

Network for Counsellors in the North West

www.counselling-northwest.org.uk

NEWSLETTER

January 2015

Volume 17 Issue 2

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 £5.

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 7.00p.m. (unless specified otherwise) at the **Friends Meeting House**, 13 The Polygon, Eccles, Manchester, M30 0DS (www.quaker.org.uk) **The meeting room is just off J2 – M602 sign-posted Pendleton, A576**

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



Letter from the Chair: January 2015

Welcome to 2015, may we hope it will be another interesting and popular one for all members, both in your own practice and personal development and your involvement and interaction with Counselling NorthWest.

For a list of evening meetings and further workshops, see pages 5 & 6 please check out our website for up-to-date information:-

www.counselling-northwest.org.uk

We are continuing to look into using electronic means of members paying their subscription; the current situation is outlined on page 17 of this newsletter.

Following the feedback from Barbara Rosenthal's meeting in November when members were encouraged to take part in a more interactive/discussion format, we are looking to re- introduce this style of meeting where appropriate, your comments would – as always – be appreciated.

I would also like to bring to your attention, the ongoing need for a little help on our committee. This has been a recurring theme during my time as Chair, but time and tide wait for no-one, and new ideas and methods of providing the things we do would be welcome at this time. Anyone who would like to consider getting involved can contact any committee member (see list of contacts on page 25) for more information.

I wish you a peaceful and productive year ahead.

Alan Corbett



DATES FOR YOUR DIARY

See page 7 for directions to our
NEW VENUE FOR BOTH MEETINGS AND WORKSHOPS
The Friends Meeting House, 13 The Polygon, Eccles, Manchester, M30 0DS

MEETINGS

Thursday, 22nd January 2015: 7PM

Focussed Mindfulness

Clare Walters

*(This is a 'taster' and lead-in to a Full Day Workshop on Saturday, 7th March
See page 13 for further details)*

Tuesday, 17th February 2015: 7PM

Working with Victims of Crime

Angela Stewart

(See below for a synopsis)

Thursday, 19th March 2015: 7PM

Trauma

Andrew Hayley

Working with Victims of Crime

Angela Stewart

"Victim Support is here to help anyone affected by crime, not only victims and witnesses, but their friends, family and any other people involved. While some people describe what we do as counselling that is not quite right. Instead we call the work we do to help victims and witnesses to cope 'emotional support', whereby we help victims and witnesses of crime to cope with emotional stress. Working with such clients can be very rewarding however it comes with its very own difficulties and can be emotionally challenging.

What we do is similar to counselling, but it's not the same. Counselling is a very specific type of therapy practised by qualified professionals who analyse a person's entire life and history to help them understand themselves better. That's not something most victims of crime need – usually, they just need some help dealing with the emotional turmoil caused by being a victim.

Within this meeting we will look at the various components of the journey of a victim of crime, which includes challenges you may face when working. We will also touch on ways in which counselling can enhance their journey."

DATES FOR YOUR DIARY CONTINUED

MEETINGS

Tuesday 21st April 2015: 7PM
Counselling Rape Victims
Allison Lobley

Thursday 21st May 2015: 7PM
Internet Porn Addiction
Jane Hogan

Tuesday 23rd June 2015
Topic to be confirmed
Sue Hawkins

WORKSHOP

10:00-16:00 Saturday, 7th March 2015
Full day workshop on 'Focussed Mindfulness'
Clare Walters

(See pages 13 & 14 for further details and Application Form)

DIRECTIONS & PARKING FOR QUAKERS MEETING HOUSE

Unfortunately, parking at the Quakers Meeting House is limited to approximately 15/20 spaces.

Should this car park be full on your arrival, please make your way to the council car park (free parking after 18:30) using the following directions from ()*

Approaching towards Manchester on M602

Exit at Junction 2 – signposted Pendleton A576 – at traffic lights - take immediate 1st left onto WELLINGTON RD - Quakers on the right [if car park is full]

(*) Carry on along Wellington Road to traffic lights

Turn left onto ALBERT ST. Back over the M602

Turn left into JOHN WILLIAM ST.

