

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

www.counselling-northwest.org.uk

NEWSLETTER

September 2017

Volume 20 Issue 1

CONTENTS

CNW committee	pg 3
About Counselling Northwest	pg 4
Pat Howard	pg 5-6
Letter from the Chair	pg 7 & 8
Dates for your Diary	pg 9-10
Workshop & Application form	pg 11-12
Directions to new venue	pg 13-14
Meetings and Workshop reports & Feedback	pg 15-20
Book/Article reviews	pg 21
Social media	pg 22
CNW membership form	pg 23-24
Notice board	pg 25
CNW needs you	pg 26
Classifieds	pg 27-30
Important information	pg 31

Counselling Northwest - Committee

Position	Name
Chair	Peter Jenkins
Vice-Chairs	Pauline Summers & Urooj Khan
General Secretary	Tracy McCadden
Speaker Secretary	Urooj Khan
Membership Secretary	Jenny Edwards
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-ordinator	Hazel Wilcock
Administrator	Pauline Summers

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 23-34

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 The Beacon Centre, Salford, and workshops are held 3 times per year at the same venue.

Directions to venue can be found on page 13-14 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.

Dear Members

Many of you will probably by now have learnt of the death of our membership secretary Pat Howard. I had been aware of Pat's health issues for many years, but the sad news still came as a tremendous shock to me.

I first met Pat when I was invited to attend an AGM of Counselling NorthWest in August 2007, this was an informal invitation from the then current Chair, the exact details of what took place at this meeting now escape me, but I distinctly recall leaving that meeting as the newly elected Chair of CNW! Pat definitely had an influential input in those proceedings.

Although I only knew Pat in a professional capacity, I was always impressed by her genuine enthusiasm for the ethos of CNW, and the support she gave me unstintingly during my tenure as Chair. Many people have commented in other places about the enduring impression that Pat left them with, her generosity of spirit, the hug that always accompanied our meeting, her willingness to offer support and advice to others (a more experienced and well-read counsellor would be hard to find) but this was always offered in a relaxed and modest way.

The legacy she has left with her counselling work at St Joseph's Family Centre, working with young people and families often in extremis has been well attested to.

I will remember Pat as someone who could always make me smile and feel good about myself, with no obvious effort from her, a rare gift indeed! Thank you Pat

I'll miss you

Alan Corbett

Here are some words from the eulogy given at Pat's Requiem Mass

Her generosity of spirit was simply joyous. She celebrated and praised with sheer delight the achievements, talents and good deeds of others. Meanness in any shape or form was completely alien to Pat and being in her company was something to treasure.

Another tribute – 'Time is one of the most precious things in life and no amount of time was too much for her to give'.

On the next page are some further comments about Pat's professional life, provided by her husband Tony.

Pat left school at 17 and joined ICI as a Lab Assistant. She then went on to have a successful 33-year career as a scientist with ICI. She worked all of that time developing and using a technique called X-Ray Diffraction Crystallography, and made important contributions to many research programmes including 'Saffil', a ceramic, high temperature insulating fibre which was used to insulate the heat shield on the Space Shuttle; 'Monnex', still the world's best dry powder fire extinguisher (of which Tony was one of the three co-inventors), and 'Tamoxifen', the breast cancer drug.

In working in X-Ray Diffraction, she was following in the footsteps of Rosalind Franklin, who should have shared the Nobel Prize with Francis Crick, James Watson and Maurice Wilkins for the discovery of the structure of DNA, which helped give birth to modern genetics, but she had died at an early age and the Nobel Committee does not award prizes posthumously.

Pat was one of only 7 female scientists in the R&D department at Winnington in mid-Cheshire, the ladies being paid 80% of what men were paid for the same job - plus ça change! She railed against this as you would imagine and eventually achieved parity!

In 1994, she took early retirement and made a major career change, enrolling on the 3-year Counselling Diploma course at West Cheshire College under the tutorship of Ken Lewis. As part of the Diploma, she obtained a placement at a GP Medical Centre in Warrington and made such an impression that the Practice took her on the staff once the placement had been fulfilled. She practised for some four years until fundholding ceased for GP practises and they had to let her go.

