

Network for Counsellors in the North West

[www.counselling-northwest.org.uk](http://www.counselling-northwest.org.uk)

# NEWSLETTER

*September 2015*

*Volume 18 Issue 1*



## CONTENTS

About Counselling Northwest	pg.4
Letter from the Chair	pg.5
Dates for your Diary	pg 6—7
Meetings and Workshop reports	pg 8—14
Membership form	pg 15—16
Workshop Details and Application form	pg 17—18
Facebook details	pg 19
Notices	pg 20
“Why Don’t they just Leave?”	pg 21—22
Adverts	pg 23—27
Committee members	pg 28
Important Information	pg 29
Directions to meeting venue	pg 30

## 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](http://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: September 2015

Welcome to this edition of the CNW newsletter and to the coming season of networking and CPD.

I'd like to begin by acknowledging the hard work and commitment shown by my predecessor Alan Corbett, who has decided to step down as chair after the best part of a decade. I am sure you will all join me in wishing him continued success in his practice and in taking care of his green fingers. I have great respect and admiration for Alan and aim to continue to meet the standard that he set in the role.

As the new incumbent I would like to invite your co-production in the running of our network group; indeed there would not be a network without your involvement and I think you will agree that the mutual trust and affinity we all share for the profession, and in meeting the needs of our clients, is a motivating factor in our choice to be members.

In order for its continued success I'd like you to consider how you can play a bigger role in shaping and sustaining this superb and much needed community of professionals- Have you considered being a committee member? It's a rewarding role and one which will enhance your skills and professional profile...

OK, enough hard sell.

I would like to end by recognising that our role as practitioners can often be stressful and CNW offers the opportunity to connect with fellow professionals, reduce the risk of feeling isolated and have fun too!

I look forward to seeing you all soon,

**Steve Leach**



## **DATES FOR YOUR DIARY**

See page 30 for directions to our venue for both meetings and workshops:  
The Friends Meeting House, 13 The Polygon, Eccles, Manchester, M30 0DS  
All evening meetings start at 7pm

## **EVENING SPEAKERS MEETINGS**

### **September 22nd—eTherapy: the future or a passing fad?**

#### **Pauline Summers**

Working online is fast becoming mainstream and more and more counsellors are considering offering eTherapy as part of their portfolio. But is it as easy as plugging in your laptop and advertising for clients?

### **October 20th—Working with Youth and Gangs**

#### **Sean Collins**

The definition of gangs is somewhat unclear as it encompasses so much. The youth of today are at a great risk of becoming part of a gang due to the culture they find themselves in.

Evidence shows that gang membership increases the likelihood of serious violence. We know that there are links between serious organised crime and street gangs. Furthermore, there is likely to be a significant cross-over between identified gang members and the troubled families.

Girls and gangs- There is little information on the numbers of women and girls involved in gang violence. We know that many young women are suffering gang-related sexual exploitation or violence, but the extent of it is largely hidden.

I have a vast amount of experience in dealing with gangs and youth violence. I have worked very closely with at risk youth and have provided practical advice to relating areas. The presentation will entail exploring ways in which one can work with clients affected by gangs in anyway and any difficulties you may experience.

## **DATES FOR YOUR DIARY CONTINUED:**

### **MEETINGS CONTINUED:**

#### **November 11th—Working with Personality Disorder**

##### **Claire Gately**

This presentation will explain what personality disorder is and explore ways of understanding personality disorder. This presentation will then consider some of the interventions that have been developed to treat personality disorder. Finally, the presentation will also consider the potential challenges of working with a person with personality difficulties and suggest some 'top tips' that can be helpful when working with these individuals.

Claire Gately is a Clinical Psychologist currently working within the adult forensic service for the Greater Manchester West Mental Health Trust and also in a specialist personality disorder unit at HMP Manchester. She has a long standing interest in psychosis and personality disorder. She works with service users using a range of approaches, especially Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT) and Schema Focused Therapy.

### **WORKSHOP**

#### **October 10th—An Introduction to using Compassion Focussed Therapy to treat Shame-based difficulties and Self-criticism.**

##### **Louise Nesbitt**

See pages 17 & 18 for further details and application form

*We are taking feedback from members regarding a potential workshop in February to be run by Robin Shoheit. Feel free to con-*

## **MEETINGS AND WORKSHOP REPORTS**

21<sup>st</sup> April 2015

### **Rape crisis with Allison Lobley & Morag Borszcz**

Allison and Morag came to us from the Rape Crisis Centre and offered us an interesting insight into the way the service is run and the support they provide to service users. The service is funded and therefore offered free of charge.

