

Network for Counsellors in the North West

www.counselling-northwest.org.uk

NEWSLETTER

April 2013

Volume 15 Issue 3

CNW Membership & Subscription

Membership subscriptions for 2012-13 became due for renewal on 1st September 2012:

£20 for full membership, and a special rate of £10 for Diploma in Counselling students & for unwaged (no proof is required).

We have a reminder system using the address labels in which your newsletter arrived, and this will continue with all copies of the newsletter. If you are up to date with your subscription, then the legend will say "Subs Paid"; if your subscription is still outstanding, your label will bear the words "Subs Due" - not rocket science but it helps as a reminder!

When renewing, please continue to complete and return the membership form (see pages 15/16) with your cheque as this ensures that we have your up-to-date details on record.

For new and prospective members, the benefits of membership include free attendance at our regular, usually monthly, meetings, and concessionary fees for Training Events/Workshops, all of which provide a certificate of attendance for CPD purposes

Pat & Tony Howard
Hon Membership Secretary & Hon Treasurer

Letter from the Chair

Dear Colleague

I would like to use this opportunity to draw your attention to the future of Counselling NorthWest. Many of you will know that CNW has been in existence for over twenty years, and during that time there has been a remarkably small number of members who have served on the CNW committee.

Now, before you turn the page with the thought 'Oh no, he's on about the committee again!' stay with me gentle reader, as there is a serious reason for my comments that follow.

There has been a growing concern within the current committee that, during my tenure as chairman since 2007, for various reasons, we have been unable to recruit and maintain new members to join us on the committee. This has meant that a steadily reducing number of members are responsible for all that takes place during the CNW year.

With two exceptions, the committee are all over the age of retirement, and whilst this of course has no bearing on ability (I think the proof of this is in the steadily increasing attendances at meetings and workshops and the positive feedback from members) it is felt that there is a point in time when a younger generation of the membership would want to take CNW forward.

The smooth running of CNW is of course due to these same few people working in the background to ensure that smooth running is the standard, and the members can enjoy (as they should) what is made available.

I do realise that there is a strong likelihood that younger members will be in fulltime employment, and the thought of getting involved in the above may seem more than you are prepared to undertake. But can I counter that by saying that current committee members (me included) were in fulltime employment when we joined the committee and have not found it too taxing.

So, if you would consider the points I have made, and feel you would like more information on any points at all relating to joining the committee, please contact myself or any current committee member, and we will be more than happy to discuss them with you.

One of the consequences that is of concern is that, should the committee not be reinforced, then there is a distinct possibility that the speakers evenings and workshops would have to be reduced in number, and that the Newsletter would be issued less frequently, and I would be disappointed as I'm sure you would be if this were to happen after the efforts of my colleagues in recent

years.

There is a variety of ways in which members can make a contribution, and a number of potential benefits that might arise from it. There is scope for personal development including acquisition of administrative skills, some understanding of finance and simple accounting, organisation of events and hosting/presenting at events. In addition, there is scope for gaining experience of writing articles and reports and becoming involved in the publishing of newsletters; we also maintain and run the CNW website, and this and I.T. in general is another area that might be of interest; all in all, there's scope for professional development in its widest sense.

No-one volunteering would be dropped in the deep end! Help, support and coaching would all be there if needed.

We are not yet at a crisis situation, but I hope you will understand why I have felt the need to bring this to your attention.