She then volunteered as a Counsellor at St Joseph's Family Centre in Warrington, a registered charity which has just celebrated its centenary, and continued to work with children up until her health started to fail less than a year ago. As testament to her counselling abilities, she always agreed to be assigned the most difficult cases!

Her connection with Counselling Northwest started back in April 1996 when she attended her first meeting. (CNW had started ca September 1992, the first meeting being appropriately on "Networking").

She became involved as a committee member in 1998 then she became Membership Secretary in 2000. Owing to a lack of helpers on the committee, Tony was 'recruited' to take over as Treasurer. Things slowly improved and with just a few hiccups in the intervening years, CNW has continued to grow into what it is today.

Outside of Counselling, Pat has been a cat lover all her life and became heavily involved in the Cat Show world – being Membership Secretary of two cat clubs for well over 25 years, as well as showing and judging cats. She was also an expert at Embroidery and many a Birth Sampler has become a family heirloom amongst friends and family.

LETTER FROM CHAIR 2016-2017

Dear Members of CNW

Writing this at the beginning of August 2017, we are looking back on a very 'eventful' year for Counselling North West.

We have continued to run all our CPD meetings and have been very pleased to see numbers attending being maintained. Workshops have also been very successful. We have managed a change of venue to Bury training centre for CPD meetings due to the rise in numbers and difficulties with parking at the Friend's Meeting House in Eccles. The move has been mainly successful judging by the numbers attending, although we are still aware that the change in venue was inevitably problematic for some.

Unfortunately we now face another change as Bury Training Centre is being closed. We learned this a few weeks ago and committee members have once again been busy viewing different venues. Details of the new venue are being posted in this newsletter and on the website.

Reflecting on the year that I have been Chair it is overshadowed by the recent death of our membership secretary, Pat Howard. Pat had been involved with Counselling North West since the beginning, as evidenced by her membership number of 44! (We have recently accepted our 1000th member)

As many will remember (myself included) Pat was always the smiling and welcoming face of CNW at the door. She welcomed new members and 'old' with her own natural warmth. Her husband, Tony Howard, is also known to members and has been the treasurer for CNW for many years. Keeping a sharp eye on the finances is essential to the success of CNW and Tony has always carried out that role with great efficiency. He is continuing to do so at present and has the support of all the committee.

So Counselling North West has had a year of change and one punctuated by loss, but in the tradition of 'the show must go on' we look forward to this September and the start of a new programme of events.

We now have a new Chair- Peter Jenkins and I would like to wish him well. I would also like to thank all the committee for their hard work over the past year. Without their work there simply would not be any events for people to attend and CNW is a great asset to the counsellors in this area, and one that I hope will continue for many years to come.

Warm wishes

Pauline Summers

LETTER FROM NEW CHAIR

Dear Members,

I hope you are well and have managed to take a break of some sort from your counselling and other commitments, and feeling refreshed and ready to join us in our ongoing programme of CPD activities over the coming period? It is that time of year again, when we dust off our winter clothes and renew our CNW membership for the coming year.

There have been some changes on the committee, with something of a Cabinet re-shuffle, as committee members have shifted roles and taken on new responsibilities. We are always looking for new committee members, so do buttonhole one of us at the next meeting if you are at all interested in joining us and taking part in what we do.

My first job as the new Chair is, unfortunately, to acknowledge the sad and untimely loss of Pat Howard, who was a stalwart member of the committee and, in many ways, the very public face of the group for many years, meeting and greeting members, usually with a hug and a warm smile. Our sad condolences go to her husband, Tony Howard, who continues to play a vital role for the committee, as its financial backbone and Treasurer.

The other message will probably be apparent from the content of this Newsletter – CNW is on the move again, and will be moving its venue to another site, namely Beacon in Salford. We apologise to all members who will be struggling with satnavs or public transport to find yet another site. However, this change has been forced on us by the closure of the Seedfield site at Bury, which was, in other ways, proving to be a good replacement for Friends Meeting House at Eccles. Finding a venue which is flexible, available, provides appropriate access, refreshments and safe parking has been a continuing headache for CNW. Jenny Edwards has taken the lead in sourcing new venues, for which many thanks.