The service supports 'collectivism' in the way it runs the all-female service, with all staff, including volunteers, having equal responsibility for decision making, promoting equality throughout the centre.

The service offers a feminist approach to supporting women rape survivors, encouraging service users to acknowledge the inequality between the sexes in the patriarchal society they live in, in order to challenge the blame and guilt that the service user may assign to themselves. Rape is a decision made by the rapist and is not acceptable under any circumstances.

Allison and Morag offered us further explanation into the views of the patriarchal society, describing an equal society as one in which women should not have to moderate her behaviour but should be able to be who they want and do what they want without fear. The existence of violent men in our society create the patriarchal balance meaning that non-violent men also benefit.

The centre challenges the medical approach to counselling rape survivors, stating they are not ill. They find that Feminism and Person-Centred counselling work well together with this clientele.

Allison and Morag offered us the core values of the service and distinguished the difference between feminist and legal definitions of rape.

The centre offers women the opportunity to develop new healthy relationships with staff and others, helping them to identify respectful relationships with self and others and helping them to recognise warning signs of unhealthy relationships.

Therapists will themselves practice what they preach and ensure they look after themselves and each other, as vicarious trauma can become an issue working with this client group.

CONT:

## **MEETINGS AND WORKSHOP REPORTS CONTINUED:**

Clients' needs are respected in terms of accessing support. This will be planned, flexible but bounded, and will focus on trauma, biology, neurology, and flashbacks.

Therapists are encouraged to work with the idea that clients may either want to talk about it or not want to talk about it but both will have valid reasons for this that can be discussed.

Only 15% of rape survivors will see their reporting of the crime through to the end and so the crisis centre will support service users by liaising with police, GPs, and domestic abuse services.

Service users are also able to access group work in order to share their experiences which can be a valuable tool. Other 'safe' activities are also offered along with coffee mornings and a helpline.

The service will also work with Child Trauma and this was briefly discussed in terms of work structure and philosophy.

The difficulties for survivors was explored in terms of presentation for counselling. All clients will have self-referred however this may have been a last resort after seeking help for anxiety, depression and/or self-harm.

### **Useful materials:**

- ◇ Effects of Child Sex Abuse – Sam Warner
- ◇ The Body Remembers – Babette Rothschild (for therapists)
- ◇ 8 Keys to Trauma Recovery – Babette Rothschild (for clients)
- ◇ Responding to Sexual Violence – Helen Jones & Kate Cook
- ◇ [rapecrisis.org.uk](http://rapecrisis.org.uk)

**Tracy McCadden**

## MEETINGS AND WORKSHOP REPORTS CONTINUED:

### HOW EARLY ATTACHMENTS SHAPE OUR BRAINS AND OUR LIVES

Meeting 14<sup>th</sup> May 2015.

Presented by Sue Hawkins

As a mark of Sue's standing in the Counselling world once again large numbers of people turned out to hear her talk and they were not disappointed with the content and delivery of this fascinating and topical subject.

Sue is a psychologist and therapist working primarily with children and adolescents who have experienced significant trauma, abuse, neglect and loss. However over a significant period of time Sue has come to the conclusion that therapy, regardless of the age of the client or the client's presenting issues, often involves elements of early insecure attachment in their formative years.

We are biologically pre-programmed for attachment in order to survive and gain security and trust both in ourselves and with others. This attachment starts at birth and the origins, styles and stages of attachment were discussed in detail by Sue in her usual comprehensive, relaxed, interactive style of delivery.

Different parenting styles tend to be passed down through the generations, and these were examined in detail together with the effects on the developing child and its brain and the brain's evolution.

We discussed the four attachment styles and their usefulness in helping us to understand own clients: how insecure early attachment may present in children, young people and adults and the type of mental health problems which may have their origins in poor early attachments.

The contributing factors to promoting brain development were explored together with attachment-focused therapies e.g. providing a 'secure base' for the client, relaxation, mindfulness, hypnosis, visualisation and helping parents with their own 'blocked' or unresolved feelings.

The talk was concluded with some points to ponder – "Developmental trauma starts *in utero* when there's not much more than a brain stem and goes on during the pre-conscious years. It usually continues until 36 months when the thinking brain (frontal cortex) comes on line " (Bessel van der Kolk).