Alan Corbett



Meetings and Workshops 2013

Open Meeting: Tuesday, 16th April 2013
Psychosexual Therapy (Zoe Hargreaves)

Open Meeting: Wednesday, 15th May 2013
Counselling Carers of People with Dementia (Jane Robinson)

ONE DAY WORKSHOP: Saturday, 18th May 2013
Working with Couples (Joan Manville)
See pages 13 & 14 for details

Open Meeting: Thursday, 20th June 2013
Unfortunately, our original speaker has had to cancel.
Please check our website for further details when these are confirmed

www.counselling-northwest.org.uk

Meetings and Workshops 2013

Forthcoming Speakers and Topics

(SEE PAGE 27 FOR A MAP TO THE WATERDALE CENTRE—MEETINGS VENUE)

Tuesday, 16th April 2013

PSYCHOSEXUAL THERAPY (Zoe Hargreaves)

The presentation will include the possible referrals that may be seen within Psychosexual Therapy. Although there are many types of issues that Psychosexual Therapy deals with, the presentation will focus on the most common referrals that I tend to see in my clinic; Premature Ejaculation, Erectile Dysfunction, Loss of Desire, Vaginismus and Gender Dysphoria.

The presentation will provide a brief overview of the treatments of the common presentations within my clinic and specific details of the referral pathways used in Psychosexual Therapy for Gender Re-assignment.



Wednesday, 15th May 2013

MINDING THE GAP: COUNSELLING CARERS OF PEOPLE WITH DEMENTIA (Jane Robinson)

Jane Robinson returns to highlight some of the themes raised in counselling carers of people with dementia. The discussion will look at how the gap between a person with dementia and their family member/s can be bridged by counselling, helping to promote a positive approach to the devastating impact of dementia. The session will allow for case discussion and sharing of helpful resources.

Jane is a counsellor, trainer and supervisor with extensive experience of working with carers. She has worked as a carers counsellor both within dementia-specific and generic carers settings. She develops and delivers carer awareness and dementia skills training and is an associate trainer with Dementia UK. She recently contributed to the new Skills for Care guide for professionals working with carers of people with dementia.



'Forthcoming Speakers and Topics' continued on page 7

JOYCE HOLMES

MBACP, ADVANCED DIPLOMA IN COUNSELLING
SUPERVISOR

SUPERVISION FOR QUALIFIED COUNSELLORS

I am a person-centred/integrative Supervisor
working with Supervisees covering both
Individual- and Couples-Counselling cases

Supervision will take place at:

Bowdon Counselling

South Manchester Area

Please contact Joyce at:

Tel: 0161 928 5551 or Mob: 07798-650640

e-mail: info@bowdoncounselling.co.uk

Quoting Ref: J H 333

www.bowdoncounselling.co.uk

Thursday, 20th June 2013
WORKING WITH EATING DISORDERS & DISORDERED
EATING (Christine El-Fourti)

Unfortunately, since publication of this newsletter, our speaker has had to cancel this date. We hope that she may be able to return later in the year.

In the meantime, we are seeking a replacement and when details are confirmed, we will be posting them on the CNW website.



CNW MEMBERS' DIRECTORY

Back in 2009, we published a directory of CNW members (solely for members' use), the thought being that this might help the networking process for which CNW was originally created.

It was our intention to produce an updated version during Q1 of this year. but that has now been put on hold: this is for a couple of reasons. Firstly, as alluded to in Alan Corbett's Letter from the Chair on pages 3 & 4, the current volunteer committee is under pressure to continue the regular delivery of CNW's activities, and cannot afford to be distracted by additional projects at this time. In addition, we have received little feedback over the years, favourable or otherwise, as to whether the publication was actually useful to members.

We have therefore decided to postpone the project but with the intention that members will be consulted some time during the next month or two, almost certainly by e-mail, as to what you would like to have happen regarding a directory in the future.

Pat & Tony Howard (Hon Membership Secretary & Treasurer)



Meeting reports

Exploring the Neuro-Physiological Context of Psychotherapy Tim Duerden - 20th February 2013

Tim's very illuminating and interactive talk centred around the relevance of neurophysiological concepts to therapy. He started by explaining how the brain is structured, how we develop emotionally and how the various parts of the brain and their interactions govern our emotional reactions. For example, the brain develops via a complex mixture of genetics, behavioural conditioning and intentional development, and if "developmental windows" for cognitive functions are missed for any reason when we're younger we are likely to develop attachment problems that need more intense work to develop when we're older. The brain is able to change and develop new pathways, so if a child doesn't develop in an ideal way they can still learn to do so: there is evidence from mindfulness-based approaches and brain scans that structural changes in the brain can occur.