In terms of the new programme, Urooj Khan has been tireless, as always, in finding engaging speakers for future events. Other committee members continue to work hard behind the scenes, making CNW the well-oiled and efficient organisation that we have all come to expect. Tracy McCadden acts as general secretary and also produces this newsletter, with Jennifer Pennington ably managing social media, such as Facebook, Twitter and LinkedIn. Frances Owen continues her longstanding and valued association with CNW, while Pauline Summers has stepped down from being Chair, but continues to play an active role within CNW, as does Hazel Wilcock. My thanks to all committee members for their hard work in the past and over the coming year.

We look forward to seeing you again at one of our events in the near future – do keep an eye out for a very large (but safe and inert!) spider as you come into Beacon.

Best wishes,

Peter Jenkins

CPD OPPORTUNITIES!

DATES FOR YOUR DIARY

See page 13-14 for directions to our **NEW VENUE** for meetings:
THE BEACON CENTRE

All evening meetings start at 7pm

PLEASE BE AWARE THE ROOM IS ON THE FIRST FLOOR AND, ALTHOUGH THERE ARE LIFT FACILITIES, WE NEED ADVANCE NOTICE VIA E-MAIL IF YOU WILL NEED TO USE THE LIFT IN CASE OF ANY MECHANICAL ISSUES ON THE NIGHT AS WE WOULD NEED TO SET UP A GROUND FLOOR ROOM INSTEAD. THANK YOU.

EVENING CPD MEETING

Tuesday 19th September 2017

An Introduction into Body Dysmorphic Disorder **Carolyn Sellers**

Body dysmorphic disorder (BDD) is an anxiety disorder related to body image. If you have BDD, you experience concerns about your appearance that cause you significant anxiety and have a disruptive effect on your life.

“You may also develop routines and habits, such as excessive use of mirrors or picking your skin, to deal with the worries you have about the way you look. These habits usually have a significant impact on your ability to carry on with your day-to-day life.” (Mind)

The presentation will hope to create an understanding of the beliefs and behaviours associated with the disorder and focus on the progression. Furthermore it will focus on the long-term effects of BDD, with a discussion on the effect it has on individuals and their families.

CPD EVENTS CONTINUED:

Wednesday 11th October 2017

Journaling as a Therapeutic Tool to resolve health problems

Maria Hammond

The theory behind journaling and its impact on wellbeing is that, by writing about the unexpressed thoughts and feelings from a stressful situation, you are reducing the impact of these stressors on your physical and mental health.

Some benefits in a nutshell:

- Clarify thoughts and express feelings
- Feel better physically and mentally
- Resolve past stressful experiences
- Improve relationships and resolve disagreements
- Learn to understand yourself (and others) better
- Help you examine patterns, thoughts and beliefs that make you feel bad
- Remove creative or expressive blocks
- Improve health
- Lessen and get rid of pain

Maria Hammond coaches and empowers clients with chronic pain how to resolve stress and pain for good using simple therapeutic tools. Therapeutic journaling is one of the main tools she teaches her clients to resolve the psycho-physiological causes of pain. During this talk Maria will explain a few therapeutic journaling techniques, briefly talk about how it works as a form of therapy, and discuss the numerous mental and physical health benefits writing can have.

Thursday 30th November 2017

A Taste of Gestalt- Danny Porter

A brief step into the world of Gestalt, trying out some exercises and having a discussion around the essence of Gestalt.

In practice, Gestalt practitioners work with clients to help them focus on self-awareness: on what is happening from one moment to the next or, as we often say, in the Here and Now. Increased awareness and understanding of the present, of one's immediate thoughts, feelings and behaviour, and of patterns of relating can bring about powerful change and new perspectives.

Danny Porter is a Gestalt Psychotherapist, Trainer and Supervisor at the Manchester Gestalt Centre.

FULL DAY WORKSHOP

Saturday 9th December 2017

Interpersonal Psychological Trauma and Attachment- Zoë Lodrick

Zoë will use neurobiology to explain people's reactions to interpersonal threat and the legacy of such. That is:

- Why people do not usually react in 'logical' or 'active' ways when faced with intimate interpersonal threat;
- The impact of the lack of understanding of why the person did not behave 'logically and actively'

The workshop will also include a discussion on the neurobiological underpinnings of why people remain in abusive relationships, and how people become so vulnerable to repeated exposure to interpersonal trauma. Trauma symptomatology will be addressed as will the needs of traumatised clients.

