



Living with Disability: Relational and Therapeutic Approaches for Counsellors.

Course Structure.

Duration: 2 hours, (1 hour teaching + 1 hour discussion).

Format: Online, (Zoom).

Overview:

- Introduction & Context: Trainer background and course purpose.
- Understanding Disability: Key models and frames, (medical, social, grief, identity, power, trauma, meaning).
- Therapeutic Themes: Emotional, relational, and practical challenges.
- Adapting Practice: Sensory, physical, and relational strategies for inclusive therapy.
- Referral & Signposting: Ethical considerations and support options.
- Discussion & Q&A: Case-based reflections and participant questions.

Aims.

- To increase therapist confidence and ethical awareness when working with clients who have physical and/or sensory disabilities.
- To support reflective, relational, and inclusive practice.
- To reduce avoidance and anxiety in therapeutic work with disabled clients.
- To provide frameworks for understanding grief, identity, autonomy, and relational dynamics in disability.
- To guide therapists in safe, ethical, and empowering referral or signposting when needed.

Learning Objectives.

By the end of this training, participants will be able to:

- Explain key models and frames for understanding disability, including medical, social, grief, identity, power, trauma, and meaning-making approaches.
- Recognise common therapeutic and relational issues experienced by clients who have physical and/or sensory disabilities.
- Adapt therapeutic techniques to accommodate sensory, physical, and relational needs.
- Explore their own assumptions, anxieties, and relational tendencies in therapy with disabled clients.
- Understand ethical considerations around touch, boundaries, and contracting.
- Identify when referral or signposting is appropriate, and access relevant services or helplines.
- Develop a reflective plan to increase confidence and competence in working with disability.