This "neuroplasticity" of the brain (the ability to remodel its microstructure) occurs continuously and as a result of our subconscious reactions, resulting in visible anatomical changes in the brain. Small changes lead to thicker pathways being cultivated - what we do repeatedly we "get better" at. For example, if someone has a fear of cockroaches and they continually run away from them, more pathways are laid down which reinforce this fear and make our action of running away easier. When we consciously focus our attention on an activity, it seems to catalyse rapid neuroplastic change, e.g. passive post-stroke movement offers some benefits, but conscious movement produces faster changes. Although much appears to be known about the structure and function of the brain, our knowledge of it is actually a still very rudimentary.

Tim described the short and long pathways that impulses in the brain take, relating to our survival instincts and the fight-flight-freeze response. The short pathway results in immediate evasive action which supports our ability to survive. The emotional brain (involved in the longer pathway) gets switched off by the cortex when we're in a state of panic and so we just react - in this way, our emotional brain being switched off is doing its best for us. It's good for clients to know that their emotional brain doing this has meant that our ancestors have survived well enough to pass on their genes to us. Interestingly, there appears to be more interconnections in the Asperger's brain which creates a more intense experience of the here and now, which some can find profoundly unsettling.

Therapies such as EMDR, the Rewind Technique and EFT have shown that the emotional brain can unlearn aversive behaviour, which implies very rapid relearning has occurred. There is neurophysiological evidence that pathways which allow self-soothing are not so active in those with OCD.

The blue light spectrum has a potent effect on the melatonin system, where exposure to blue light decreases melatonin levels. If melatonin levels aren't maintained high enough for at least 7 hours (by sleep) our psychological wellbeing is profoundly reduced. TVs produce a lot of blue light, so people who wake in the night and watch TV to get back to sleep aren't doing themselves any favours - from a biochemical perspective they've wiped out the beneficial effect of any sleep they've already had that night. Bizarrely, energy saving light bulbs are particularly rich in blue spectrum light! Sleep is essential for psychiatric health because of the neurophysiological involvement. If people want to watch TV in the night they could always wear orange goggles to block the blue light out...

One way of getting rid of any unpleasant images people have could be to encourage your brain to shift left/right hemisphere function. This can be practised by noticing which nostril you're breathing through and do alternate nostril breathing!

This is a very short summary of some quite complex ideas that were presented and issues that were discussed: for more information please see www.integratedmindfulness.com.

Caroline Mitchell



**Reflections on the Challenges of Transcultural Counselling
David Quarmby and John Buckley – 21st March 2013**

David began his talk by taking us through his personal journey from childhood in the 1950's in Lancashire, into his academic career in teaching in State schools and in higher education at University. During which time he became a counsellor. He spoke with humour and honesty about his growing involvement and understanding of cultural and ethnic diversity.

John Buckley related a disturbing and moving case history involving an

asylum seeker from the Congo. He discussed the difficulties experienced in setting up a counselling service within the NHS using interpreters. The ethical aspects which caused concern, and how some of these problems had been to some degree overcome, there were a number of impassioned comments from members, which highlighted the ongoing issues which still exist within the counselling community regarding working with difference and diversity.

Because of time constraints this discussion had to be curtailed before much of David and John's vast experience could be shared, but we heard more than enough to promote in those attending a wish to find out more and expand their understanding on this complex and challenging issue.

Alan Corbett



Some Great Truths that Little Children have learned

- ⇒ No matter how hard you try, you can't baptise a cat
- ⇒ You can't trust dogs to guard your food
- ⇒ You can't hide a piece of broccoli in a glass of milk
- ⇒ When your Mum is mad at your Dad, don't let her brush your hair

and Adults?

