

**CPD events for counsellors, psychotherapists
and mental health professionals in the North West**

www.counselling-northwest.org.uk

NEWSLETTER

April 2017

Volume 19 Issue 3

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Counselling Northwest - Committee

Position	Name
Chair	Pauline Summers
Vice-Chairs	Peter Jenkins / Urooj Khan
General Secretary	Tracy McCadden
Speaker Secretary	Urooj Khan
Membership Secretary	Pat Howard
Treasurer	Tony Howard
Newsletter Editor & Production	Tracy McCadden & Tony Howard
Social Media Coordinator	Jennifer Pennington
External Contacts Coordinator	Peter Jenkins
Catering Co-ordinator	Frances Owen
Venue sourcing	Jenny Edwards
Workshop Co-ordinators	Tony Howard / Hazel Wilcock

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 20-21

The form can also be downloaded from the CNW website

Three newsletters are currently published each year; September, January and April and distributed to members, therapy services, and educational establishments.

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

Evening CPD meetings are held 9 times per year (at 7.00p.m unless specified otherwise) at Bury Training & Development Centre, and workshops are held 3 times per year at the same venue.

Directions to venue can be found on page 11 as well as the website.

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

Dear Members

Hello again. We seem to be heading very fast towards the Spring and Summer and I feel it's a good time to thank everyone who has attended CNW events so far this year.

The events have been very well attended and we have had some extremely interesting and informative meetings.

The change over to the Bury Training Centre as a main venue seems to have gone well so far with most people feeling it is a positive move. However we are still looking at options for the future so if anyone has suggestions, please let the committee know.

As we head towards summer we are already thinking ahead to next year's programme so please get in touch with suggestions for topics and possible presenters.

The committee members, as always, have worked very hard to make events a success and so once again I would like to thank them for their commitment and dedication.

I hope to see many of you at the next few CPD evenings and meanwhile, have a very happy Easter.

Best wishes

Pauline Summers




CPD OPPORTUNITIES!

DATES FOR YOUR DIARY

See page 11 for directions to our **NEW VENUE** for meetings:
The Bury Training and Development Centre
All evening meetings start at 7pm

EVENING CPD MEETING

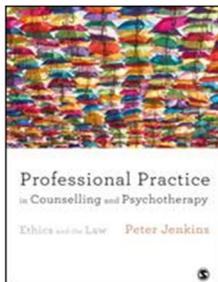
Tuesday 25th April—Peter Jenkins

Making Sense of the New BACP Ethical Framework

This session will provide an opportunity to unpack and discuss the new BACP Ethical Framework (2016) and to look at its main provisions, changes and challenges for all practitioners. Peter will cover some of the history and background to the development of the Ethical Framework and then explore some of the ways it is likely to impact on our practice, as counsellors, students, supervisors and trainers.

Peter has been a member of both the BACP Professional Conduct Committee and the UKCP Ethics Committee in the past. His latest book, Professional Practice in Counselling and Psychotherapy: Ethics and the Law (Sage, 2017) is a detailed exploration of the new Ethical Framework, which will be on sale at the meeting.

The book is normally 24.95GBP, but Peter hopes to be able to sell it for 20.00GBP on the day



DATES FOR YOUR DIARY CONTINUED:

EVENING CPD MEETING

Wednesday 31st May—Sheila Wilson

Working with Survivors of Domestic Abuse

This training will explore, using interactive exercises, the issues relating to domestic abuse and context in which it can take place, and will introduce effective and empathic approaches when working with survivors.

Within the session, we will examine the assumption that victims of domestic abuse should 'just leave'. We all like to think that this is exactly what each of us would do if we are assaulted by our partner in our own home.

However, when working with people experiencing domestic abuse, it is essential to be aware that physical abuse does not happen in isolation but within the context of emotional, psychological, sexual and financial abuse.

In exploring this complexity, and in working empathically and sensitively with individuals, the session will reflect on the importance of being led by the individual's priorities; what they think will enhance their (and their children's) safety; and what they want to do about their situation.

Domestic abuse is predominantly about power and control – an abuser will often have taken these away and it is imperative that support services do not replicate such behaviour by telling or coercing an individual into doing something they are not ready or able to do.

