

Network for Counsellors in the North West

www.counselling-northwest.org.uk

NEWSLETTER

January 2014

Volume 16 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 7.00 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 31 and on the CNW website

Parking is available almost opposite the Conference Room building, and entry to

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

Writing this for the January Newsletter always feels a little unsettling, as we are in 'real time' still in December. However, and despite this, I will proceed.

We have made a positive start to our 2013/14 schedule of meetings, and I would like to express my sincere thanks to Urooj Khan one of two members to join the committee recently, who has made a brilliant and confident start to her role as speakers secretary, a position I filled for several years, so I do know how demanding (and satisfying) this task can be.

I would also like to extend a similar vote of thanks to Tracy McCadden, who has also taken up her place on the committee with enthusiasm, Tracy is our secretary, she is also compiling and editing the Newsletter, whilst liaising with other committee members in the ongoing development of our website. And a *big* thank you to all the members of our committee for another year of unstinting effort, for your ideas and enthusiasm, the laughs, and putting up with my tantrums and poor memory!

On a more sombre note, we have seen another year in which natural and human disasters have taken their toll on the lives of innocent people, and as ever, matched and countered by the courage and dignity of survivors. Out of respect for your own personal feelings and philosophy I will not add any comment here, other than to simply state that there has probably never been a time in our recent history when the need for therapy, in whatever guise or modality, has not been more urgently needed.

I would like to wish you all a very peaceful and prosperous New Year.

Alan Corbett

******And as new editor of the newsletter, I, Tracy McCadden, can be a little bit mischievous and add little foot notes to the chairman's letter and add that Alan's consistent commitment and contributions to the committee are equally as enthusiastic and are greatly appreciated by all the committee members.

Thank you Alan

Upcoming Meetings and Workshops:

See page 31 for directions to the Waterdale Centre
(meetings venue)

Open meeting: Tues 21st January 2014

Compassion Focused Therapy

(Louise Nesbitt)

Open meeting: 19th February 2014

Topic to be confirmed

HALF-DAY WORKSHOP: Saturday 8th March 2014

Nature Connection for Therapists (Pam Winter & Neil Jordan)

See pgs 5 & 6 for details and an application form

Open meeting: 20th March 2014

Topic to be confirmed

NETWORKING MEETING: 7th April 2014

Topic to be confirmed

Half Day Workshop: 8th March 2014

Nature connection for therapists

Pam Winter & Neil Jordan

In this half day experiential workshop we will focus on our connection with, and disconnection from, the natural world. As people working in a profession focusing exclusively on human relationships it seems that we can easily lose this innate and powerful instinct, which has been considered as an important predictor of both subjective well being and ecological behaviour.*

We will explore whether our relationship to the natural world matters to us as therapists and how we might foster and develop this relationship if we believe it does.

Finally we will explore how this relationship with nature might not only sustain and nurture us in our work as counsellors and psychotherapists, but also enlarge the frame through which we view our work.

Facilitators:

Neil Jordan – Having spent my formative years on a farm living with the rhythms of the natural world I decided to ‘grow up’ and became a surveyor and then a psychotherapist (I am a UKCP Registered Psychotherapist). I have trained as a trainer in the ‘Natural Change Project’ which aims to bring about deep change through our connection with the natural world. www.natureconnect.co.uk

Pam Winter – I am a BACP Senior Accredited Therapist with over twenty years experience working with people both individually and in groups. I have had a lifelong interest in healing and wellbeing through our connection with the natural world.

****(Hegerty JR ‘Out of the Consulting Room and into the woods’ Experiences of nature connectedness and self-healing’ European Journal of Ecopsychology 1:64-84 2010)***

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 and click on ‘Eccles’ for a map. The meeting room is just off

J2—M602 sign posted A576, with it’s own off-road parking

Detailed directions will be sent to attendees

APPLICATION FORM OVERLEAF

Refreshments and a certificate of attendance are included in the workshop fee.