Continued:

## **MEETINGS AND WORKSHOP REPORTS CONTINUED:**

Recent studies have shown that we only need one positive attachment in order to thrive and that this does not have to be the primary caregiver. (Sroufe et al, 2005)

The brain is 'plastic' and continues to develop especially up to the age of 30.

Attachment may change throughout our lifespan and therapeutic relationships can provide a 'corrective attachment experience' and new therapeutic methods in treating attachment are becoming available all the time.

What a great evening: as usual Sue's knowledge and dedication shone through and her enthusiasm never waned. I hope Urooj who organises our speakers' programme can persuade Sue to speak to CNW during the 2015-16 Season.

**Pat Howard**

### **Therapist Drift**

**23rd June 2015**

The basic definition of therapist drift is moving away from the evidence-based therapeutic model, failing to use a structured and prescribed approach at all times. That is, we are taught to use models and approaches in a particular way; however theory very rarely prepares us for the practical aspects of our jobs.

For example, some of us may have been taught to use an evidence-based approach which means we have to work in an evidence-based manner. Furthermore, we may have to demonstrate model-adherence and thus may have to work with what the client presents as the problem. This all leads to a therapist working within a model. And thus we as therapists must leave our feelings, emotions and biases at the door.

CONTINUED:

## MEETING AND WORKSHOP REPORTS—CONTINUED

In my humble opinion, therapists adapting the theory to make it work in the practical world is what is referred to as therapist drift.

So, what caused this? Diane described that experience was probably one of the main causes of drift. That is, training in a different modalities and thus integration of such methods is known to make therapists drift.

Diane has years of experience in customer service, which facilitated her moving into mental health. She is currently a Wellbeing Development Manager for a third sector mental health service. They use a holistic and person-centred approach when working with clients. Initially her methods of working, albeit person centred, were very prescriptive. She applied CBT based techniques, but only 42% of clients who engaged within therapy recovered. This illustrated that 58% of people DIDN'T recover!

This was enough to prompt Diane to look further into why people didn't engage or recover. Issues such as addiction and possibility of becoming homeless were such reasons that clients were struggling to engage. And thus Diane changed her way of working by firstly finding out environmental factors that were having an impact on clients and signposting clients to services which could help. At times, she would make calls herself and get them the help they needed.

The message was as simple and complicated as this: as therapist we need to start looking further into a client's environment. However this isn't as effortless as it seems. Time and resources don't always allow therapists to do that. And of course, not forgetting there are those therapists who don't drift, who like to keep their approach as "pure" as they can.

Overall, a thought and emotion provoking presentation!

**Urooj Khan**

## MEETING AND WORKSHOP REPORTS—CONTINUED

### The Rewind Technique (RT) - Dr David Muss

Saturday 4th July 2015

Dr Muss gave a brief history of his life and varied career prior to his development of RT in 1988. Dr Muss' family moved from the USA following the Second World War, living briefly in the UK and then moving to Italy where he later studied medicine at the University of Rome, graduating in 1968. For several years Dr Muss was a Paediatric Surgeon and then, for five years, a Paediatric Cardiac Surgeon and eventually, due to the death of his Direttore di Pediatria, moving to the UK to become a GP until 1996. Since 1988, Dr. Muss has worked as the Director of the PTSD UNIT at the BMI Hospital, Birmingham here in the UK.

Dr Muss was very particular regarding the application of the technique and put his volunteers through their paces in live demonstrations, ensuring they got it “just so”. He was very clear that he used RT only for traumatised clients whom he assessed using a short version of the Impacts of Events Scale. Prior to introducing us to the technique Dr Muss gave an overview of post-traumatic stress, post-traumatic stress disorder and dissociation, sharing some of his rationale for developing RT, including his own personal experience of trauma and his training in hypnotherapy and NLP.

Dr Muss put forward that RT helps clients to “reconstruct” their perception of a traumatic event, dis-connecting disturbing emotion from the associated memory. The technique itself entails asking the client to “play a game”, the game is about two films- one running forward and the other backwards. There is one rule about playing the game and that is that the client remains detached from the traumatic event; Muss explained the importance of having the client understand this and to stress this segment he asked the group to think about a time they had been on a roller coaster or on a boat (or similar experience) and recall what it felt like; did we feel sick, anxious etc.? He then asked us to imagine that if this experience had been filmed and we watched this film would we feel the same way about the experience? This is the basic premise of RT, the client stays detached, seeing the traumatic event from a safe distance e.g. seeing themselves sitting in a cinema looking at the event on the screen.