Zoë is a UKCP Registered Psychotherapist and an experienced Trainer and Consultant. She has over 22 years experience of providing psychotherapy to women and men who have experienced rape, sexual assault and/or childhood sexual abuse; and providing training and consultation to professionals who work with victims/survivors of sexualised traumas (whether therapeutically or within the criminal justice system).

Zoë is generally recognised as having specialist knowledge/expertise with regard to human behaviour/response when faced with a perceived threat (especially sexual threat).

Zoë held the full time position of Senior Practitioner at Portsmouth Area Rape Crisis Service (PARCS) from 1994 to 2009. Since April 2009, Zoe has been a self-employed Trainer and Consultant.

Application form overleaf

“Interpersonal Psychological Attachment and Trauma”

Zoë Lodrick

One Day Workshop: Saturday 9th December 2017

The Beacon Centre, 1 London St, Salford, M6 6QT

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 (Zoë Lodrick 09/12/17) :-

Number of Counselling Northwest Members @ £ 70 per person.....

Number of CNW Non-members @ £ 80 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:-

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

If you would like to pay by BACS transfer, please contact Tony : howarduk96@tiscali.co.uk

DIRECTIONS TO NEW VENUE

THE BEACON CENTRE

1 London St, Salford, M6 6QT

From the South, Warrington, Liverpool

Follow the M62/ M60 until Junction 13 (Worsley) of the M60. Continue along the slip road and take the third exit at the roundabout. At the next roundabout turn left. Take this road all the way until the crossroads at the A580 East Lancashire Rd. Turn right onto the A580. Follow the carriageway until the merge into the A6. Take the slip road signposted A576, Bury, Oldham and Ashton Under Lyne. Turn left at the roundabout onto Cromwell Road, heading toward Lower Broughton. Go through two sets of traffic lights and you will see a petrol station on your left, take the next right onto London Street, just before Cromwell roundabout. The Beacon Centre is the round building on your left. Parking is available in the community car park. Ample street parking is also available.

If you are travelling along the M602, carry on to the traffic lights at the end of the motorway and turn left onto A5063 (Albion Way). Go straight through the first set of traffic lights and turn left at the next set of lights at the junction with the A6. Travel along the A6 through the next two sets of traffic lights and then bear left onto the filter lane for the exit signposted A576. Turn right at the roundabout onto Cromwell Road, heading toward Lower Broughton. Go through two sets of traffic lights and you will see a petrol station on your left, take the next right onto London Street, just before Cromwell roundabout. The Beacon Centre is the round building on your left. Parking is available in the community car park. Ample street parking is also available.

From Manchester

Leave Manchester by the A6 and pass Salford University on your right. Having passed the University, go through 3 sets of traffic lights and then bear left onto the filter lane, immediately after the blue footbridge, for the exit signposted A576, Eccles. Turn right at the roundabout onto Cromwell Road, heading toward Lower Broughton. Go through two sets of traffic lights and you will see a petrol station on your left, take the next right onto London Street, just before Cromwell roundabout. The Beacon Centre is the round building on your left. Parking is available in the community car park. Ample street parking is also available.

PUBLIC TRANSPORT TO VENUE

Buses/Train

Buses 10 and 110 (regular buses every 12 minutes) From Shudehill, City Centre, Manchester, you can get on either of these buses at other locations in Manchester City Centre, for this information please ring Travel line on 0161 228 7811.

Get on the bus at Shudehill, Manchester City Centre, get off more or less **opposite** the Shell Service Station, on Cromwell Road, (M6 6DB) then look for London Street, very close by, where the Beacon Centre is located, (it is a round building on the same side as you get off the bus).

Buses 10 and 110 (regular buses every 12 minutes)

Get on the bus at Salford Precinct, Salford, get off near the Shell Service Station, Cromwell Road, (M6 6DB) then cross over the road to London Street, where the Beacon Centre is located. (it is a round building)

Train to Salford Crescent

Please note the Beacon Centre is a good 20 minute walk, from Salford Crescent Train Station, we would therefore recommend if you are travelling by train to this station, you ring a taxi from Salford Crescent, local taxi firm:- Mainline - 0161 707 3000 or 0161 777 7777. If you intend to walk to the Beacon Centre, you may need to ring the Beacon Centre for directions on Tel: 0161 778 0700.