The session will also consider that leaving an abusive relationship is not as straightforward as it might appear and, in fact, the act of leaving can trigger an escalation in the level of threat, meaning that support services must not assume that leaving is the conclusion, but is rather just the next stage in their journey.

The training will also focus on how practitioners can enable survivors of domestic abuse to make choices regarding their future life and to consider their longer-term survival, coping and recovery strategies as necessary in order for people to move on and live positively after abuse.

FULL DAY WORKSHOP

Saturday 17th June—Kirsty Sturzaker

Working therapeutically with Eating Disorders

“Eating disorders aren’t just about food and eating. They are about difficult problems and painful feelings, which you may be finding hard to express, face or resolve. Focusing on food is a way of disguising these problems, even from yourself.” (Mind)

This Workshop will increase your awareness of what it is like to live with an eating disorder, and outline strategies that enable people to cope with long-term eating disorders.

The focus of the workshop will be on:

- Understanding what is meant by the term Eating Disorder
- Be familiar with some of the signs and symptoms of the main eating disorders
- Consider the possible causes of various forms of eating disorders
- Consider how particular eating disorders make the individual experiencing them feel
- Think about what helps and what doesn’t help people living with an eating disorder
- Consider the range of different interventions and services available

“Eating Disorders”

Kirsty Sturzaker

One Day Workshop: Saturday 17th June 2017

The Bury Training Centre, Parkinson St, Bury, BL9 6NY

Registration 09:30-10:00 : Workshop 10:00-16:30

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 (Kirsty Sturzaker 17/06/17) :-

Number of Counselling Northwest Members @ £ 65 per person.....

Number of CNW Non-members @ £ 75 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 North-west**) to:-

Pat Howard,

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

EVENING CPD MEETING

Thursday 29th June—Speaker to be confirmed

(See the website for updates)

A therapeutic perspective on Hoarding Behaviours

The behaviours which characterise hoarding are the acquiring of too many possessions and difficulty getting rid of them when they are no longer useful or needed. These behaviours can lead to clutter and disorganisation and threaten a person's health and safety, and lead to significant distress.

This presentation will help you to explore the range of experiences that people who hoard may face, have a discussion on why they may do it and displace some of the myths surrounding hoarding. It will also show you how to support people who hoard to lessen their anxiety and support their health and sense of wellbeing.

DIRECTIONS TO THE BURY TRAINING & DEVELOPMENT CENTRE

Seedfield Resource Centre, Parkinson St, Bury, BL9 6NY

From the M66, exit at junction 2—A58 to Bury / Heywood. At the roundabout, take the 2nd exit onto Rochdale rd (A58). Turn right onto Wash Lane (B6221) and go across one roundabout before turning right onto Walmersley Rd (A56) and then left onto Parkinson St. The centre is directly at the bottom. The meetings building is on the left. There is parking at the front, though additional parking can be found further down, behind the building ahead if needed.

MAP TO VENUE CAN BE FOUND ON THE WEBSITE

www.counselling-northwest.org.uk

CPD MEETING REPORTS:

CNW Speakers Meeting 26th January 2017

Dramatherapy—Emma Dawes

Those who braved this cold, dark January night were given a brief but thorough introduction to Dramatherapy by Emma Dawes. Emma provided a nice balance of theoretical overview and experiential during the 2 hours which everyone embraced.

First Emma gave a theoretical overview explaining what Dramatherapy is, a brief overview of its history, some definitions, and an idea of what might be in a Dramatherapists' toolbox. She shared the benefits of using creativity in therapeutic practice, explored the use of stories and shared some case studies to illustrate the work. She explained that Dramatherapy is evidence based, and there are lots of different models and that whilst there are elements that cross into other therapies, it's not the same as psychodrama.

During the experiential part we undertook movement, non-verbal and story-boards, and sharing via different methods by forming four different groups. All attending took part and shared their, often powerful, experiences in such a short time.