Turn immediate left into VICARAGE GROVE

Entrance to car park is on your immediate right

Approaching from Manchester on M602

Exit at Junction 2 – cross the motorway, around the roundabout and take left turn signposted Pendleton A576 – at traffic lights -take 2nd exit onto WELLINGTON RD - Quakers on the right [if car park is full]

(*) Carry on to traffic lights,

Turn left onto ALBERT ST. Back over the M602

Turn left into JOHN WILLIAM ST.

Turn immediate left into VICARAGE GROVE

Entrance to car park is on your immediate right

From the car park, exit onto VICARAGE GROVE towards the railway station

Then cross the footbridge over the M602

Turn right onto WELLINGTON RD

The Quakers Meeting House is a short walk on the left

A MAP CAN BE FOUND ON THE WEBSITE: www.counselling-northwest.org.uk

MEETINGS AND WORKSHOP REPORTS

CBT to EMDR – All is Trauma?

Geoff Cullen

Meeting - 23 September 2014

Geoff appraised the audience with his journey along the counselling world, starting in a spiritual direction in 1996, working as part of a Mental Health Team within the primary care team for a GP in Middleton. In 2002 Geoff moved on to specialising in trauma work and set up in private practice.

Explaining how to recognise trauma, the discovery of the phenomena of the trauma memory from the EMDR perspective, the advantages and difficulties of working in this way. 14000 people at any one time could be suffering from PTSD and over 13 month period Geoff had 440 sessions, including the initial session, this number related to an average of 3.19 sessions per person. Most of the referrals were from those suffering Anxiety/Loss/GAD7 (General) scoring over 33 on the PTSD scale.

Questions we ask ourselves when working with trauma are, Is this person triggered by something? What painful/ emotional material is triggered and where is the trigger? Using the EMDR we wouldn't need to go into detail and the sometimes lengthy history of events that cause the mental health stress and anxiety. EMDR, has similarities to dreaming and enables the brain to neutralise the trauma.

In 2007 Geoff studied the CBT model at Salford University and went on to use a simplified model of the thought record and this for him confirmed the old saying “the clients you get are the ones you deserve and need”.

After using the skills he had learnt along his journey he asked himself, why manage anxiety or depression when rapid eye movement, as in sleep, can remove a mental health problem and it has been proven that Fibromialgia sufferers can also be helped by using EMDR techniques.

Further Reading and Training opportunities Parts 1,2 and 3

Go To the Web site www.michaelpatterson.com

www.emdrmasterclass.com

Yvonne Davies

www.paththerapy.com

MEETINGS AND WORKSHOP REPORTS:

Couple Counselling - Day Workshop with Jim Davis

15th November 2014

Jim introduced himself as a qualified UKCP Registered Psychotherapist and a member of European Association of Transactional Analysis. A qualified supervisor and trainer with over 20 years experience Jim works with individuals, couples and groups, using Gestalt, Person-Centred, Transactional Analysis, Bodywork and Couples Therapy (qualified with Relate Marriage Guidance) He is also a Senior Executive Officer for the Commission for Racial Equality, promoting equal opportunities for ethnic minority groups in employment. Jim is also a Senior Research Fellow at Manchester University.

The day was packed with information and examples of how couples co-create symbolic experiences from childhood, and how we choose those wants in a partner that can also give us those things. Independent couples seek each other out, and finds someone who also has separate lives.

After watching the DVD "In Treatment" we were asked to discuss in small groups.

1. How the couple provoke each other to row.
2. What way we could see them avoiding feelings.
3. How the therapist does or doesn't enhance the process between those two things.
4. What was our individual thoughts on the impact for us, particularly in the rowing.
5. The impact of any expressions of love on both parties

The symbiotic patterns in this case are the collusive process to row in the therapeutic relationship to avoid the difficult. The therapist then gets drawn into the content rather than the process.

