



Blooming Psychology

PSYCHOLOGY LEARNING FOR ADULTS

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WELCOME TO YOUR NEXT STEP INTO LEARNING ABOUT PSYCHOLOGY

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Louisa is an experienced Psychologist in education and examiner at A-level. Now developing her teaching with young people out of the classroom and sharing this knowledge with adult learners.

Passionate about Psychology as a subject Louisa is keen to bridge the gap in adult education and share the knowledge young people enjoy at GCSE and introduce at an adult education level.

Now is your chance to understand more about Psychology, the brain, mental health, group behaviour and much more.

Psychology is everywhere now - be part of the conversation!



PSYCHOLOGY COURSE FOR NEW AND ADULT LEARNERS:

Find out more:

Welcome to your next step in Psychology and learning more about this fascinating subject.

The course is accessible for all and based around a GCSE level of content.

If you have ever wondered about how the brain works or about the importance of attachment styles when you were a baby or as a parent? Perhaps understanding more about group behaviour or how language develops in young children, this will be covered in this one year course.

How will I learn?

Through weekly live zoom call and (optional) monthly get together and discussion covering the range of topics available in Psychology.



WHY LEARN MORE ABOUT PSYCHOLOGY?

What will I learn on this course?

Each **six week block** will cover an individual topic:

1. Memory – what is memory, how does it work? What are the types of memory stores and how does it vary from person to person. How can we improve our memory? How is memory and forgetting impacted?
2. Perception – how do we see the world? How do we start to see the world differently? Why do we see the world differently?
3. Development – how do children learn about the world and grow?
4. Attachment – What is attachment in babies and children and also looking at some classic animal studies.
5. Research methods– you will select an area of research you are interested in and conduct your own research project.
6. Social influence (group behaviour) and some classic studies in psychology.
7. Language, thought and communication – how do animals and humans differ in communication?
8. Brain and neuropsychology.
9. Psychological problems – including depression, OCD, Phobias and addiction.



HOW WILL I LEARN? IS THIS COURSE SUITABLE FOR ME?

Tell me more...

Each six week block will be live on Zoom and then stored in a membership area. You will also have access to a Google classroom for resources and a WhatsApp group for support and discussion.

How will I learn?

Through weekly live zoom call and (optional) monthly get together and discussion covering the range of topics available in Psychology.

Who is this course for?

This is a course designed for lifelong learners. You may have entered retirement, may be between jobs; retraining in a field that involves Psychology or understanding more about people and the brain, or people who are looking to learn more about Psychology in their day to day life.



WHY LEARN MORE ABOUT PSYCHOLOGY?

What are the practicalities of learning this way?

Time commitments and costs:

There will be the weekly class online, which is 1-1.5 hour in length. Tuesday pm with access to the recording each week.

The course starts in September 2026, each block covering six weeks of 1-1.5 hour online lesson and discussion.

Intro and Taster session: 1.5 hour - Date TBC

- Chapter 1 (Sept – late Oct): Memory: Memory + Freud and Jung
- Chapter 2 (Early Nov – Late Dec): Perception + Visualisation
- Chapter 3 (Early Jan – mid Feb): Development and Attachment
- Chapter 4 (Late Feb – late March): Social Influence (group behaviour)
- Chapter 5 (Late April – June): Language thought and communication
- Chapter 6 (Late June – Late July): Brain and Neuropsychology
- Chapter 7: (Sept 2027 – late Oct): Including depression, OCD, Phobias and addiction.
- Chapter 8: Date TBC: Gender And/Or forensic Psychology

Completion **December 2027**



HOW ABOUT COSTS AND COMMITMENTS?

Pricing guide:

Each Individual unit (6 sessions)= £85

Purchase full 8 units = £650

The cost will include online access to full Powerpoint and word documents, support group on telegram/Whatsapp, 1hour/1.5 hour live class on zoom, recommended reading list and any other resources required.

Classes will be on a Tuesday afternoon or evening and recorded to watch back if you miss the session.

Monthly meetups will be optional and to discuss the content covered over the previous month, in a lovely location in Woodbridge/Felixstowe/Ipswich.

These are £20 drop in.

Sign up here:

<https://www.yogawithlouisa.com/about-5>



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