Please make us aware of any special requirements upon application

Half Day Workshop: Saturday 8th March 2014

Nature connection for therapists

Pam Winter & Neil Jordan

Friends Meeting House, 13 The Polygon, Eccles, Manchester, M30 0DS.

Registration 09:30-10:00 : Workshop 10:00-13:00

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

Refreshments are included in the workshop fee



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Please book the following (Nature connection workshop 8/1/14) :-

Number of Counselling Northwest Members @ **£30** per person

Number of CNW Non-members @ **£35** 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



MEETING AND WORKSHOP REPORTS

Workshop 7th September 2013

Working Therapeutically With Children and Adolescents

Steve Leach

Steve has worked in this area for the best part of a decade and is widely experienced in matters of young runaways, victims of domestic abuse family breakdown and behavioural problems within schools. Steve has also managed numerous services delivering support in these areas. He currently oversees clinical services for several Therapeutic Communities (connected to the Royal College of Psychiatrists Community of Communities) within a Looked after Care setting. It was by popular request of the members that Counselling North West invited Steve to present this one day Workshop following his talks at our evening meetings.

We were guided through child development theories by some of the masters; Freud, Erickson, Piaget and Kohlberg, emphasising some of the similarities and differences. Steve pointed out that there were many theories open to practitioners and each having their positive aspects but it is important for us each to know our own theory in detail if we are to understand and use them to assess each client.

We looked at presenting issues such as social communication, delays/deficits e.g. ASD, attention, behavioural and impulsivity problems e.g. ADHD, issues with identity and eating problems, risk taking and self-harming behaviours, sexualised behaviours, aggression and violence, anxiety disorders, and severe depression.

As we are all aware, relationships are key to our practise and form the basis of our clients' life experiences and we looked at the components of healthy and unhealthy relationships.

Importantly when working in this area, we need to be aware of consent , confidentiality and legal requirements of this age group for there often may be others referring or already involved e.g. family, GP/health, social care, education, multi-agency professionals and the law courts.

Continued:

The content and length of sessions were explored in depth and particularly the need for appropriate language, noting that children, developmentally and emotionally, may be unable to understand particular adult words. Because they may be eager to please, they may not ask you to explain certain words. It is therefore necessary to ensure that children understand you, by simply checking out and possibly getting them to say what the words mean to them.

Steve detailed the differences of working with children aged 12 and above, which can be very different from working with primary age children. Due to changes in the brain as children mature, the child may be experiencing the onset of puberty and the hormone 'rush' that changes our children into adults. It is common for children of this age to feel pulled in between the two phases of life; of being a child or an adult. Their emotional needs may not have been met as a child and yet they are striving to be adults, often before their time.

Finally Steve discussed Supervision since some people present and working with C & YP had difficulty finding a Supervisor. I am pleased to say that working almost exclusively in this area myself, I am very lucky to have Steve as my Supervisor. He acknowledged that many supervisors refuse to supervise work with children if they do not have the relevant experience themselves. This may mean that you have different supervisors for your adult work and work with children. He pointed out that Supervisors do not need to be of the same discipline as you however; they will need to know you and your model, to help your practice. Both individual and group supervision are of value to practitioners when working with children.

The whole day was packed with valuable content and delivered in a very relaxed Steve Leach style making many difficult aspects very understandable. His dedication and enthusiasm for this area of work shone throughout the day. Of the 19 of us who attended, 99% thought Steve's knowledge of the subject excellent and comments varied from:-

"The day gave a good overview of an area about which I knew very little" to "An excellent review of child development and the promoted thinking from a child's perspective of counselling."

"By the end of the day we had a greater understanding of kids' relationships with adults and how to help them cope."

Several delegates working in this area believed this workshop had increased their confidence in their work in this area with lots of 'tips' to take back to the workplace.