You can find out more about Emma Dawes on www.drama-therapist.co.uk

Jenny Edwards



CPD MEETINGS REPORTS CONTINUED:

Introduction to Focused Mindfulness – Clare Walters

22nd February 2017

Clare offered a relaxed and yet professional evening enabling us to explore and play with the Focused Mindfulness approach and consider how this might work with the clients we work with.

She has been developing the practice for over 10 years and inspired by many spiritual teachers including, Sri Ramana Maharshi, Brandon Bays, Marianne Williamson and others. Clare's initial interest came from working in a rheumatology department of a Yorkshire hospital and working with people in chronic pain. This led her to develop this simple and pragmatic approach that is acceptable for most issues that clients bring to therapy.

The first part of the evening was spent considering 'what is mindfulness' and experiencing ourselves a mindfulness meditation.

- ◇ Mindful is being aware
- ◇ Being embodied in the moment
- ◇ Noticing and registering
- ◇ Being present

Some of the feedback from the group regarding the meditation was around physical responses and noticing what is going on in our brain – 'we can't control our thoughts but we don't have to engage with them'.

We were then taken through an exercise that highlighted the usefulness of being mindful of ourselves when working with clients and to be aware of our own 'traps' in the therapeutic process ie: colluding, rescuing or judging. Clare would encourage all counsellors to undertake an 8 week mindfulness course in order to develop a 'mindfulness practice'.

Clare then gave examples of the work she does with her own clients in terms of the Pain Release Process and discussion took place regarding different issues that can be worked with, such as trauma, depression, suicidal ideation and others, to help people who are trapped by their minds, to identify root thoughts. This can be accessed by 'feeling in the body' which will move the individual away from the intellect – Pain Release Process, take the lid off, sit in it and fully feel it

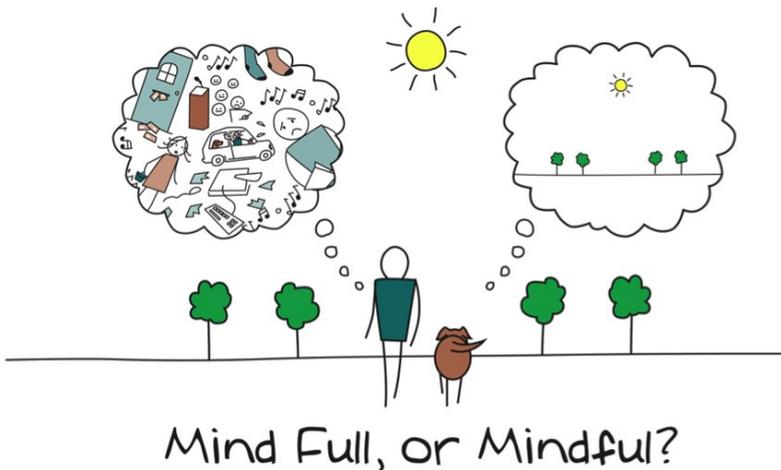
CONT:-

CPD MEETING REPORTS CONTINUED:

Clare had available her book *From Pain to Peace – Mindfulness for people in pain and those who support them* published by The Solopreneur Publishing Company Ltd which is a practical working manual for using the techniques she brought to the evening.

As is usually the case with our evening speakers, there was not enough time to fully explore the topic so should anyone want to learn more then please take a look at Clare's website www.clarewalters.co.uk

Hazel Wilcock



FFEDBACK SUMMARY

'Focused Mindfulness on Pain Release Process' - Clare Walters.

Presenter's style and manner

Excellent	Very good	Fair	Satisfactory	Poor	No comment
7	12	4	1		

Presenter's knowledge

Excellent	Very good	Fair	Satisfactory	Poor	No comment
13	8	3			

Content of presentation

Excellent	Very good	Fair	Satisfactory	Poor	No comment
4	13	6	1		

Discussion / Q&A

Excellent	Very good	Fair	Satisfactory	Poor	No comment
5	14	5			

Any comments you would like to add?

- Really liked how Clare involved the audience a lot; very natural presenter
- Would have liked the examples given to be written down and provided to the group
- I will be able to put into practice that which I have learnt tonight
- I want to pursue further training in this. It was an excellent session, well presented, and actually for me, well needed. Thank you.
- Awful traffic from south of Manchester at this time of day. However, venue easy to find and very comfortable; plenty of parking, good facilities but room too warm!

