

Network for Counsellors in the North West

www.counselling-northwest.org.uk

NEWSLETTER

September 2014

Volume 17 Issue 1

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 page 17/18

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

We start another round of meetings and workshops at Counselling NorthWest at a time when the social and political atmosphere is one of incomprehension and disbelief (again) regarding what is being revealed and continuing to happen all around us, at home and abroad.

I am not going to engage in making comments in this space, there is enough being written and verbalised in the media for us all to acquire information and to form our own understanding.

I simply wonder if there has ever been a time in recent history when the need for therapeutic support has been more crucially needed across the whole of society.

Whichever area of professional care you are involved, it may be beneficial for you to realise and accept that we are 'only' able to save the world one person at a time, and that this is good enough.

This fundamental thought should, I firmly believe, be enough to encourage and enthuse us all to continue in the work we have chosen to do. So, if you catch yourself sighing at the ever increasing form-filling and the call to yet another meeting, remember (if you need reminding) what it really means for you, and say something nice to yourself.

Alan Corbett



DATES FOR YOUR DIARY

See page 6 for directions to our NEW VENUE FOR BOTH MEETINGS AND WORKSHOPS —The Friends Meeting House, 13 The Polygon, Eccles, Manchester, M30 0DS

MEETINGS

Tuesday, 23rd September 2014—CBT to EMDR—All is Trauma?

Geoff Cullen

Thursday, 23rd October 2014—Impact of Domestic Abuse on Young People

Steve Leach

Tuesday, 18th November 2014—Discussion on Suicide on the Internet

Barbara Rosenthal

WORKSHOPS

27th September 2014—Full day—Aspergers

Stephanie Pritz

***CANCELLED ***

Saturday, 15th November 2014—Full day—Couples Counselling

Jim Davies

See page 16 for application form

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:

Hypnotherapy – Iris McCann 22nd April 2014

This was one of our more relaxed meetings thanks to the topic at hand. Iris offered us an informative look at the use of hypnotherapy with clients, beginning by giving us a brief historical overview of its early uses and the variations in its application.

We were taken through the developing theories behind the success of hypnosis techniques through the centuries, from Franz Anton Mesmer in the 18th Century through to 20th Century lead theorists such as Milton Erikson and Michael Heap.

Hypnosis was recommended as a useful tool for client recovery in a British Medical Association report in 1955 and was approved by Pope Pius II in 1956.

Iris talked us through the process of hypnotherapy, its uses, and how it works via connection with the deepest levels of consciousness, supported by the power of suggestion, to adjust the way clients feel, think, and behave.

The use of relaxation techniques is paramount to the application of hypnotherapy and we were treated to a brief but effective relaxation demonstration, followed by, with the help of a volunteer, a more thorough demonstration of how this can be deepened further still to access a state of consciousness in which the use of suggestion can be effective.

Tracy McCadden

MEETINGS AND WORKSHOP REPORTS CONTINUED

14th May—Eating Disorders presented by Jean Guerriero

Jean has extensive experience of working with those suffering from eating disorders (ED) and was the ideal person to take us through this field. She started with the overall classification of ED, comprising:

- Anorexia nervosa – shape and weight over-evaluation, BMI \geq 17 and amenorrhea
- Bulimia nervosa – shape and weight, with recurrent binge eating and extreme weight-control behaviour
- EDNOS – EDs which do not conform to the diagnoses of the above including binge eating disorder e.g. Orthorexia

She then addressed the physical and emotional factors maintaining an eating problem. The physical factors include Stress, Allergy, Thrush, Malnutrition, low blood sugar and general lifestyle. Emotional factors include low self-esteem, feelings show-or-hide, poor assertion, attitude traps, habit, addiction process, fat/thin conflict and poor body image.

How do we treat people who have an eating disorder?

- Above all, with respect
- Analyse and assess the factors above to build a meta picture
- Let the 'expert patient' evolve
- Encourage family members to become helpful carers
- Using cognitive interventions
- Lifelines
- Food Diary analysis

What to listen and watch out for:

- Marker foods
- Planning
- O.C.D.
- Chewing gum
- Water
- Apples

The importance of drawing up a life line was stressed to see how far back in the client's life the significant event or trauma may have occurred and how this related to their weight at the time.

CONT:-

MEETING AND WORKSHOP REPORTS—CONTINUED

Also stressed was the importance of a detailed Food Diary to monitor such things as:-
Places and times; What did they eat; Did they take laxatives; Was it a binge; Did they vomit?