Many requested that Steve return to give a further workshop, perhaps exclusively on adolescents or very young children, so watch this space for future developments.

Pat Howard

MEETING AND WORKSHOP REPORTS—CONTINUED

Culturally Adapted Counselling: Sobia Khan: 24/09/2013

Cultural Adaptation refers to ways of offering counselling which are adapted and modified to be sensitive to cultural groups with a traditional world view, for example, using culturally appropriate material such as handouts, role play and case studies.

This facilitates the most effective equivalent application of therapy, accurate translation from English to the relevant language being the most obvious adaptation.

Also the need to avoid offering activities that would create conflict with a particular culture's values and traditions, for example, being able to offer the concept of empowerment to the [female] client within cultural constraints. It should be recognised that in some instances this can create conflict within the cultural norms of the traditional British Pakistani family environment, where the inappropriateness for a woman to question her husband's authority remains an issue.

We were given some moving examples of how Asian women describe their psychological symptomology, for instance there is no direct word in Urdu to describe depression.

It was interesting to hear a little of the traditional perceptions of the Muslim community to psychological issues (especially depression, anxiety and stress). In Islam for example, depression as it is understood in Western culture is referred to as 'a disease of the soul'. The stigma of psychological illness is prevalent and open discussion of such issues barely recognised, with reliance, especially within populations from rural backgrounds in faith based healing.

Personally, it wasn't too difficult to draw comparisons regarding similar issues within British culture during my lifetime. Some may argue that in some areas of our society this negativity is still based on traditional stereotypical behaviour (the famous 'stiff upper lip') being just one among many attitudes that is still prevalent?

We were given an overview of the Positive Health Programme (PHP) which is being offered to Asian woman in particular. This gives a general introduction to the concept of depression, how it can be treated (primarily CBT) with progressive focusing on all relevant issues, using thought challenging, diaries, pictures, goal setting, and homework, which is offered over a twelve session course.

A very informative and revealing presentation.

Alan Corbett

Meeting and Workshop reports—continued

Working with Military Veterans – Carol Dutton – 23rd Oct 2013

Carol Dutton worked for the Military Veterans IAPT Service in 2012, providing CBT, EMDR, and Couples therapy for Veterans and their families. She is currently a High Intensity Therapist and Military Veterans Champion in the Primary Care Mental Health Team in Central Manchester.

Carol gave an engaging talk on working with veterans, offering attendees the opportunity to express their desired outcomes from the meeting and to discuss their own experiences of working with Veterans.

Attendees were given a copy of the presentation which Carol then worked through in depth, beginning with outlining some of the issues Veterans may present with in therapy, such as physical health difficulties, relationship issues, substance use, anger, and isolation. She then worked through the different factors to consider when working with Veterans, including gaining an understanding of the factors included in their choosing to join the military, the client's transition from military to civilian life, and recognising that you, as a therapist, are also a civilian.

Carol outlined some useful services that are available for Veterans and their families including the 'Combat Stress Residential Programme' that Veterans can be referred into, lasting 6 weeks, giving Veterans the opportunity to engage in such things as therapeutic groups, individual therapy, and key working sessions. Carol discussed the criteria for referral, as well as the pros and cons of this programme.

Carol then went on to describe EMDR and its usefulness as a therapeutic approach to trauma. Although the use of EMDR is still being researched, it is generally recognised as producing excellent results, and an 8-phase model has been developed which Carol talked us through. These 8 phases include History taking, Preparation, developing a therapy Care plan, Desensitisation, Installation, Body scanning, Closure, and developing a Future Care plan. Attendees were then invited to discuss 2 case studies to determine how they might begin to work with them, and Carol offered feedback from this before offering a comprehensive list of references and useful contacts.