CPD MEETING REPORTS CONTINUED:

Chronic Pain—From management to recovery

Maria Hammond 28th March 2017

Maria is a Chronic Pain Recovery Coach in private practice who asks the question of whether pain is a direct result of our belief systems, our thought processes through lack of knowledge, our lifestyles, our behaviours, and our emotions.

As a therapist using Cognitive Behaviour Therapy techniques I could see how this could fit directly into my work as this is a very similar theoretical approach, challenging thought processes via increasing knowledge and understanding of how the mind and body are connected, in this case, resulting in pain.

The evening's presentation began with a look at what pain is and how it protects us from threatening situations, current or potential and offers us a learning experience in order to prevent us from similar harm in future.

Pain is a normal response to injury but, as the injury heals, the pain should naturally reduce. When this does not occur, and when pain appears to, for instance, remain the same, recur over time, move around, be inconsistent with injury, or respond to particular triggers (after a period of 3 months), this becomes classed as a 'long-term pain' suggesting something cognitive rather than physical. These are indications that symptoms may be stress induced. Conditions such as infection, cancer, and degenerative diseases are not included here.

Maria gave several examples of when pain can be directly related to a particular activity that would not be able to produce an injury and, upon examining the activity could find alternative reasoning for experiencing pain which immediately ceased upon the client understanding the cognitive process.

Maria discussed the varying reasons some people suffer more pain than others from similar injuries, from past traumatic events/childhood experiences to depression and stress, again suggesting a personal reaction rather than a response directly related to, for example, severity of injury.

The placebo effect has been witnessed in patients undergoing pain treatment and Maria stated that morphine has no more of an impact than paracetamol.

We looked then at why our bodies continue to produce a pain response when we are no longer in danger and this is where the therapy begins, linking our emotional response to the pain to previous experiences. Put simply, if we can recognise the emotion, we can acknowledge it, express it, and resolve it, eliminating any unhealthy behaviours and beliefs will in turn eliminate the physical feeling of pain.

CONT:-

CPD MEETINGS AND WORKSHOP REPORTS CONTINUED

This led onto the Structured Recovery Approach within which clients are supported to:

1. Understand the cause
2. Identify and resolve past trauma
3. Deal with current stresses
4. Identify personality traits and eliminate self imposed pressures
5. Identify habits and make behaviour changes

There are many techniques that can be used in this process including the use of timelines, journals, tapping, EFT, havening, and matrix re-imprinting.

This was an intriguing evening that had me come away with a desire to look into the topic in more detail.

For your own reference, more information can be found at:

www.sirpauk.com

Recommended reading includes:

- ⇒ Georgie Oldfield—Chronic Pain—*Your Key to Recovery*
- ⇒ John Sarno—Healing Back Pain—*The Mindbody Prescription*
- ⇒ Howard Schubiner—*Unlearn your Pain*

1 day practitioner courses are available across the country, and a Chronic Pain conference is due to take place 15th October 2017 at The Royal Society of Medicine in London for anyone interested in attending.

Also related and maybe of interest is an article in Therapy Today, Feb 17 by Judith Maizels and Fiona Adamson on Chronic Pain - A Neurosomatic Approach, pgs 22 - 26

Tracy McCadden

FEEDBACK SUMMARY

'Chronic Pain from Management to Recovery—Maria Hammond.

Presenter's style and manner

Excellent	Very good	Fair	Satisfactory	Poor	No comment
8	4	2	2		

Presenter's knowledge

Excellent	Very good	Fair	Satisfactory	Poor	No comment
10	2	3	1		

Content of presentation

Excellent	Very good	Fair	Satisfactory	Poor	No comment
7	4	4	1		

Discussion / Q&A

Excellent	Very good	Fair	Satisfactory	Poor	No comment
5	5	4	1		1

Any comments you would like to add?