We split up into groups of three and were asked for 1 person to be the speaker who would bring a real issue, not too distressing but something that was aggravating, another would be the listener and repeat word for word what had been said, then the third person would be the reflector and feed back their understanding of the issue into the small group for us to discuss

We were encouraged to work the same way giving each client the opportunity to voice the problem from their perspective when in the counselling room. After the client has spoken, the counsellor will be reflecting, as if in a mirror, by repeating what was said, "word for word," this way of working will show the clients that the counsellor has not only heard him/her accurately, but has reinforced what was said in the couples minds.

Yvonne Davies

See overleaf

MEETING AND WORKSHOP REPORTS—CONTINUED

Often, when we try and get volunteers to report on meetings & workshops, it can be a little like extracting teeth! However, by a happy accident, we ended up with TWO reports of Jim Davis's workshop! We thought you might like to see them both, as they come in from slightly different angles! Here's the second.

This was Jim's follow up to his recent introductory presentation, held in the pleasant and pleasing environment of the Quakers meeting house in Eccles.

Our group comprised therapists who worked with couples, and those who were interested in the subject.

The overall discussion throughout the day was how to 'talk to each other' something that one might assume to be blindingly obvious, but I would like to think that anyone who works with relationships and couples counselling in particular will be all too familiar with the maladaptive forms of communication that become established in many relationships.

We were asked to consider the various 'visions and goals' that enhance and bind a relationship, and then we discussed the things that couples do that can de-construct a relationship, activities or habits that may begin in innocence, but because any negative attributions are not confronted early, these things can grow into misunderstandings and resentment.

Talking to each other involves four steps, which we were asked to consider before engaging in an exercise that illustrated their use, these are – mirroring, validating, empathising and senders responsibility.

Mirroring makes it clear to the other that you have accurately heard, that you are offering the experience of being heard, which in turn can build a better connection.

Validating is indicating that what you understand what you have heard and that it makes sense, accepting that what you have heard can change your viewpoint, by attempting to 'see the others position' by this method one can begin to build trust, helping each other to lower defences and making it easier to find a compromise. But it doesn't mean you have to agree with them.

Empathising involves acknowledging the emotion in what is being said, imagining their feelings and checking them out, this enhances their sense of your caring for how they are feeling, this is of course more difficult if you cannot agree with their viewpoint or if their feelings are about something you have done. Then we have what Jim has described as '*sender responsibility*' this involves being aware of what you are saying and the way you are saying it, monitoring the use of 'I' statements, avoiding critical comments about the other.

A short clip from '*In Treatment*' was used to expand and illustrate our discussion.

The presentation was then expanded into a lengthy and detailed discussion of the many stances and positions that are adopted by couples in order to avoid difficult topics, which would require more space than is available here to discuss.

Some of the issues and techniques discussed were familiar, but I was particularly drawn to the many detailed references to personality types and the interactions that result from them. This validated much of my own practice and focused my thinking on developing how I can utilise and expand my work with couples in the future.

Suggested reading: Hendrix, H. *Getting the Love You Need*: Pocket Books, UK. 1993.

Alan Corbett

MEETINGS AND WORKSHOP REPORTS

The Impact of Domestic Abuse on Children & Young People Steve Leach (Meeting on Thursday, 23rd October 2014)

Steve started the talk with the Home Office (2013) definition of Domestic Violence (DV) as:

“Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality. This can encompass, but is not limited to, the following types of abuse: -

psychological-physical-sexual-financial-emotional

He emphasised the importance of being child-focussed within the environment in which the child operates: parents/siblings, extended family/grandparents, schools/clubs/ children’s centres and the wider community.