Further information about the Military Veterans Service, including a video, can be accessed at: www.penninecare.nhs.uk/military-veterans

Meetings and Workshop Reports—Continued

Supervising Counsellors working with Clients at Risk

Dr Andrew Reeves – 2nd November 2013

This was our first half-day workshop, and members could be forgiven if, at first glance, some considered this topic as perhaps a slightly obscure area of interest or relevance, and therefore not something to consider too seriously? This, of course could not be further from actuality.

Dr Reeves began by commenting on the current lack of detailed training and discussion offered by courses on the subject of working with clients who present with suicidal ideation. This, it was suggested, created a 'risk of competence' experienced by counsellors when faced with this issue.

Amongst a number of issues discussed, we were asked to consider how, as supervisors supporting supervisees who are faced with this challenge, what the understanding of this competency involves, and how it should be addressed thoroughly. For example, how the counsellor (and supervisor) understand their own responses to the presenting risk, and whether they have formulated a rationale to respond to their client/supervisee.

Amongst the many aspects requiring consideration is the need for a clear understanding between counsellor and client regarding 'release of information to a third party', and how this agreement is contracted at the very beginning of therapy.

We discussed how supervisors and counsellors should recognise and address the often unacknowledged counter-transference when faced with this issue. Being aware of the generally accepted risk factors of client 'groups' for example – gender, age, relationships, social isolation and their potentially wide-ranging psychopathology, also, occupational factors, personality disorders, history of child sexual abuse, specific plan formulated, prior suicide attempts, issues related to sexuality and physical illness and other medical factors.

We discussed the importance of appreciating the effect working with a suicidal client would have on our supervisee, the need to take some of their understandable apprehension out of the equation, much uncertainty and tension can be dealt with by the supervisor presenting a clear and calm approach to the issue, seeking out the effects of counter transference and the supervisees understanding of the clients level of mental capacity, for example – can the client understand the information needed to make a decision, can the client remember that information for

long enough to make that decision, can the client weigh up the consequences of deciding one way or the other, can the client communicate their decision - and realising how all the gathered information (or lack of it) may have affected the supervisees decisions on how the client is presented for supervision.

We were then asked to view excerpts taken from the videos *Tight Ropes and Safety Nets*, and *Counselling Suicidal Clients*, and then broke out for group discussion.

Dr Reeves presented this workshop in his usual relaxed but thoroughly professional manner, and I look forward to his return at a future date.

Recommended reading on this topic: *Counselling Suicidal Clients*, Dr. A. Reeves. Sage: 2010

Alan Corbett

****FACEBOOK GROUP****

Counselling North West now have a Facebook group for both members and non-members. We hope that this will be an additional, useful tool to keep members reminded of changes and upcoming meetings and workshops, but also that counsellors will find it a useful media for networking, discussions, and for gaining and offering advice and guidance to each other.

You can access the group via a link on the website or by typing in: <https://www.facebook.com/groups/484798198265265/> where you can request membership.

We aim to accept your request within 48 hours and look forward to welcoming you to the group.

Meeting and Workshop reports—continued

Self-harm and Young People – Dr Gemma Trainor – 21st November 2013

This meeting was very well attended, despite horrendous traffic conditions on the night which meant some people were unfortunately unable to reach the venue.

Dr Gemma Trainor, who is now based at the brand new Junction 17 in Prestwich, is a Consultant Nurse and clinical lead, specialising in young people who self-harm, and has over 30 years' experience in working with people with complex mental health difficulties. She has co-authored a recently published book "Helping Children and Young People Who Self Harm" and was a member of the Royal College of Psychiatrists steering group on self-harm (chaired by Lord Alderdice). She is also a member of the expert topic group for NICE guidance on long term interventions with young people who self-harm.

Gemma spent the evening describing the process of working with adolescents who self-harm using group therapy within a 4-tiered service. Group work is seemingly preferable to young people than individual therapy, although some individual work will be included in the programme. The group work is underpinned by ideas from the eclectic model, CBT, Social skills, Interpersonal psychotherapy, and the recovery model.