- ⇒ Raising teenagers is like nailing jelly to a tree
- ⇒ Wrinkles don't hurt
- ⇒ Families are like fudge...mostly sweet, but with a few nuts
- ⇒ Growing old is mandatory, growing up is optional
- ⇒ Today's mighty oak is just yesterday's nut that held its ground



“Help, I don’t like my client!”

Networking Discussion Group - Monday 4th February 2013

Initially we explored practical aspects that potentially make it difficult to establish an effective therapeutic relationship, e.g. clients’ questionable personal hygiene or a strong smell of lingering cigarette smoke. Ways of broaching such issues were suggested, bearing in mind that something one counsellor may find off-putting may not be at all important to another therapist.

We discussed the difference between not liking the client personally (e.g. their attitude/mannerisms) and feeling uncomfortable working with the issues a client brings (e.g. substance misuse or sex offenders).

Several examples were discussed where counsellors struggled with something about a particular client and took this to supervision. Some recommendations from supervisors didn’t seem to fit the counsellor’s idea of what would work with that client and what they felt comfortable doing in a session - listening to your gut instincts for that individual seemed to be the best way forward.

We concluded that it’s all about the relationship with our clients - a good non-judgemental relationship is likely to withstand some obstacles along the way. It’s important to check out whether the relationship is a good fit from both client’s and the counsellor’s perspectives to ensure therapy is effective.

Caroline Mitchell

About the Networking Discussion Group Meetings

These meetings are for existing members of CNW only: students and qualified counsellors are all welcome, as long as you’re already a member of CNW before the day of the meeting. Please don’t bring along non-members who hope to join for the first time on the night, as regrettably they will not be able to attend. Similarly, if you used to be a CNW member but your subscription is not up-to-date then you must fully renew your subscription before the day of the meeting - you will not be able to re-join on the night and attend the meeting.

It’s likely that attendees will discuss client material and possibly personal issues, and to ensure confidentiality is respected we ask all attendees to sign a simple non-disclosure agreement. Hopefully this will provide an environment where members feel safe enough to participate fully in the discussions.

Workshop report

An Introduction to Mindfulness Practice for Counsellors A Workshop by Tim Duerden – 2nd March 2013

This workshop was the first one to be held at our new venue (for workshops), the Quakers Meeting Room in Eccles.

Tim's aim was to provide an experiential introduction to the more general types of mindfulness-based approaches, so that this might form the foundation for ongoing practice.

We were given a brief introduction to 'what mindfulness is' and during the course of the day we were asked to engage in a series of short experiential exercises.

Tim introduced a new mindfulness process that he and colleagues have developed called the 'Friendly Focusing Process'. This addresses the concept that our attention has a limited capacity and will enlarge and bring into sharp focus whatever it is directed at. If this attention is directed at things we can sense physically or around us, then other thoughts, images and emotions (which happen automatically) will naturally fade into the background.

'Respite Focusing' takes place if we bring attention into play to avoid or ignore that which is unpleasant, to gain temporary respite from that which distresses us.

Friendly Focusing gently returns our attention to sensing and acknowledging these thoughts, images and emotions, accepting their presence and allowing them into our consciousness while we re-direct our attentional focus to the body and surroundings.

Another fundamental aspect of Mindfulness is the 'Attention Cycle', which recognises and addresses the way our thoughts will automatically be taken from that which we want to focus on, and how we can redress this using this five stage process.

This was an intriguing and absorbing workshop; Tim presented it in his usual relaxed and engaging manner. A thoroughly enjoyable day.