He then set the scale of the scene with some chilling statistics: a DV call to police every minute: an average of 35 incidents before that call is made : 2 deaths per week as a results of DV: 1 in 4 women affected by Domestic Abuse: DV accounts for between 16-25% of all recorded violent crime: it’s estimated that only about two thirds of DV cases in the UK are actually reported.

In DV relationships, children witness about three quarters of the abusive incidents and about half of the children in such families have themselves been badly hit or beaten. perhaps not too surprisingly, research shows that children who live with DV are at increased risk of behavioural problems and emotional trauma, and mental health difficulties in adult life. The estimated total cost of domestic abuse to society is put at more than £20 billions per annum.

Steve then turned to the impact of DV on young people as a function of age. The impact starts in the womb-to-newborn. Miscarriage/premature birth/problems at birth/low birth weight/foetal abnormalities/affected by stress of mother/difficulty feeding & sleeping/being hurt or used as a weapon. Impact continues during Toddler-to-preschool age where cognitive and physical developments may be impaired, and physical and emotional needs are not being met leading to neglect in terms of feeding, personal hygiene and the like. At primary school age, poor self-esteem may establish with a personal blame culture, and there may be hyperactive/problematic behaviour in school. At teenage, there may be running away/staying off school/truancy/self harm/stealing/crime/drugs & alcohol abuse with a higher risk of having sex at an earlier age.

Attention was then turned to parents experiencing domestic abuse and some of the signs and issues that they experience and how that impacts on the child.

Finally, Steve covered some of the issues and approaches that therapists may encounter and how they might deal with these. Clearly, the field is huge and such an introduction could only give us a feel for the size and scale and how we might go about tackling the problems. One thing for sure is that this is a problem that isn’t going away!

Many thanks to Steve for an excellent presentation, we are privileged to have such an expert on our doorstep and this is doubtless a topic to which we will be returning on a regular basis in the future.

Pat & Tony Howard

Discussion on Suicide on the Internet – Barbara Rosenthal

Tuesday, 18th November 2014

This was a well attended discussion which Barbara asked to be held in an informal format (no power point) on the understanding that confidentiality was agreed by all, she wanted to encourage those present to feel safe enough to share their thoughts and comments if they felt able to.

We were asked to consider our personal attitudes to suicide and how these linked to more generally accepted and recognised social attitudes and, whether this raised any difficulties we hadn't acknowledged within ourselves and if it was possible to create a clear and unequivocal understanding about suicide.

A thoughtful and quite moving discussion followed, where societal comments such as 'a waste' a 'selfish act' and the harmful effect on others was looked at in some detail, how little survivors and therapists can actually know and understand about the actions of another, the phrase 'whilst the balance of their mind was disturbed' is still used – how can we understand what this means to the person with suicidal ideation. The question was posed – 'is it too difficult what you're trying to deal with?' (the reality) or, do you want to end your life?' (The impulse)

We discussed working with suicidal clients from the perspective of the therapist, the fear of doing further harm when a client presents or shares the thought or intention of taking their own life, of 'getting it wrong', the realisation that we as therapists cannot ultimately know the perspective of our client – their mind set.

Assessing the mental competencies of our clients was clearly something that could be undertaken, with appropriate training in place.

We moved onto the topic of internet suicide, the 'attraction' that these websites have for younger people in particular, the impulsivity of the act, of not 'thinking it through' the huge difficulty of accepting the commitment of another human being to take their life, how some of these websites 'groom' vulnerable (typically) young people, and even the peer pressure felt by this group.

There are an estimated 850,000 young people with psychological issues in the UK, and for 75% of these there is no help offered at all (no references given).

Some of those present were able to share their own personal or professional experiences of suicide. Is it possible to forgive the act, of realising that perhaps there cannot be an answer for those who are left seeking one? Therefore, if no answer exists can the survivor/s eventually stop looking and 'let go'? For myself, I decided many years ago that despite the traumatic events that I had personally experienced, and despite the absence of any direct help from others, I chose to be with the living, that I loved myself enough, and felt an innate responsibility for myself and those I loved, which far outweighed any attempt to end my life. I have developed this simple but fundamental realisation into a personal philosophy that has grown over time, and now nourishes and guides me as an individual in the world.

