



SOLAS OXFORD

Lighthouse MBT-Parenting Programme (LPP) One day top-up: Self and Alien Self

Location: **Online**

Date: **4th March 2026**

Time: **9.30am to 4.30pm**

Online, live training with LPP founder Gerry Byrne & Rory Bolton

The **one day top-up** training builds on the skills taught in the LPP Basic Training Course. It offers you an opportunity to revisit some of the skills learned during the basic training, and in particular will focus on the modules – ***How I know who I am (Agentive Self)*** and ***Alien Self***.

In the current manual (2016), we recommend that ***How I know who I am*** be delivered early on with ***Alien Self*** coming much later, towards the end of the programme. Feedback from parents over many groups suggest that bringing these two modules together, is more helpful than keeping them separated. In the next edition of the manual (2026, a work in progress) we recommend they be delivered together and when we deliver basic trainings now, we include this as a single module and as a real-play entitled ***Who am I?***

The training will be experiential but with theoretical background and clinical examples. You will be part of a small reflective group at the beginning of the day and the end of the day. There will also be a group *real play*, which will focus on the module ***Who am I?***.

In addition, there will be an opportunity to ask questions that may have arisen for you since the basic training.

Accreditation: attendees will be given a certificate of attendance certified by Solas Oxford.

Tutors: Gerry Byrne and Rory Bolton

To book: <https://buy.stripe.com/4gwdS050WaBVbnO14k>

For more information please get in touch with us.

Contact: info@solasoxford.com

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