Gemma outlined the criteria for referral and looked at reasons certain young people would not be suitable. She then defined self-harm, the most common forms in adolescents being poisoning and cutting, and then went on to describe the structure and format of the group therapy.

The group work follows an open, rolling programme with clear beginning, middle, and end stages to be worked through. Gemma talked us through developing ground rules, checking out with service users, devising a theme for the sessions, developing strategies within the group, focusing on the week ahead, and distributing homework.

Gemma outlined difficulties that can arise during group work such as breaches to confidentiality, intimate relationships developing, and imitation of others' self-harming behaviours.

The young person's family will also be included in the programme and questions will be screened in order to protect the young person's confidentiality whilst eliciting as much accurate information as possible about their self-harming.

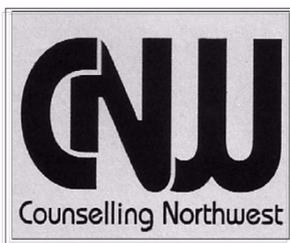
Gemma, along with 6 very willing CNW members, completed a 'group work' session to display how the sessions work, this included an ice breaker, an introduction of each other, focusing on themes arising from the icebreaker, and the implementation of homework to tackle the issues from these themes.

The group work enables the young people to work through their worries and fears whilst also focusing on the things they have to look forward to in the week following each session. They are encouraged to devise their own homework to help them identify the reasons they self-harm (for instance, anger, sadness, numbness, emptiness, guilt, or addiction), and then devise their own, more healthy strategies to cope with the underlying issue.

Gemma displayed a long list of coping strategies that young people had devised for themselves.

Gemma gave the opportunity for members to ask questions and advised that anyone can apply for free scar cover-up make-up from Changing Faces (ex-Red Cross).

Tracy McCadden



Network for Counsellors in the North West

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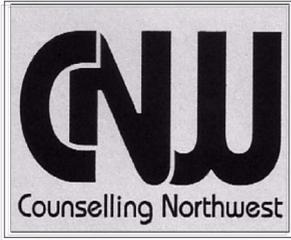
CNW Membership Sliding Scale Fees – 2013/14

Period of joining.....	1st Sept – 31st Dec	1st Jan – 31st March	1st April – 31st Aug
Full Member	£20:00	£15:00	£10:00
Student/Unwaged	£10:00	£7:50	£5:00

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



Network for Counsellors in the North West

www.counselling-northwest.org.uk

For office use only

Memb No:

Receipt No:

Membership Application & Renewal Form

Please complete and return to 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: _____

E-MAIL: _____

Do you work primarily in:-

NHS

Education

Third Sector

Private Practitioner

Other

Please specify

Therapeutic 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?

.....

Lynwood House Therapy Centre

(Counselling & Psychotherapy)

Opened in Culcheth, Warrington, August 2013.

Tastefully furnished.

Centrally located near to local amenities.

Free parking nearby.

**Room hire available at very reasonable rates.
(Block bookings or by the hour)**

Ring Sue on **07714 678046**
or e-mail **sue9876@msn.com**
for further details.



Springing back to life

An experiential two day workshop based in Saddleworth, Gtr Manchester

on Saturday 22nd February 2014, 10.00am – 5.00pm

Facilitated by Neil Jordan

Workshop Fee £50

As nature awakens from her slumber I invite you to join me in exploring what as-yet-unawakened energy and creativity awaits within you. This is the time of year when nature moves into that most powerfully creative and fruitful time and, since we are part of nature, that same vibrancy resides within us too.

As the days stretch and the sun begins to warm us more and more each day I invite you to come into the outdoors where we will explore the fertility of our own inner soil and soul and see how we are drawn to move into action.

We will spend part of the day in the outdoors exploring this theme and we will do process work indoors.