Thanks Barbara.

Website: **SOBS**: Survivors of Bereavement by Suicide. www.uk-sobs.org.uk/

Alan Corbett

Full Day Workshop

'Focussed Mindfulness'

Clare Walters

Saturday, 7th March 2015

Focussed mindfulness is a powerful approach to mental, emotional and physical distress. It gets straight to the root cause of the issue and begins the healing process. The tools are straight forward and easy to use and are useful for health practitioners to use alongside their other therapies.

In this workshop I will outline the theory behind Focussed Mindfulness and then offer a practical demonstration of how it works.

I have been developing Focussed mindfulness for the last 7 years, working with clients suffering from physical and mental illness as well as individuals interested in self-development. I now run a foundation course and supervision course and currently have 30 students training with me. My workshops have been attended by GPs, psychotherapists, coaches and complementary therapists who are impressed by the power and simplicity of the work. It offers a brief intervention but shifts the mind-set of people who have up to that point been stuck and unable to heal.

Clare Walters

'Thank you so much for today, you really do have a skill. The workshop was the most powerful and enlightening I have ever attended in more than 25 years as a health care professional.' Nigel Hume, GP.

'I have watched this process in action a number of times and can say that the results were quite extraordinary; the clients afterwards looked relaxed and amazed at the power of their experience. It is quick and simple to learn so the client can practice the technique in the comfort of their own home. It reduces the need for medication and combines well with other therapies. Clare Walters who presents the course is very professional and supportive in her teaching methodology, which made the learning a pleasant experience.

I cannot recommend this process highly enough for anyone working with people in emotional or physical pain. If you only attend one workshop this year make it this one'. Steve Bailey, Osteopath

One session has had quite a staggering effect on me, and I feel that although it was a while ago it is still having a great positive influence on my life'. Danielle Barbereau, Academic and coach.

Application Form overleaf

“Focussed Mindfulness”

Clare Walters

One Day Workshop: Saturday 7th March 2015

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.
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 all included in the workshop fee



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Please book the following (Clare Walters – 7/3/2015) :-

Number of Counselling Northwest Members @ £ 60 per person

Number of CNW Non-members @ £ 70 per person

Total NumberTotal Payment - Cheque Enclosed for: £

Name(s).....

Contact address.....

.....

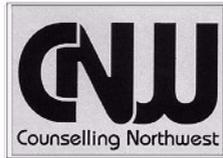
.....Tel.....

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



Network for Counsellors in the North West

www.counselling-northwest.org.uk

For office use only

Memb No:

Receipt No:

CNW Membership Sliding Scale Fees – 2014/15						
Period of joining.....	1 st July – 31 st Dec	<input checked="" type="checkbox"/>	1 st Jan – 31 st March	<input checked="" type="checkbox"/>	1 st April – 30 th June	<input checked="" type="checkbox"/>
Full Member	£20:00		£15:00		£10:00	
Diploma Student	£10:00		£7:50		£5:00	
Remember that membership entitles concessionary fees for workshops As there are no meetings, workshops or other events organised in July and August, anyone joining/ renewing during those two months will be credited with membership for the whole of the 2014-15 year						
Fee for (non-member) visitor at speaker's meeting: £5.00 per visit						

Membership Application & Renewal Form

Please Tick the box of the membership category for which you are applying/renewing, complete the rest of the form and return to the Membership Secretary with Cheque payable to *Counselling Northwest*

(Please note: a receipt will be sent electronically)

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: _____

MOBILE: _____

EMAIL: _____

WEBSITE: _____

...Continued Overleaf

New Members – Where did you learn about Counselling Northwest?