CONTINUED:

## MEETING AND WORKSHOP REPORTS—CONTINUED

The first film starts from a “good” point before the traumatic event and runs exactly how they recall it with sights, sounds and smells (?) etc. when the traumatic event is reached the film stops.

For the second film the client imagines stepping into the screen at the point of the traumatic event and immediately the film is rewind, pulling the client backwards at great speed with everything going away from them until they arrive again at the “good” point prior to the traumatic event.

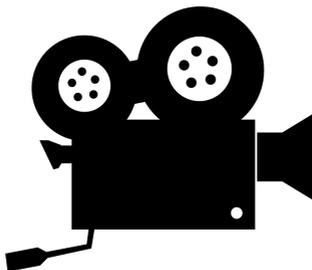
Dr Muss purports that the RT can take as little as 2 minutes for the first film to run and 5-10 seconds for the rewind to occur with a success rate of 80%.

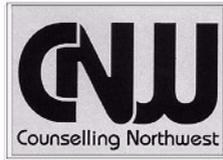
Anyone interested in hearing what Dr Muss has to say about RT can visit this link:

<https://www.youtube.com/watch?v=cTaY9jC1TEU>

An interesting day, with plenty of discussion and food for thought.

**Steve Leach**





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 <sup>st</sup> July – 31 <sup>st</sup> Dec	<input checked="" type="checkbox"/>	1 <sup>st</sup> Jan – 31 <sup>st</sup> March	<input checked="" type="checkbox"/>	1 <sup>st</sup> April – 30 <sup>th</sup> 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 following membership year						
Fee for (non-member) visitor at speaker's meeting: £5.00 per visit						

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: info@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?**

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**Do you work primarily in:-**

**NHS**

**Education**

**Third Sector**

**Private Practice**

**Other (Please specify) \_\_\_\_\_**

**Therapeutic Approach: \_\_\_\_\_**

**Professional Body Membership eg: BACP/BPS etc**

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**Please circle which is/are appropriate to you:**

**Counsellor**

**Supervisor**

**Trainer**

**Student**

**What topic areas for evening meetings/day workshops would you be interested in? \_\_\_\_\_**

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**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**

# **FULL DAY WORKSHOP**

## **October 10th—An Introduction to using Compassion Focused Therapy to treat Shame-based difficulties and Self-criticism.**

**Louise Nesbitt**

The focus of this workshop will be two-fold:

- understanding the phenomenology of compassion-focused therapy (CFT) to address shame and self-criticism and
- developing the skills of using this approach with clients presenting with shame and self-criticism

Most of us working in mental health meet people who give themselves a hard-time and are gripped by feeling of shame. These ways of thinking and feeling about oneself can have a debilitating impact resulting in: interpersonal difficulties, poor functioning in day-to-day life; an extremely negative sense of self and great emotional distress. The CFT approach is one which endeavours to help clients move away from a predominantly threat-based mind-set (which is isolating and self-destructive) into one which is motivated to be sensitive to, and relieve, suffering in self and others.

CFT was first developed by Paul Gilbert in the late 1980s & has gained a strong international following. In fact many books, papers and ideas on CFT have emerged from the U.S. in recent years; alongside a flourishing national scene here in the UK. CFT has been adapted to treat specific mental health problems including: anger, trauma, eating disorders and social anxiety.

CFT is grounded in CBT, evolutionary psychology, attachment theory and neuroscience; and is very much concerned with understanding the science of our 'tricky' brains and how this can generate all kinds of difficulties for us. CFT also encompasses a range of exercises (originally drawn from Eastern traditions) to help bring compassion online (in a felt sense rather than a purely intellectual/cognitive sense) to balance feelings/ thoughts and behaviours from our threat and/or drive based emotional systems. These exercises are not religious or spiritual and there is no emphasis on Buddhism. Compassionate exercises have also been found to help people of varying faiths; so please don't be discouraged if you are religious. CFT also recognises that personal experiences influence brain development (and therefore feelings) and always aims to integrate individual histories with the science.

The program for the day will include aspects of the following elements:

- our 'tricky' brains
- our emotional regulation systems
- the power of shame
- the power of self-criticism
- the power of the compassionate mind-set
- blocks to compassion
- Mindfulness (plus experiential exercises)
- Compassionate exercises (compassionate imagery and empty chair)

# “Introduction to Compassion Focused Therapy”

**Louise Nesbitt**

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 (Louise Nesbitt – 10/10/15) :-

Number of Counselling Northwest Members @ £ 60 per person.....