Finding our place in the Natural World

An experiential two day workshop based in Saddleworth, Gtr Manchester

on 29-30 March 2014

Facilitated by Neil Jordan and Pam Winter

Workshop Fee £100

What is this one wild and precious life of yours about? Do you feel as though you simply go through the motions, rarely ever really looking forward to the day? As a society we have lost our sense of self, our sense of what is truly important in life. In short, we have lost our sense of purpose.

As spring unfolds and nature begins again to vibrate with life we invite you to share a weekend with us exploring how we might connect more with ourselves and with the natural world within us through our own process of opening up and taking time to truly be in relationship with the earth, our home.

This will be an experiential weekend with a lot of time spent in the outdoors in Saddleworth. Fitness is not important as this time is about being on the earth, not passing through it.

Neil Jordan – Having spent my formative years on a farm living with the rhythms of the natural world I decided to ‘grow up’ and became a surveyor and then a psychotherapist (I am a UKCP Registered Psychotherapist). I have trained as a trainer in the ‘Natural Change Project’ which aims to bring about deep change through our connection with the natural world.

Pam Winter – I am a BACP Senior Accredited Therapist with over twenty years experience working with people both individually and in groups. I have had a lifelong interest in healing and wellbeing through our connection with the natural world.

For Further information, or to book a place, please either email Neil at info@natureconnect.org.uk or phone 07970 829391. For further details of both workshops go to www.natureconnect.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.

Reduced fee for Students & Unwaged

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

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Mobile: 07881 871642

e-mail: alan.corbett@ntlworld.com
www.fernleacounselling.co.uk

Supervision and Counselling

Offered

By

Stephanie Fishwick

Accredited MBACP and CNW member.

I have enjoyed practising as a person centred counsellor since 2006, and achieved 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.

I work privately with individuals and couples and within a secondary school, providing face to face counselling, individual and group supervision and self-esteem workshops.

My practices are in Central Manchester on Deansgate and in Urmston Manchester.

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

Tel: 07725 356460

Email: stephfish2003@yahoo.co.uk

or visit my website for more details:

www.stephaniefishwickcounselling.co.uk

Counselling and Supervision

I am a Person Centred Counsellor, CBT Therapist, Hypnotherapist and Clinical Supervisor. My experience encompasses the voluntary sector, NHS sector, Universities and private counselling and supervision. I have a background in managing residential care homes and small businesses.

I offer supervision to both trainee and qualified counsellors.

I am based in Irlam Lancashire and am easily accessible to the M60 and M6. Please call for an initial discussion.

Mobile number: 07903087699

Email: susan@consideratecounselling.net

Sue Eaton

MBACP, DIP Counselling, Adv dip CBT, Adv Dip Hypnotherapy, PG Cert in Clinical Supervision

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Macclesfield Counselling & Training Centre CPD Master Classes & Courses 2014

Supervision Master Class A day with Robin Shohet.

“Love and Fear in Supervision” co author of Hawkins and Shohet co author of Supervision in the Helping Professions & Passionate Supervision. 14th March 2014.

Couples & Relationship Counselling Certificate & CPD Master Classes:

Certificate in Couples Counselling Training 5 days: 1st, 8th & 15th February 2014 & 1st & 8th March 2014.

Can we Repair after the Affair - 15th March 2014.

A tale of 2 Systems – Step & 2nd Families and Relationships: 22nd March 2014.

EMDR Therapy for Counsellors:

Introduction to EMDR Therapy: 29th March 2014.

Working with Children & Adolescents:

Introduction to Play Therapy – 5th April 2014.

www.macclesfieldcounselling.bacp.co.uk.

www.mctcevents.co.uk

Or Contact : 01625 614039

Email: info@macclesfieldcounselling.bacp.co.uk



“Love and Fear in Supervision

Masterclass with Robin Shohet

March 14th 2014.

10.00am – 4.00pm

“Fear knocked at the door. Love answered and there was no-one there”

Sufi Maxim.

“I have been running Love and Fear workshops for many years and I find it a privilege to see how, once fears are shared, what remains is love.