Please visit these websites for further information

<http://www.integratedmindfulness.com/2013feb/>

www.friendlyfocusing.com

Alan Corbett



Postscript: As a companion to Tim's February meeting, and the above workshop, Alan has contributed a brief history of 'Mindfulness' which appears on pages 18 & 19



One Day Workshop: Saturday 18th May 2013

An Introduction to Working with Couples

Joan Manville

A theoretical and experiential introduction to relationship/couple counselling

- ⇒ Contracting with couples & key points when working with couples
- ⇒ Relationship Fit Theory and Group Exercise
- ⇒ The Three Stage Model
- ⇒ Types of relationships – tutor input and discussion
- ⇒ Role Play Exercise
- ⇒ Recap of Learning
- ⇒ Ending Exercise and Evaluation



The workshop will be held at the Friends Meeting House in Eccles:-

13 The Polygon, Eccles, Manchester, M30 0DS.

Go to www.quaker.org.uk click on 'Eccles' for map. The meeting room is just off J2 – M602 sign posted A576, with its own off-road parking.

Detailed directions will be sent to attendees

APPLICATION FORM OVERLEAF

**Lunch, refreshments and Certificate of Attendance
are all included in the workshop fee.**

When applying for the workshop, please make us aware of any special requirements with which we can help: for example - diet, mobility, hearing.

An Introduction to Working with Couples
Joan Manville
One Day Workshop: Saturday 18th May 2013

Friends Meeting House, 13 The Polygon, Eccles, Manchester, M30 0DS.
Registration 09:30-10:00 : Workshop 10:00-16:00

The maximum number of participants is limited; first-come first-served basis.
However, late enquiries for the workshop are welcomed as last-minute places may be available owing to late cancellations.

Please let us know of any special requirements, e.g. dietary, mobility

Lunch and refreshments are included in the workshop fee



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Please book the following (Joan Manville workshop 18/5/13) :-

Number of Counselling Northwest Members @ £ 55 per person

Number of CNW Non-members @ £ 65 per person

Total NumberTotal Payment - Cheque Enclosed for: £

Name(s).....

Contact address.....

.....

Tel.....e-mail address.....

Please return the form with your payment
(cheques made payable to **Counselling Northwest**) to:-

Pat Howard,
96 Grappenhall Road, Stockton Heath, Warrington, Cheshire. WA4 2AX





For office use only
Memb No:
Receipt No:

Membership Application & Renewal Form

Please complete and return to Membership Secretary with remittance payable to *Counselling Northwest* - £20 (full member) - £10 (Diploma in Counselling Student & Unwaged)

******* *Please note, a receipt will be sent automatically* *******

**Membership Secretary
Pat Howard, 96 Grappenhall Road, Stockton Heath,
Warrington, Cheshire. WA4 2AX**

Tel: 01925 266428 email: pat@counselling-northwest.org.uk

PLEASE COMPLETE IN BLOCK CAPITALS

NAME: _____

ADDRESS: _____

POSTCODE: _____

TELEPHONE: _____

EMAIL: _____

WEBSITE: _____

New Members – Where did you learn about Counselling Northwest?

----- *Continued overleaf*

Do you work primarily in:-

NHS **Education** **Third Sector**

Private Practitioner

Other **Please specify**

Therapy Approach.....

Professional Body Membership (e.g. BACP, BPS etc.) :-

.....

Please tick which is/are appropriate to you:

Counsellor **Supervisor** **Trainer** **Student**

What topic areas for evening meetings/day workshops would you be interested in attending?

.....

.....

What research areas are of interest to you?

.....

What would you hope to gain from being a member of Counselling Northwest?

.....

April 2013 (Newsletter)

Bighugs

by Stuart Ayris

He doesn't do too much he hardly ever speaks
sometimes that can go on for six or seven weeks

He sits there on the sofa or lays down on the bed
the telly goes unwatched the papers go unread

I suppose I should expect it and shouldn't really care
it's tough to ask too much of a ragged teddy bear

But when your dad is just the same it's hard to understand
sometimes I stroke his head sometimes I hold his hand

I know he'd like to laugh just like he used to do
play football in the garden or take me to the zoo

But he tires oh so easy and I hear him sigh a lot
his eyes are often closed whether he's asleep or not

Mum says he's got depression and it's really not his fault
his mood goes down and down much further than it ought