Do you work primarily in:-

NHS Education Third Sector

Private Practitioner

Other (Please specify) _____

Therapeutic Approach: _____

Professional Body Membership eg: 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? _____

**Please note that the sliding scale only applies to new members.
It does not apply to CNW members re-joining after a lapse of membership, who would be expected to pay the full annual fee whenever they join throughout the CNW year
Fee for visitor at speaker's meeting: £5.00 per visit
SEE OVERLEAF FOR NOTES ON METHODS OF PAYMENT**

Payment of CNW Membership and Workshop Fees

For some time, we have been reviewing methods of paying fees to CNW, especially electronic, with PayPal and Direct Transfer (BACS) being the obvious candidates. PayPal is clearly a convenient method for individuals, but is not quite so straightforward for CNW. As an organisation providing 'services', we are classed as a Vendor and are therefore subject to a Transaction Fee for every payment we receive; in effect, like a credit card payment. To offer this service therefore, we would be forced to charge a Transaction Fee to ensure that CNW does not lose out on income. We are a little loth to do that at this time as it will involve additional cost to the individual member as well as more work in the processing of accounts. It's perhaps worth reminding ourselves that CNW is organised and run by volunteers in their 'spare time', and that spare time is limited; however, we will continue to review the situation regarding PayPal.

BACS direct transfer, on the other hand, is much simpler and does not include any 'hidden' charges. We are happy to offer this facility for members to pay membership and workshop fees. If members would like to use this means of payment, then please contact Tony Howard:-

howarduk96@tiscali.co.uk

We will, of course, continue to welcome payments by cheque and postal order for as long as these methods of payment survive!





Join our Facebook group by searching:

<https://www.facebook.com/groups/484798198265265/>

Members are encouraged to use the site to engage with other therapists for purposes such as:

- ◆ Networking
- ◆ Advice and guidance
- ◆ Discussions
- ◆ Sharing relevant information with others
- ◆ Offering suggestions to CNW
- ◆ Offering feedback to CNW

Members will also be updated with regular reminders of upcoming meetings and workshops

CALLING ALL MEMBERS!



CNW NEEDS YOU!!

As you will be aware, Counselling North West was set up as a networking group for therapists and so we would like to remind members that they have the opportunity to shape the group in terms of:

- ◆ Offering suggestions for topics you would like more knowledge of at monthly meetings and workshops
- ◆ Facilitating a meeting or workshop to offer your own knowledge to others
- ◆ Volunteering in the running of, and continued development of, CNW
- ◆ Offering feedback of your experiences, and ideas for future developments
- ◆ Contributing to the newsletter with articles, poems, items of interest, etc

How would you like to see CNW continue? Could you be involved? How could we improve? Let us know!

You can contact Tracy McCadden at tracymccadden@hotmail.com or via Facebook. Or alternatively you can speak to any committee member at any one of the meetings. We look forward to hearing from you.



Macclesfield Counselling & Training Centre CPD Master Classes & Courses 2015

Couples Counselling Training.

Certificate in Couples & Relationship Counselling Training (mid week training route)

21st January, 11th February, 11th March & 8th April 2015.

Advanced Certificate in Couples and Relationship Counselling.

25th January, 1st March, 25th April & 16th May 2015.

Certificate in Couples and Relationship Counselling – weekend route.

11th, 18th, & 26th April & 2nd May & 17th May 2015.

Supervision CPD.

Master Class with Dr Andrew Reeves – Supervising Counsellors who work with Suicide Risk and Self Harm. 7th February 2015.

Master class with Robin Shohet. Safe Uncertainty in Supervision. 28th March 2015.

Mindfulness in Menorca 11th May 2015.

