

Training for counsellors

Working with Sensory Awareness

This training matters! Every client has a sensory profile - as do we. Yet, how sensory experience is felt, managed and expressed often sits beneath what is presented as behaviour, resistance or communication difficulties.

Across 2 interactive days, we will explore:

- An overview of the sensory systems and their clinical relevance to psychotherapeutic practice
- The relationship between sensory experience, behaviour and communication
- Practice-based learning through case examples, discussion and reflection
- Consideration of resistance, boundaries and the role of the therapist
- A broader systemic lens for when working with children and young people

You won't be sitting back and observing. You will be actively engaging, reflecting and applying your learning throughout.

Who is this course for?

This is an experiential learning CPD event for counsellors, psychotherapists and EHWBs who:

- Work therapeutically with children and young people.
- Want to develop deeper, practice-ready insight about neuro-affirming practices.
- Are already working with neurodivergent presentations, or who want to expand their practice in this area.
- Want to deepen their understanding, not just gather more theory.
- Want to move beyond surface-level interpretations of client presentations.
- Enjoy engaging in high quality experiential learning in smaller groups. (Places are limited to protect the quality of the learning experience.)

Where: This is an Online CPD delivered by Training for Counsellors Ltd.

When: Check our [booking page](#) for dates and times of session delivery.

CPD: CPD Attendance Certificate issued on completion: 12 hours CPD.



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About the facilitators



Zara

Zara is a Counsellor/Psychotherapist and Clinical Supervisor with over 14 years of experience working with adults and children, individually, in couples and family groups. In that time, she has worked in various settings including mental health teams, GP practices, residential units, schools and family services, a hospice and a women's prison and EAP. She currently works from South Manchester, working mostly with adults and young people who are presenting with neurodivergent traits which may or may not have been diagnosed.

Her neuro-affirming practice and strengths-based approach aims to create a therapeutic alliance to meet the needs of the client. She works within their system to share knowledge and experience to support them and their caregivers.

When she isn't working or listening to audiobooks/podcasts, she enjoys lovely walks, a drink with people who are dear to her and time with her daughters.



Sam and Training for Counsellors

Anyone who knows Sam will tell you that she wears many hats! All of them – counsellor, therapeutic coach, clinical supervisor (at Number 11 counselling), training facilitator and founder of TfC - have therapeutic counselling practice at their centre. As an autistic PDAer with ADHD traits, her client work mostly comprises working with (often neurodivergent) adults, teens and parents who are experiencing the effects of relational challenges.

Before becoming a Therapeutic Counsellor and Coach, she qualified in strategic Learning and Development. During her own clinical supervision training, she noticed, "All too often in our profession, important and valuable knowledge sits in silos." Gradually, she established what is now Training for Counsellors to encourage knowledge-sharing and community.

In 2025, Training for Counsellors won Prestige's Best Counselling Training Provider in the Northwest of England. The company is developing quickly offering qualifying courses, training certificates and CPD opportunities in topics that are relevant to practice. And we are proud of what we offer because the regular feedback confirms that we are offering learning opportunities that allow people to learn in their own way, taking away what they need and implementing in their clinical practice in a way that is positively impacting their clients.



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