Jean also lead us through detailed examples showing the importance of Changing Cognitive Styles which involves addressing the Unhelpful Style, deconstructing it through guided discovery and finally reconstructing a positive psychology

e.g. in the case of Extreme Thinking, such as “I should never eat chocolate”, can be deconstructed by approaches such as: “what happens when you eat chocolate? what does this mean to you? when you should not eat chocolate?”. The reconstruction can be addressed by approaches such as: “when would it be OK to eat chocolate? how would you like to be eating chocolate?”etc..

...Extreme Thinking being just one of a number of unhelpful styles, which may also include things such as Personalisation, Magnification and many more.

Errors in thinking and distortions commonly employed by people with low self-esteem and eating problems were also covered in detail which linked in to the Cognitive Styles. These included such things as:- Feelings are facts, Black and white thinking, and Positive blindness, to name but a few.

As is evident, this talk was extremely comprehensive and only a flavour can be given in this report. As originally stated, Jean is indeed an expert in this field, and might be persuaded to present a day-workshop on this complex and increasingly important subject in the near future, an excellent evening.

Pat Howard



MEETING AND WORKSHOP REPORTS continued

WORKING WITH TRAUMA

A presentation by Andy Haley, 19th June 2014

Andy gave a brief overview of this complex topic in a relaxed and clear manner, which prompted some interesting comments from those present. The first speakers evening on 23rd September will be on 'CBT to EMDR' presented by Geoff Cullen, which will no doubt be a continuation of this relevant and needful subject.

Andy began his presentation by discussing how trauma can be identified, as a

- Normal response to an abnormal event or situation
- Many people recover from traumatic events without needing therapy
- Difficulties arise when people get stuck in the recovery process.
- Processing a past threatening event in a way which poses a current threat
- Not all trauma is PTSD, but PTSD is trauma
- PTSD. Unanticipated event resulting in fear, helplessness and horror where the details of what happened are 'etched' in the memory and relived with full intensity
- Re-experiencing of the event;
- Distressing intrusive Images, thoughts or perceptions. Nightmares
- Flashbacks, sense of feelings as if the traumatic event were happening
- Persistent avoidance of stimuli associated with Traumatic event
- Numbing of general responsiveness

CONT:-

MEETING AND WORKSHOP REPORTS—CONTINUED

The effects and presenting indications of PTSD can be recognised as

- a response to a stressful event or situation of an exceptionally threatening or catastrophic nature, which is likely to cause pervasive distress in almost anyone
- Reliving of the trauma in intrusive memories or dreams occurring against a persisting background of a sense of ‘numbness’.
- Commonly fear and avoidance of cues and reminders
- Usually a state of autonomic hyper-arousal
- Usually within 6 months of event

A brief introduction of the various diagnostic ‘labelling’ was then explained, for example,

ICD 11 (proposed definition) this disorder follows exposure to an extreme or horrific event or series of events, it consists of 3 core elements, 1. Re-experiencing, 2. Avoidance, 3. Hyper-Arousal.

DSM 5 criterion: The person was exposed to the following events(s): death or threatened death, actual or threatened or serious injury, or actual or threatened sexual violation.

1 Experiencing the event(s) him/herself.

2 witnessing the event(s) him/herself

3 Learning that the event(s) occurred to a close relative or close friend

4 Experiencing repeated or extreme exposure to aversive details of the event(s) (e.g. first responders collecting body parts; police officers repeatedly exposed to details of child abuse)

Alan Corbett

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.

Suicide: Children and Young People

Recently there has been a great deal of publicity around the issue of people taking their own lives, following the sad death of Robin Williams.

This kind of loss brings particular challenges for those left behind, but when the individual is a child or young person, for the surviving relatives and friends, finding any way to make sense of this devastating experience seems almost impossible.

We may already be aware of the need for improved Mental Health Services, but for young people, it is a matter of great urgency, with Dame Sally Davies, Chief Medical Officer for England, warning that “Cuts to CAMHS (Child & Adolescent Mental Health Services) are putting young people at risk, clearly something needs to be done, with escalating mental health problems amongst the young, we can anticipate increased suicidal behaviours.”

The topic of suicide attracts stigma, and taboo is associated with it, attempted suicide is far more common than most of us realise.

In England and Wales, thousands of people are admitted to A&E Departments each year because they have attempted to kill themselves, although most people who attempt suicide, survive, many remain at high risk of taking their own life for some time afterwards, this means any suicide attempt, however minor it may seem to be, needs to be taken seriously, sometimes attempting suicide, may feel like only way to show other people how bad things are.