She makes him take his tablets and keeps him clean and fed
she tells him that she loves him and cuddles him in bed

My dad's depression goes with bighugs love and rest
however low he gets I know he does his best

I think he gets well quickest when he knows I understand;
like my teddy only walks when I hold onto his hand

Stuart Ayris was born in Dagenham in the summer of 1969. He lives in Tollesbury, Essex and is the author of three novels and a collection of poetry. His novel – Tollesbury Time Forever – was awarded the IBB Best Overall Book of 2012. Since 1997 he has been a Mental Health Nurse. This poem has been taken, with permission, from his collection "Bighugs, Love and Beer", which is downloadable as an e-book. See www.stuartayris.co.uk for links.

A Brief History of Mindfulness

Mindful technologies have been applied in human endeavours for thousands of years. They have been found of great value by Hindu's, Buddhist's, Muslims, Christians; in India, Saia, Europe and America; in the far past, in the middle ages and in modern times. The depth and breadth of human experience with mindfulness technologies in itself argues very powerfully for their intrinsic worth in solving problems in inner experience, which is arguably the metier of clinical psychology.

Hindu mindfulness: 1500 BCE

Hinduism was the birthplace of virtually all Asian contemplative traditions. The Sanskrit word *yoga* 'discipline' applies to a wide range of contemplative practices designed to unite the individual soul (*atman*) with *Brahman*, which is variously translated as 'God', 'Godhead', or 'the ground of existence'

Daoist mindfulness: 6th BCE

From its beginnings Daoism has concerned itself with creating a harmonious relationship between humans and the world through direct contemplation of the 'ground of existence' – that which remains after all objects are extinguished. The 'ground of existence' the system of the world and the method of achieving harmony are all terms by which the Chinese term *Dao* can be translated. Daoism's best-known contributions to mindfulness practice are *qi gong* 'energy work' exercises and martial art *tai ji quan* or 'Daoist fist'. Both are moving meditation systems; both seem to be modified *raja yoga*.

Buddhist mindfulness: 535 BCE

Buddhist mindfulness techniques centre on seated meditation and mindfulness of the breath. One of the oldest Buddhist meditation practices is *vipassana* 'discernment' meditation, which is a graded, deeply intellectual system of attempting to directly perceive the truths of the body, feelings, consciousness and the 'objects of the mind' Probably the most familiar Buddhist meditation system to Americans is Japanese Zen, which uses sitting and walking meditation as a tool to achieve *satori*, a radical, sudden insight into the nature of reality and conscious experience.

Christian mindfulness: 530 CE

The Christian contemplative tradition flowered in the Middle Ages with the introduction in about 530 CE of communal monasteries. Among the great Christian mystics is St. John of the Cross, who coined the term 'dark soul of the night'; St. Teresa de Avila, who described a seven-stage visionary journey to the throne of God, and St. Hildegard of Bingen, who wrote chants and songs out of her inner experiences. For several centuries after the rise of Protestantism, the mystical tradition and its insistence on a direct, immanent experience of God fell out of favour, though it was kept alive by the relatively minor traditions such as Quakerism until the rise of Pentecostal Christianity in the 19th century. Mainstream Christian churches are now rediscovering the medieval mystics in an attempt to compete with Pentecostalism in feeding their parishioners' need for immanent religion.

Muslim mindfulness: 9th CE

Like Christianity and Judaism, Islam developed its mindfulness tradition well after its foundation about 610 CE. It was not until the 9th century CE that the mystical tradition of *tasawwuf* ‘Sufism’ developed out of a reaction to a growing legalism in Islam. The heart of Sufism is a search for a direct confrontation with the Divine, often visualised as Love or as an all-consuming fire. Sufism is a large family of *tariqat* ‘teaching lineages’ employing a fantastic variety of techniques, but the most familiar of these will be that practiced by the Persian Mevleviye order – the moving meditation of the ‘whirling dervishes’, in which the practitioner whirls for hours, even days, steadily counter clockwise on the left foot, with the right arm high, palm skyward, and the left arm down, palm earthward. This distinctive practice is a visualisation of the movement of the world, with God in the still centre, energy coming down from heaven and into the earth through the body of the whirler.

