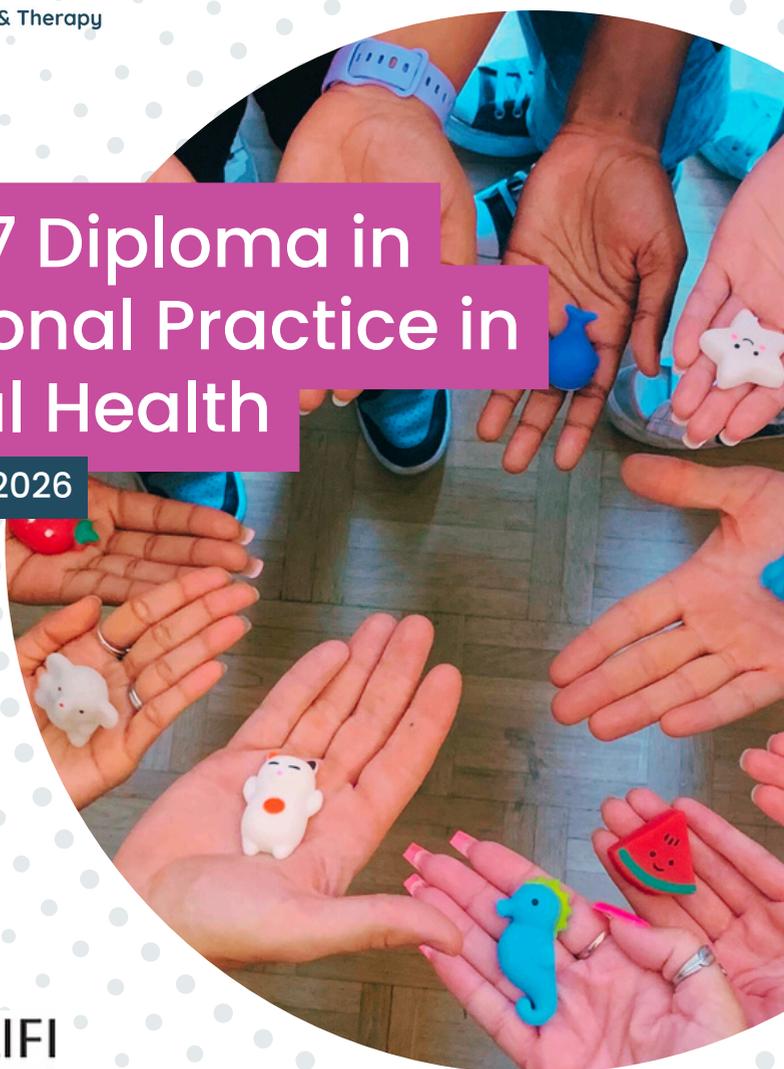


CHT

Community Housing & Therapy



Level 7 Diploma in Relational Practice in Mental Health

September 2026



www.cht.org.uk/training

Registered charity number: 1040713 | Company number: 2940712

Build your knowledge of relational practice in mental health treatment and recovery

Our Level 7 Diploma in Relational Practice in Mental Health is designed for professionals supporting vulnerable adults.

This accredited, one-year, part-time course draws on our three decades of experience in trauma-informed, relational care.

The program combines in-person seminars at our London training centre with work-based learning. The curriculum includes:

- Psychodynamic theory and practice
- Human development
- The impact of trauma
- The role of reflection in professional practice
- Relational safeguarding

Since 1994, Community, Housing & Therapy (CHT) communities across the South East have provided housing, support, therapy, skills training, and social activities for people with severe and complex mental health diagnoses and co-occurring conditions, including those excluded from other services.

Our clinical model applies psychosocial approaches and views distress as a response to trauma rather than solely a medical issue. It is grounded in Psychologically Informed Environments (PIE), therapeutic community practices, co-production, recovery approaches, and psychodynamic theory.



The course helped me to be more reflective in my own practice, and understanding the theory has enabled me to look at our service through a different lens



Course structure

The course runs over three terms and covers:

- Theoretical Concepts: Build a strong foundation in key psychological theories.
- Current Presentations: Examine contemporary mental health challenges.
- Interventions: Develop effective, relationship-focused strategies for practice.

Course delivery

You'll attend in-person seminars once a week at our London training centre and take part in practical, work-based learning.

Accreditation

The Diploma is accredited by Qualifi at 60 credits at Level 7.



Requirements

You don't need formal academic qualifications, but you should be working in a role that supports vulnerable adults.

Assessment

The course will be assessed through essays, case studies and group presentations.

Tutors

The Diploma is delivered and assessed by experienced professionals and people with lived experience.

Fees

£1,600 for the 2026-2027 academic year. Group discounts are available for organisations wishing to enrol more than one staff member.

For more information and to apply contact Iwona Munia, Head of Training & Development at training@cht.org.uk



This course helped me with my development tremendously. It has provided knowledge, but also supported how I bring that into practice. It has boosted my confidence, and I have enjoyed every seminar!

Former student

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