When you feel your ‘back is against the wall’ suicide may appear to be the only way out.

So, how do we feel about the issue of suicide? What do we feel societies’ attitudes are? Before we have a day’s workshop on Suicide, Children and Young People, it may be really helpful to have a safe space to explore our own attitudes and understanding.

This will be a facilitated discussion, examining personal and social attitudes, and the implications for our work with individuals attempting to make sense of this devastating experience.

Barbara Rosenthal



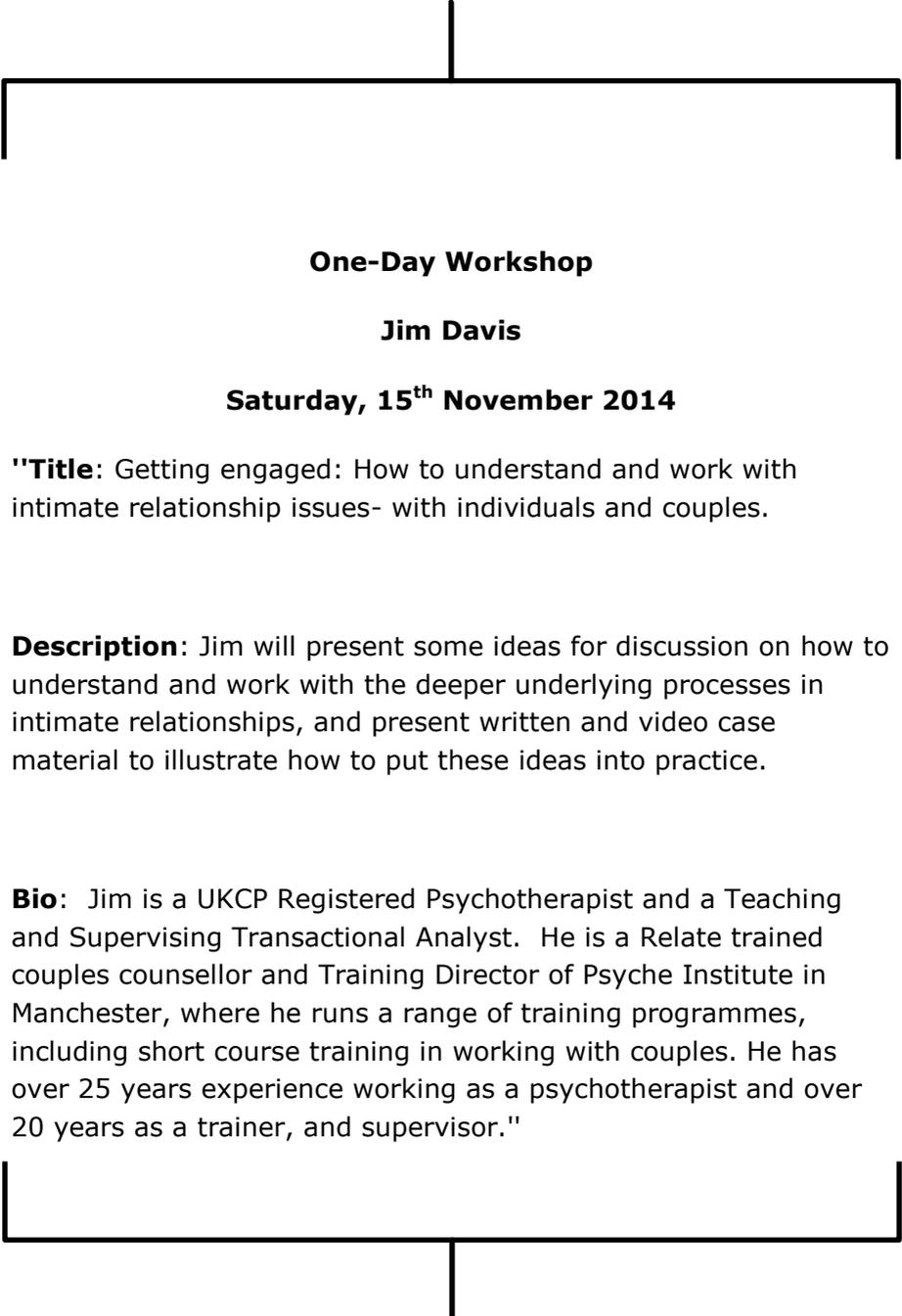
Join our Facebook group by searching:

<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



One-Day Workshop

Jim Davis

Saturday, 15th November 2014

"Title: Getting engaged: How to understand and work with intimate relationship issues- with individuals and couples.