Number of CNW Non-members @ £ 70 per person.....

Total Number .....Total 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



Join our Facebook group by searching:

**COUNSELLING NORTHWEST**

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

## **NOTICES**

### **CNW Treasurer**

For some 15 years now, Tony Howard has acted as the CNW Treasurer. It is important for CNW's future that we consider successional planning. We are therefore looking for any member who might be interested in stepping into this rôle during the next 12-18 months.

The first thing to say is that one does NOT have to be an accountant to fulfil this rôle. Just like keeping one's personal accounts, it's simply about income, expenditure and keeping good records! The one important feature is to be familiar with spreadsheets – this makes the keeping of records so much easier and enables easy calculation of transactions and summary accounts. The spreadsheet is fully developed and has been used very successfully for years. Full training and ongoing support would, of course, be fully available.

This is an excellent opportunity for the development of transferable skills and a valuable addition to Continued Professional Development.

Like all committee positions, the treasurer's post is honorary, but CNW's policy is that no member of the committee will be out of pocket and all expenses will be reimbursed.

If you are interested in following up on this opportunity, please contact Tony Howard for further information at: [howarduk96@tiscali.co.uk](mailto:howarduk96@tiscali.co.uk)

### **PATH Counselling**

"Path counselling will be under new management from 1st September. Applications for placements can be made in the usual way either by e-mail: [pathcomp@talktalk.net](mailto:pathcomp@talktalk.net) or by calling Yvonne on 01617750972 / 07970183155. Path look forward to working with you to achieve your 100+ hours"

## **Why Don't They Just Leave?**

“Each year, around 2.1million people suffer some form of domestic abuse” (Safe Lives 2015).

Domestic abuse of course relates to a variety of forms of abuse including physical, emotional, sexual, financial, and psychological. All will have an impact on the victim.

As a therapist, counselling survivors of domestic abuse can be tough enough, but what if the client continues to remain in that toxic relationship?

I've spoken to therapists who find that they can work well with a client who has chosen to leave but find it too frustrating when they return to their abuser, to the point they have referred clients elsewhere, finding it too difficult to understand.

So why don't they just leave? The relationship is recognised as unhealthy and potentially dangerous and some clients are genuinely scared for their own safety and sometimes the safety of their children yet appear to choose to stay.

The majority of us have probably been guilty of blaming the victim for their poor choices, myself included. My experience of counselling survivors of domestic abuse with Bolton Women's Aid however, and the opportunity I had to work with groups of survivors in facilitating the 'Freedom Programme'\* gave me a valuable insight into life within an abusive relationship and opened my eyes to the reality of the situation.

When working with a client living within an abusive relationship, it is important that the client's reasons for staying are addressed as these can be explored in terms of their individual situation and own self-image. You will find that common factors will be issues such as, but not confined to, lack of confidence, low self-esteem, isolation, anxiety, fear, guilt, and blame.

It is worth bearing in mind that clients will have suffered prolonged and intense manipulation at the hands of their abusers and will need support in recognising this. It is this element of the relationship that leads to the above issues and prevents them from breaking away.

Clients will need to feel accepted without judgement and be supported to work through the restraints keeping them (and their children) at risk. The relationship between counsellor and client can be a useful tool in the process of building the client's self-esteem and resources as this will be built upon mutual respect and equality, both of which will be lacking in their relationship with the abuser.

CONT:-

It is essential that therapists recognise the level of risk the client is at and it may often be necessary to complete a risk assessment tool and refer for practical support alongside the counselling to ensure their safety. Training and resources such as the CAADA-DASH form can be found online.

Other considerations to take into account may include financial difficulties, housing issues, child care, lack of family support, health problems, child contact, and employment, to name but a few. There are many local domestic abuse services that could be of great benefit to assisting such clients with more practical issues. Don't be afraid to make the referral if the client is in agreement and needs you to do this on their behalf.

Therapists should also be aware that those clients, women in particular, who have recently separated from an abusive partner are potentially at an increased risk as the abusive ex-partner will likely be seeking to regain control and/or revenge. "2 women are killed each week by their **partner or ex-partner**" (Women's Aid 2011)

As therapists, it is usual for us to include a confidentiality statement in our contracts that permits us to report safeguarding concerns. Potentially these clients (and their children) are at risk of serious harm and possibly death. However, reporting these concerns without appropriate support could also be detrimental to the client. It is important therefore to discuss this with your client to gain a full understanding and work out a suitable way forward together.