- **Really useful presentation**
- **It would be useful to have the slides if possible**
- **Not good. Difficult to hear above the air conditioning. Seats uncomfortable**
- **I feel some of the issues were over-simplified and dismissive of actual bodily responses and evidence**
- **The presenter had an engaging style**
- **Some helpful ideas for helping clients**

KEEP UPDATED ON SOCIAL MEDIA



Search for Counselling Northwest

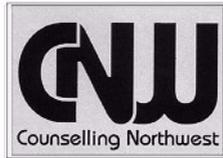


@CounsellingNW



Search for Counselling Northwest

Members can use these sites for networking and will also be updated with regular reminders of upcoming meetings and workshops



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 – 2016/17						
Period of joining.....	1 st Sept – 31 st Dec	<input checked="" type="checkbox"/>	1 st Jan – 31 st March	<input checked="" type="checkbox"/>	1 st April – 31 st July	<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*. Payment can also be made by BACS bank transfer. Please contact Pat if you wish to pay this way.

(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?

Do you work primarily in:-

- NHS Education Third Sector**
Private Practice
Other (Please specify) _____

Therapeutic Approach: _____

Professional Body Membership eg: BACP/BABCP/BPS etc

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? _____

January 2017

NOTICE BOARD

We have had a mixed review of our new venue but the response has been overall very positive. We do however continue to look into alternative venues in order to accommodate as many of our members as we can. We are sure you can appreciate the difficulty in finding suitable venues that fit all our varying needs and the efforts of our volunteer committee members in sourcing these.

VACANCIES

**We currently have the following vacancies on the
the
CNW committee:**

IT SPECIALIST

To manage the running of the Counselling North-West website.

GENERAL COMMITTEE MEMBERS

We continue to look for additional committee members to assist in the general running of CNW. Committee meetings take place once per month.

All contributing to the running of Counselling North-West do so on a voluntary basis and are expected to pay their membership in full.

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, or alternatively you can speak to any committee member at any one of the meetings. We look forward to hearing from you.

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

ALAN CORBETT

at

Fernlea Counselling

**OFFERS COUNSELLING SUPERVISION
FOR QUALIFIED THERAPISTS**

I have a Post Graduate Certificate (University of Salford 2008) in Supervision, I hold a Diploma in Counselling (Person-Centred, 2005), Certificates in Cognitive Behavioural Therapy, Mindfulness and Relationship counselling, a Diploma in Hypno-Psychotherapy (National College) and also an Advanced Certificate in Hypnotherapy (National College)

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.

My role would be to offer you advice, support, and challenge to enable you to reflect in depth on issues affecting your practice.

Reduced fee for Third Sector & Students

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

Mobile: 07881 871642

**e-mail: alan.corbett@ntlworld.com
www.fernleacounselling.co.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 September 2017 newsletter:

Friday 18th August 2017

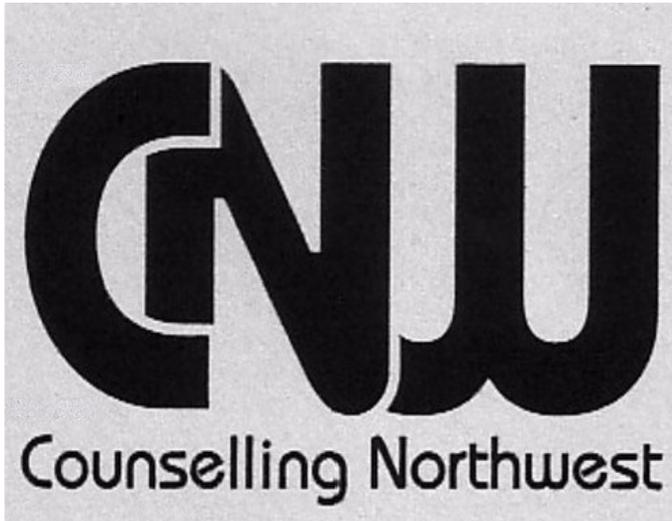
Please send any contributions to:

info@counselling-northwest.org.uk

ADVERTISING

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

A two-page spread costs £25



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and mental health professionals in the North West**

www.counselling-northwest.org.uk

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Tracy McCadden & Tony Howard

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