Description: Jim will present some ideas for discussion on how to understand and work with the deeper underlying processes in intimate relationships, and present written and video case material to illustrate how to put these ideas into practice.

Bio: Jim is a UKCP Registered Psychotherapist and a Teaching and Supervising Transactional Analyst. He is a Relate trained couples counsellor and Training Director of Psyche Institute in Manchester, where he runs a range of training programmes, including short course training in working with couples. He has over 25 years experience working as a psychotherapist and over 20 years as a trainer, and supervisor."

“Getting Engaged: How to understand and work with intimate relationship issues with individuals and couples”

Jim Davis

One Day Workshop: Saturday 15th November 2014

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



.....

Please book the following (Jim Davis – 15/11/14) :-

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.....

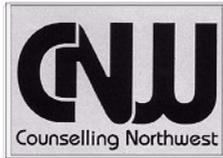
..... Tel.....

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



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:

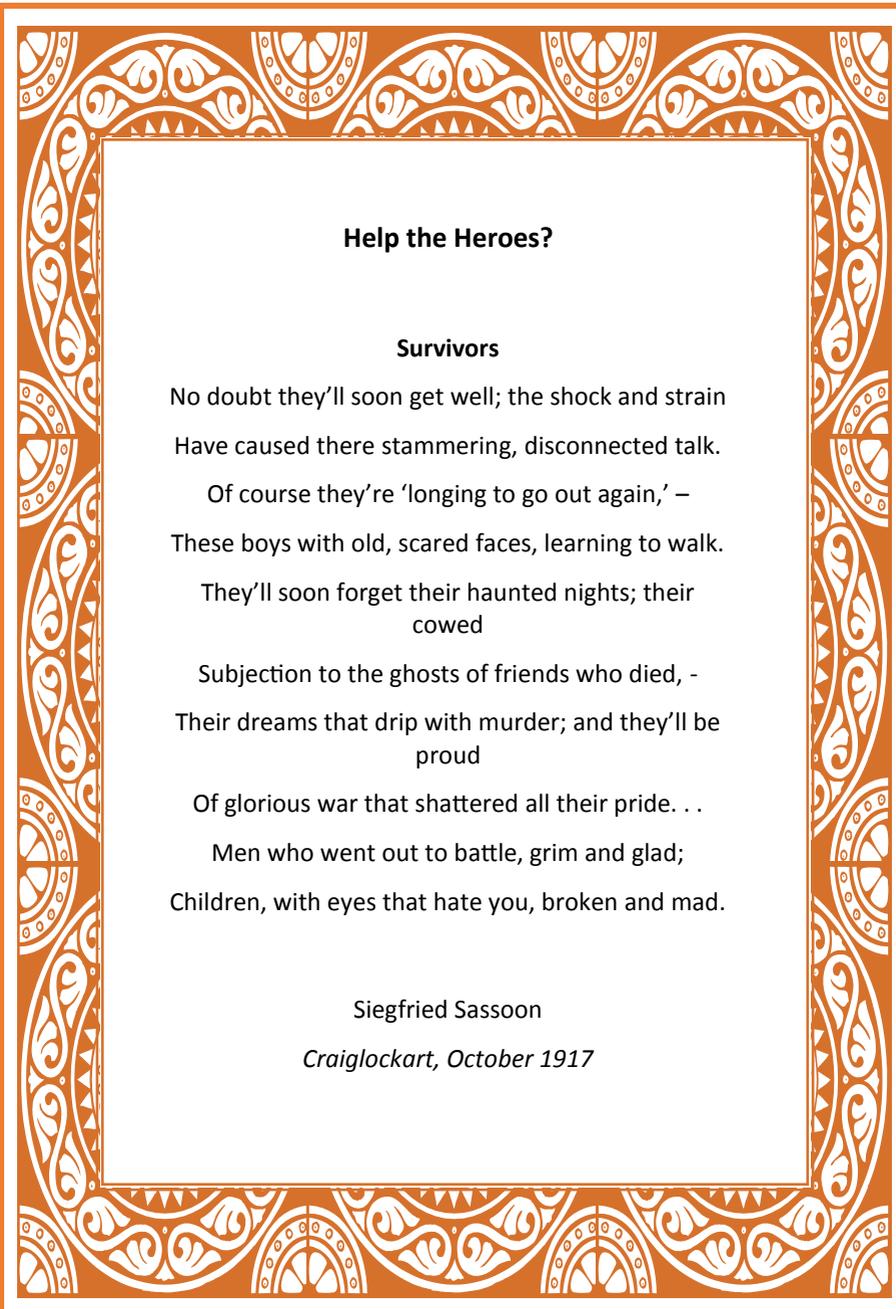
Counsellor Supervisor Trainer Student

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



Help the Heroes?