Jewish mindfulness: 10th CE

Similarly, the Middle Ages saw the birth of Jewish contemplative practices, the most famous of which is *qabbala* ‘received [tradition] a practice that centres on a very close reading of Jewish scripture with reference to a system of numerological relationships. The student of *qabbala* enters into a deep contemplation of the relationship between verses, words, letters and their numerological equivalents, creating a powerful web of associational meaning among them all that points to a mystical, immanent understanding of the Divine. Like the Christian mystical tradition, *quabbala* has enjoyed popularity in America in recent years.

Luis Felipe Morales Knight

During meditation . . . we are aware of [thoughts] because they are there but we intentionally decline getting caught up in the content of the thoughts during meditation, no matter how charged the content may be for us at the moment. Instead we remind ourselves to perceive them . . . as seemingly independent occurring events in the field of our awareness.

Jon Kabat-Zinn, *Full Catastrophe Living*

A contribution by Alan Corbett





Macclesfield Counselling & Training Centre

“Our Ethos is to offer affordable workshops and events which do not compromise on quality”

CPD Events 2013

**Intro to Concepts & Skills in Couples Counselling: 3 Days:
13th, 20th & 27th April 2013**

**Certificate in Couples Counselling Training 5 days:
13th, 20th & 27th April & 11th & 19th May 2013.**

Preparing for Private Practice 8th June 2013.

**Certificate in Integrative Supervision Training - 6 weekends
Commences September 2013**

**National Conference – Dr Margot Sunderland
With the Breath of Kindness – Helping Troubled Children &
Adolescents Talk about Feelings - Key Tools and Techniques.
9th November 2013 (see opposite - page 21)**

All events include lunch refreshments and Certificate/CPD points

For more information, please go to:

www.macclesfieldcounselling.bacp.co.uk

www.mctcevents.co.uk

Tel : 01625 614039 Email: info@macclesfieldcounselling.bacp.co.uk



‘With the Breath of Kindness’

**Helping Troubled Children & Teenagers
Key Tools and Techniques**

Presented by Dr Margot Sunderland

**Macclesfield Town Hall:
Saturday 9th November 2013**

This easily accessible conference presentation is a must for people who work with children or teenagers and will focus on the key skills for effective therapeutic communication with a child or teenager, in terms of ‘what to say and how to say it’

Dr Sunderland will offer Key understanding into:

- How to transform a child’s inner world from a harsh place to a warmer kinder one
- Ways of opening up a therapeutic conversation with a child/teenager
- How to help a child/teenager find words for their experiences instead of discharging or defending against strong emotions
- How to convey accurate empathy with age appropriate vocabulary
- How to find ‘the words to say it’, so that children and teenagers will: find their voice; know what it feels like to be profoundly understood; find solace; know how reflecting with someone feels so good instead of managing big problems all on their own

Dr Sunderland will offer key tools and techniques to include:

- The big empathy drawing
- Rehearsal of the possible
- Unfinished sentence technique
- Use of indirect expression
- Structured sandplay tasks
- ‘Show me’
- The finish the story technique
- Empathic Intervention based on life data and play data
- Emotion worksheets

**To book your space or for more information, please go to:
www.mctcevents.co.uk or www.macclesfieldcounselling.bacp.co.uk
Tel : 01625 614039 Email: info@macclesfieldcounselling.bacp.co.uk**

ABOUT COUNSELLING NORTHWEST

Counselling Northwest is a networking group founded, and run, by practising counsellors for those who are interested in practising and encouraging counselling and therapy in the north west. It is a group voluntarily run BY counsellors FOR counsellors.

