



P.E.D.S GROUPS

P.E.D.S stands for: Presentation, Experiences, Discussion and Skills. We offer P.E.D.S Gatherings a few times each year in addition to our usual gatherings. This ensures that we offer a variety of different meetings, gatherings and events.

P.E.D.S Gatherings last 3 hours (with a 15-minute break). They involve a 30-45-minute presentation, or 2-3 smaller presentations (Presentation) based on a specific topic or theme (e.g. Personality Disorders, Depression, Eating Disorders etc.). Presentations are followed by sharing our own professional (and personal) experiences of that particular theme/topic (Experiences). This will be followed by a discussion, (Discussion) and some skills-based activities and practice (Skills).

CPD Certificates of Participation will be issued at the end of the workshop. Upcoming P.E.D.S Groups (and all other events and meetings) are posted in the What's On section of the website.