Survivors

No doubt they'll soon get well; the shock and strain
Have caused there stammering, disconnected talk.

Of course they're 'longing to go out again,' –
These boys with old, scared faces, learning to walk.

They'll soon forget their haunted nights; their
cowed

Subjection to the ghosts of friends who died, -
Their dreams that drip with murder; and they'll be
proud

Of glorious war that shattered all their pride. . .

Men who went out to battle, grim and glad;
Children, with eyes that hate you, broken and mad.

Siegfried Sassoon

Craiglockart, October 1917

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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.

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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

THErapy AND SUPERVISION

Spaces available for confidential, individual support

As well as an honours degree in Psychology, I hold diplomas in counselling and Fieldwork Supervision, a diploma & advanced certificate in hypnotherapy, and a certificate in CBT.

I have an extensive background in working with families and survivors of domestic abuse and have gained a wealth of experience working with a wide range of mental health issues, both within the IAPT programme under the NHS, and within my own private practice as well as in the voluntary sector.

I am based at Clarendon Clinic in Swinton M27 4AA

Feel free to contact me for an informal chat:

Tel: 07896323799

E-mail: tracymccadden@hotmail.com

Website: www.tracymtherapy.co.uk



**Tracy McCadden BSc
(hons)
MBACP**

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

Dr Andrew Reeves: Supervising Counsellors who work with suicide risk and self harm. 4th October 2014.

Recognising Eating Distress and disorder in your clients.

1st November 2014.

Couples & Relationship Counselling Training Programme & CPD Master Classes.

Can we Repair After an Affair - 29th November 2014

A Tale of 2 Systems – 2nd Families and Step Families - 30th November 2014

Certificate in Couples & Relationship Counselling Training (weekend route)

5 Days, 24th & 31st January 2015 & 7th, 21st & 28th February 2015.

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.

www.macclesfieldcounselling.bacp.co.uk.

www.mctcevents.co.uk

Or Contact : 01625 614039

Email: info@macclesfieldcounselling.bacp.co.uk



**A one day workshop based in Saddleworth
On Sunday September 21st 2014 9.30-4.30
Facilitated by therapists Pam Winter & Neil Jordan
Workshop fee £65**

This workshop will be of interest to all those working in the 'helping professions' or anyone with an interest in exploring the following themes:

Why is there such a dramatic increase in the diagnosis of depression in industrialised societies?

What is the nature of this depression?

- **Is there a connection between the fact that we spend less time in nature and the increase in depression?**

Is there a need to re-evaluate our definition of success and happiness in the industrialised world?

- **How does the above exploration help us re-evaluate how we see and work with depression?**

This workshop will provide an opportunity for participants to spend time in nature and explore their relationship with the natural world using guided exercises. We will also explore how participants might begin to integrate these experiences into their practice with clients.

There will be opportunities for working alone, in small groups and in the whole group setting. We will offer some theoretical input and reading materials will be provided.

Please contact pamwntr@aol.com or ring 07702504983 for more information/to book a place and visit our websites for more information about us: www.path-wise.co.uk and www.natureconnect.org.uk

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
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	Frances Owen	franc739@aol.com

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* and, additionally, is circulated at various colleges, libraries etc.. It is then archived on the website.

EDITORIAL DEADLINE

Deadline for submitting contributions to the January 2015 newsletter is

Friday 19th December 2014

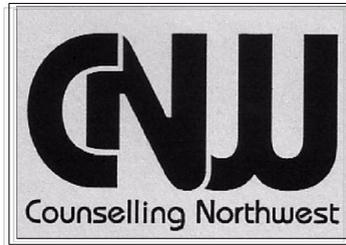
Please send any contributions to:

tracymccadden@hotmail.com

ADVERTISING

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

A two-page spread costs £25



Network for Counsellors in the North West

www.counselling-northwest.org.uk

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

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Tracy McCadden

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