The group holds regular evening meetings and occasional day-long workshops, all of which cover a wide variety of topics of interest to members. Suggestions for topics and speakers are always very welcome. Non-members of **Counselling Northwest** are welcome to attend members' meetings, but are requested to pay a visitor's fee of £3.

Membership Application + Renewal form is on pages 15/16

The form can also be downloaded from the CNW website

Three newsletters are currently published each year; September, January and April, and carry details of forthcoming meetings, workshops and events.

Articles for inclusion in the newsletter are always welcomed as are any contributions connected to the world of counselling.

Meetings are held generally once a month (**at 7.00 p.m.** unless specified otherwise) at the **Waterdale Restaurant and Conference Room** situated just behind TGI Fridays on the Mental Health Services of Salford NHS Trust's Prestwich site, just off the A56, Bury New Road, Prestwich, Manchester (close to Junction 17, M60 – formerly M62). Post Code: M25 3BL.

A site map is shown on page 26 and on the CNW website

Parking is available almost opposite the Conference Room building, and entry to the site is through a barrier. Parking on site currently costs £1.50

N.B. Membership of Counselling Northwest is not intended as a substitute for membership of a Professional Body such as BACP, UKCP etc. It is a Networking Group and as such is intended as an additional resource.

www.counselling-northwest.org.uk

ALAN CORBETT

OFFERS COUNSELLING SUPERVISION

FOR QUALIFIED THERAPISTS AND STUDENTS

I hold a Diploma in Counselling (Person Centred) a Certificate in Cognitive Behavioural Therapy, Mindfulness and Relationship Counselling, a Diploma in Hypno-Psychotherapy (National College) also an Advanced Certificate in Hypnotherapy (National College) and a Post Graduate Certificate in Supervision.

AS YOUR SUPERVISOR

I offer a friendly and supportive professional relationship in a relaxed environment. I have several years experience as a counsellor and supervisor, and have worked with clients and couples from a wide spectrum of ethnic, gender, and cultural backgrounds

We would work together to facilitate reflection on issues affecting practice, in order to both personally and professionally develop a high level of practice expertise.

Call or e-mail to arrange a free assessment appointment on;

0161 281 5605

Mobile: 07881 871642

e-mail: alan.corbett@ntlworld.com

Counselling Northwest - Committee

Position	Name	e-address
Chair	Alan Corbett	alan.corbett@ntlworld.com
Vice-Chair	Caroline Mitchell	caroline.mitchell99@gmail.com
Admin Secretary	Caroline Mitchell	caroline.mitchell99@gmail.com
Speaker Secretary	Alan Corbett	alan.corbett@ntlworld.com
Membership Secretary	Pat Howard	a.j.howard@ukgateway.net
Treasurer	Tony Howard	a.j.howard@ukgateway.net
Newsletter Editor & Production	Frances Owen & Tony Howard	franc739@aol.com
Academic Contacts	Yvonne Davies	pathcomp@talktalk.net
Committee Member	Beverley Henderson	beverley.henderson4@ntlworld.com

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- 7) We welcome invitations from colleges to speak briefly about *Counselling Northwest* and its work

EDITORIAL DEADLINE

**Deadline for submitting contributions to the September 2013 newsletter is
Friday, 23rd August 2013**

Please send any contributions to Frances Owen:-

franc739@aol.com

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**Minimum size of advert is one page of A5 @ £15.
A two-page spread costs £25**

Please contact Frances Owen or Tony Howard for advice on advertising issues
Contact details on page 24



Waterdale
Centre

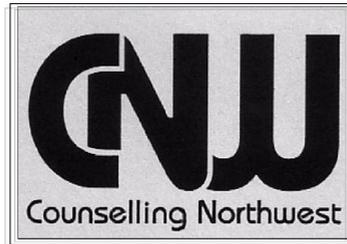
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All meetings are held at the Waterdale Restaurant & Conference Centre of the
Mental Health Services of Salford NHS Trust's Prestwich site
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Network for Counsellors in the North West

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