It is sometimes very hard to spot fear as it is an expert at disguising itself to maintain its existence – coming under the guise of jealousy, envy, comparisons, regret, justified anger even. In fact anything that stops us being present”

“We will work with feelings in the room to see how these might affect our supervision practices, so that we may be more open to ourselves, our supervisee and the work we do”

(Robin Shohet, 2013)

Robin Shohet is co-author with Peter Hawkins of "Supervision in the Helping Professions" third edition published by the Open University Press in 2006 and editor of "Passionate Supervision" Jessica Kingsley (2007). He lives with his family at the Findhorn Foundation, a spiritual community in Scotland and is currently writing about the spiritual dimension of supervision.

Cost: £95.00 inc. Lunch/Refreshments. 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

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: **0161 928 5551** or **Mob: 07798-650640**

e-mail: info@bowdoncounselling.co.uk

Quoting Ref: J H 333

**Announcing our 2014 series of
"Inner Child" workshops**

Workshop 1. "Connecting with your Inner Child"

Using guided meditations, poetry, art and crafts to connect with your inner child.

Sunday 9th March 2014 10.00am till 4.00pm

Workshop 2. "Embracing your Inner Child"

Through the guided use of Stones/Shells discover the impact your relationship with significant others has had on your inner child.

Sunday 13th April 2014 10.00am till 4.00pm

Refreshments and a two course lunch provided. CPD certificate awarded. Workshops honed over several successful years delivery. Held in the peaceful surroundings of Whalley Abbey.

Comments from those who joined us at previous workshops:

**"Great surroundings" "Brilliant day" "Very powerful"
"Wonderful support from facilitators" "Peaceful" "Great insight into my way of being" "Helped me understand my family system" "Would recommend to others"**

£75 per day or £140 for the two days when booked together.

For an information leaflet please contact:

Val Boulton 01942 711598 info@valboulton.com

Booking form for the Spring 2014 Inner Child Workshops:

Name:	
Home Address:	
E-mail:	
Emergency telephone number:	
Dietary requirements:	

I wish to book for:

“Connecting with your inner child” on Sunday 9th March 2014. £75.

“Embracing your inner child” on Sunday 13th April 2014. £75.

Both days (recommended) 9th March and 13th April 2014.

£140.

Please book early as there is a maximum of 8 participants on each day.

Payments are non-refundable.

Cheques should be made payable to: VJ Boulton and the booking form returned to me at Marchwinds 29 Bowland Ave Ashton in Makerfield Wigan WN4 8BD.

Please bring a photograph of yourself as a child to the day(s)

Thank you *Val*

Counselling Northwest - Committee

Position	Name	e-address
Chair	Alan Corbett	alan.corbett@ntlworld.com
Vice-Chair	Position Vacant	-
Admin Secretary	Tracy McCadden	tracymccadden@hotmail.com
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- 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* and, additionally, is circulated at various colleges, libraries etc.. It is then archived on the website.

EDITORIAL DEADLINE

Deadline for submitting contributions to the April 2014 newsletter is

Friday, 21st March 2014

Please send any contributions to:

tracymccadden@hotmail.com

ADVERTISING

Minimum size of advert is one page of A5 @ £15.

A two-page spread costs £25



Waterdale

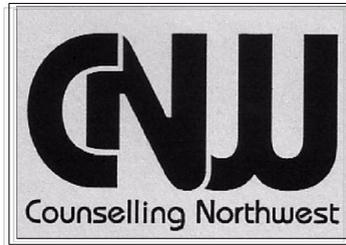
Car Park

Ticketed Barrier
at
Site entrance

Tesco

TGI Fridays

All meetings are held at the Waterdale Restaurant & Conference Centre of the
the
Mental Health Services of Salford NHS Trust's Prestwich site



Network for Counsellors in the North West

www.counselling-northwest.org.uk

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