is no role-play utilised, students will be 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.

The PICT Trauma & Abuse Specialist Skills Diploma Training certification involves more than a person's ability to learn and use techniques. The personal qualities each therapist needs to fully engage with clients and make the best of the PICT method are also assessed. Those personal qualities are:

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

PICT is a powerful therapeutic resolution model for trauma based issues, which means it is crucial for the practitioner to administer PICT from a sound knowledge, skill and emotional base. Therefore, students may be unsuccessful in achieving PICT Practitioner certification through failure in any of the following: *Practical Skills, Questions Sheets, Appraisal of Personal Qualities, PICT Assessment Days* or 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 is based on 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 is a model utilising various embedded instructions for the unconscious mind and the manual and scripts are only offered in written English. 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.

New in 2014 – PICT Quick Change

In 2014, the powerful PICT Quick Change (QC) model was incorporated into the PICT Trauma & Abuse Specialist Skills Diploma Training (it had formerly been a separate, additional training package). 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, as compared to traditional one hour sessions per week. Many people wish to take advantage of the rapid turn-around time of PICT QC, therefore, to be able to offer this unique service widens your client base.

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

PICT Training Structure

This eighteen 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 (offered in three formats over five or nine months) and an additional required supervision day (separate cost) contains 142 contact hours.
- A PICT Practitioner Diploma will be given upon successful completion with the title *PICT Dip. QC Pract.* and use of 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 thereafter.
- This course is accredited by the National Council of Psychotherapists (NCP) and has Specialist Training status with the National Counselling Society (NCS).

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.

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

PICT Training is offered 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.

Format One - Standard - Nine, 2 day, monthly modules. Modules are week days or weekends (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 (PPT Director attending and observing for assessment)

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 Training Enables Students to:

- benefit from a full working, stand-alone therapeutic model and ‘tool kit’
- gain a thorough understanding of trauma and abuse experiences
- have the expertise to create rapid, lasting change and resolution for clients
- establish fast and deep rapport
- build the strong foundations that facilitate change
- easily measure the change clients experience
- identify and change limiting beliefs
- recognise false memories
- build a powerful resourceful state for clients
- rewrite 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
- rapidly treat PTSD associated with witnessing or experiencing a traumatic event, increasing work opportunities with trauma teams
- rapidly stop abreactions
- instruct clients with a cluster of self-soothe exercises
- benefit from the discipline and growth of keeping a reflective journal
- learn the remarkable PICT Quick Change model and increase client base
- set up allergy and/or phobia clinics

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 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 of current membership/s must be submitted with the application form.*
- Prospective students will be covered by professional indemnity insurance. *Copy of current policy must be submitted with the application form.*

How Do I Apply?

- Contact the Trainer of your choice (see PICT Trainers) to determine course locations, dates and spaces available or to simply ask any questions you may have about the training.
- The Trainer will advise you of the application process and what you need to submit with your application form.

- If your application is successful, you will be contacted to arrange an interview.
- If the interview is successful your references will be contacted.
- If your reference check is successful you will be notified of your placement on the course by Penny Parks Training Ltd.
- Upon receipt of your course deposit your placement will be confirmed. Full payment is due one month before the course start (or three months for early bird payment).
- The Trainer will email the each module's notes to you three weeks prior to the module start. To comfortably contain module training notes, it is recommended that you purchase five presentation binders (25mm).

PICT Trauma & Abuse Specialist Skills Training Criteria

- Students are expected to attend the full 18 training days and subsequent supervision day (at extra cost) to receive 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 (£125.00 per day), *as well as, 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 will be emailed three weeks prior to each module. **It is mandatory that students completely read and familiarise themselves with the material before the next 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.
- A PICT Assessment (PPT Director attending and observing) will be completed during Module Eight.

PICT Trainers

Contact the PICT Trainer of your choice for an application form or simply for more information

Lindsay Schofield: Croydon, Greater London

lindsay@ppfoundation.org T: 0208 668 7527

Jason Fletcher: Nottingham

jason@ppfoundation.org T: 01773 836 843 M: 07739 466 318

Training Investment

[18 training days]

£1,995.00 [£195.00 deposit required to reserve place, after successful application] remaining balance due one month in advance of course start

£1,875.00 *Early bird payment* [£195.00 deposit required to reserve place, after successful application] remaining balance due three months in advance of course start

Required follow-up group supervision day is **£50.00** per student.

£35.00 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 full 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, and make separate reimbursement arrangements with their employer.

Training at Outside Venues or Abroad

Independent Courses

When PICT Trainers organise and offer a course outside of their general area, for **independent students** (not attached to one organisation), the fee is increased to cover venue, travel, subsistence and accommodation. Class size required is 10 minimum – 12 maximum. *Register your interest early so trainer can correctly determine class size, also because payment is due 3 months in advance.*

£2,250.00 per student due 3 months in advance of course start.

Courses Requested by Groups/Organisations

When a **specific organisation/group** requests a Trainer to come to that group's location, class size is 6 minimum – 12 maximum, the course fees will remain at £1,995.00 (£1,825 Early bird payment), **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

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.