5 day residential Mindfulness and compassionate living on the beautiful island of Menorca.

www.macclesfieldcounselling.bacp.co.uk.

www.mctcevents.co.uk

Or Contact : 01625 614039



Think Therapy



Diploma in Hypnosis and Psychotherapy

About the Course

This is a perfect adjunct or stand-alone approach for counsellors and psychotherapists who wish to enhance their practice by incorporating additional skills to support their clients.

The diploma will run once per month over ten months and will cover a variety of areas including: EMDR, CBT, & NLP alongside contemporary hypnotherapy methods. Candidates will benefit from clear instruction and guidance throughout, learning a variety of induction methods and how to work with a multitude of presenting issues ranging from: Anxiety, Phobias, Pain Management, Smoking Cessation etc.

The course has been **assessed and accredited at Practitioner Level** by the **General Hypnotherapy Standards Council (UK)** and **The National Council of Psychotherapists**. The course also complies with the National Occupational Standards for Hypnotherapy and Complementary and Natural Healthcare Council (**CNHC**) training standards as approved by the **Professional Standards Authority**.

Courses will be run in Warrington, Widnes and Liverpool

About the Trainer

Steve Leach is a Psychotherapist, a lecturer in Higher Education, an approved NHS Clinical Supervisor and a regular speaker at conferences and other events on various issues relating to emotional and behavioural problems, psychotherapy and hypnotherapy. Steve has trained with international figures in hypnotherapy and psychotherapy and brings a wealth of experience to his training.

For fees, information, a prospectus or to enrol contact: **Steve Leach**

Tel: 07929 268417, Email: steve@thinktherapy.org.uk

Or visit the website: www.thinktherapy.org.uk

Don't miss this opportunity to acquire skills in the developing field of Hypnotherapy.



Supervision and Counselling , Student Counselling

At competitive and negotiable prices!

Offered

By

Stephanie Kitt

-

Accredited MBACP and CNW member.

I have enjoyed practising as a person centred counsellor since 2006, achieving my BACP accreditation in 2012. Since September 2012, I have completed a BACP approved diploma in counselling supervision, giving me the skills to offer supervision to counsellors and student counsellors.

December 2014 gaining a certificate in CBT .

I work privately with individuals and couples and with school children providing face to face counselling, individual and group supervision and self- esteem workshops. I also work as a supervisor for the Counselling and Family Centre in Altrincham.

My practice is in Urmston Manchester.

You are very welcome to ring, text or email me for an informal chat and we can arrange a session to see what I can offer you and if we feel comfortable working together.

Tel: 07725 356460

Email: stephfish2003@yahoo.co.uk



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www.paththerapy.com

ALAN CORBETT
OFFERS COUNSELLING SUPERVISION
FOR QUALIFIED THERAPISTS

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 (University of Salford 2008) 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.

Reduced fee for Third Sector & Unwaged

Call or e-mail for a free assessment appointment on;

Mobile: 07881 871642

e-mail: alan.corbett@ntlworld.com

www.fernleacounselling.co.uk

Counselling Northwest - Committee

Position	Name	e-address
Chair	Alan Corbett	alan.corbett@ntlworld.com
Vice-Chair	Frances Owen	franc739@aol.com
Admin Secretary	Tracy McCadden	tracymccadden@hotmail.com
Speaker Secretary	Urooj Khan	rooji_k@hotmail.com
Membership Secretary	Pat Howard	howarduk96@tiscali.co.uk
Treasurer	Tony Howard	howarduk96@tiscali.co.uk
Newsletter Editor & Production	Tracy McCadden,	tracymccadden@hotmail.com
Academic Contacts	Yvonne Davies	pathcomp@talktalk.net
Committee member(s)	Positions Vacant	-

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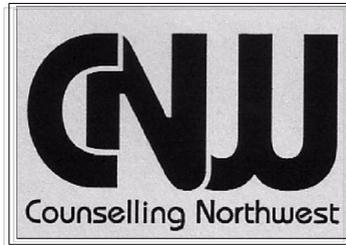
Friday 27th March 2015

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