\*Freedom Programme – [www.freedomprogramme.co.uk](http://www.freedomprogramme.co.uk)

Safe Lives (2015) – [www.safelives.org.uk](http://www.safelives.org.uk)

Women's Aid (2011) – [www.womensaid.org.uk](http://www.womensaid.org.uk)

By

Tracy McCadden



## 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 and gain hours of CPD 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 e-mail us at [info@counsellingnorthwest.org.uk](mailto:info@counsellingnorthwest.org.uk), or alternatively you can speak to any committee member at any one of the meetings. We look forward to hearing from you.



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 Complimentary 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](mailto:steve@thinktherapy.org.uk)

Or visit the website: [www.thinktherapy.org.uk](http://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](mailto:stephfish2003@yahoo.co.uk)



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# JOYCE HOLMES

ACCREDITED COUNSELLOR/PSYCHOTHERAPIST

**SUPERVISOR**

## **SUPERVISION FOR COUNSELLORS**

I am an experienced Person-Centred/Integrative Supervisor and will work with your cases, both individual and couples

Supervision should be supportive, educative and reflective

**Please contact Joyce at:**

**Bowdon Counselling**

Tel: **07798-650640**

e-mail: [info@bowdoncounselling.co.uk](mailto:info@bowdoncounselling.co.uk)

Quoting Ref: J H 333

[www.bowdoncounselling.co.uk](http://www.bowdoncounselling.co.uk)



## **Counselling Northwest - Committee**

<b>Position</b>	<b>Name</b>
<b>Chair</b>	Steve Leach
<b>Vice-Chair</b>	Frances Owen
<b>Admin Secretary</b>	Tracy McCadden
<b>Speaker Secretary</b>	Urooj Khan
<b>Membership Secretary</b>	Pat Howard
<b>Treasurer</b>	Tony Howard
<b>Newsletter Editor &amp; Production</b>	Tracy McCadden,
<b>Social Media Co-ordinator</b>	Vacant
<b>Academic Contacts</b>	Vacant
<b>General Committee member(s)</b>	Positions Vacant

**All general enquiries, including vacancy enquiries should be addressed to: [info@counselling-northwest.org.uk](mailto:info@counselling-northwest.org.uk)**

## **Important Information about the Newsletter**

- 1) Authors who submit book reviews or articles must own the copyright of the material they submit. Copyright remains with the author after publication
- 2) Material submitted may be edited, subject to the constraints of the newsletter
- 3) *Counselling Northwest* cannot assume responsibility for the accuracy of articles or information submitted for publication in its newsletters
- 4) *Counselling Northwest* is not responsible for individual opinions expressed in articles, letters or information submitted for publication in its newsletters, nor are any views expressed necessarily those of the *Counselling Northwest* Committee
- 5) Whilst *Counselling Northwest* may, from time to time, publish advertisements relating to Counselling & Psychotherapy, publication of such advertisements should not be taken as any form of approval or endorsement of the service(s) or product(s) being offered
- 6) The newsletter is sent to all paid-up members of *Counselling Northwest*, by e-mail and also by mailed hard copy if requested. Additionally, it is circulated at various colleges, libraries etc. and then archived on the website.
- 7) We welcome invitations from colleges to speak briefly about *Counselling Northwest* and its work

### **EDITORIAL DEADLINE**

Deadline for submitting contributions to the Jan 2016 newsletter is

**Friday 18th December 2015**

**Please send any contributions to:**

**info@counselling-northwest.org.uk**

### **ADVERTISING**

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

## **DIRECTIONS & PARKING FOR QUAKERS MEETING HOUSE**

**Quaker Meeting House, 13 The Polygon, Wellington Road, Eccles. M30 0DS**

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 1<sup>st</sup> 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 2<sup>nd</sup> 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***

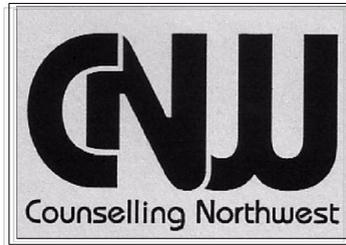
***Then cross the footbridge over the M602***

***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](http://www.counselling-northwest.org.uk)**





Network for Counsellors in the North West

**[www.counselling-northwest.org.uk](http://www.counselling-northwest.org.uk)**

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