You can follow this link to Google maps:

<https://goo.gl/maps/hNADipuyB2r>

If you need assistance with directions, please phone the centre on 0161 778 0700

CPD MEETING REPORTS:

Making Sense of the BACP Ethical Framework for the Counselling Professions

Peter Jenkins – Tuesday 25th April 2017

Prior to taking the post of Chair of Counselling North West, Peter has been a member of both the BACP Professional Conduct Committee and the UKCP Ethics Committee and this evening session was devoted to providing attendees with an understanding of the recent changes to the BACP Ethical Framework.

Peter was able to project this rather serious topic in a light and practical manner, engaging the audience throughout the evening with brief activities and visual aids, covering various elements including; the reasoning behind the alterations to the framework; the move from advisory & mandatory regulations to more prescriptive guidance; the shift from rule following & outcome approaches to ethical decision making; the structure of the framework; and also our own internal values, ethical principles, and personal moral qualities.

32 individuals attended the session with 31 of these rating the overall session - incorporating Peter's style, manner, and knowledge, as well as the content of the session - as either 'very good' or 'excellent' with 1 member receiving a 'fair' experience of the evening.

Feedback from attendees included comments such as:

- Peter was easy to listen to and made this subject easy to make sense of. Thank you!
- Thought provoking
- Really useful and beneficial
- Thank you for a very helpful session Peter
- Good debate but would have enjoyed more case studies and group work
- Made a dry subject interesting and accessible – thanks
- I think Peter was very interesting. Very educational. I learned a lot. Felt like I was at Uni (in a positive way!)
- Very enjoyable. Kept us interested and involved
- Excellent session – thank you
- Great talk, lots of interaction and visuals

Peter's book 'Professional Practice in Counselling and Psychotherapy: Ethics and the Law' is available to buy and attendees were lucky enough to receive a discount on the night.

Tracy McCadden

CPD MEETINGS REPORTS

Talk on Working with Survivors of Domestic Abuse

With Sheila Wilson Wednesday 31 May 2017

Sheila works for Greater Manchester West Recovery Academy, delivering workshops in survivors of domestic abuse and substance misuse.

Sheila starts by acknowledging that domestic abuse can affect men and women and that this event is for men and women.

Sheila invites us to explore what domestic abuse is along with providing a definition; Domestic Abuse is any incident of pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or above who are, or have been intimate partners or family members regardless of gender or sexuality. This can encompass but is not limited to the following types of abuse, Psychological, physical, sexual, financial or emotional.

Discussion took place around under 16's and how this would be classed as child abuse as opposed to domestic abuse. Looked at how controlling behaviours of abuse is often more difficult to detect as opposed to physical abuse. Explored what is meant by controlling behaviour and coercive behaviours.

We were invited to participate in a group exercise to identify behaviours that would contribute to each of the 5 types of recognised abuse.

Sheila describes an analogy around the frog to water, and explained that if you were to put a frog in tepid water it would be ok and would stay in the water, if you gradually turned up the temperature by adding more hot water the frog would eventually boil from the hot water, whereas if you exposed a frog to hot water initially it would jump out, Sheila explains that like domestic abuse, over persistent exposure to abuse victims often adapt to the abuse and can become stuck in the cycle, where as if we were aware from the off set of how abusive someone could be we wouldn't allow ourselves to continue within the relationship.

Looked at the statistics around abuse.

Looked at the impact domestic abuse can have on children and how if children don't feel safe in their home this can have many negative physical and emotional effects. All children that witness domestic abuse are being emotionally abused.

CONT:-

Explored the cycle of change, such as;

- Pre – contemplation being the denial stage
- Contemplation, thinking about change,
- Determination/preparation, acts on their decision, seeking information, talking, exploring options
- Action, makes the decision to change, takes steps, attends appointments, leaves
- Maintenance stage, such as keeping healthy behaviour going.
- Relapse may mean they may return to the abusive relationship or enter another abusive relationship.

Sheila acknowledged that a relapse does not mean they become full lapses, and shares that sometimes these relapses can be an important part of the process and it can provide more of an insight into their relationship and re-affirm their decision to leave.

Group exercise “Why Don’t You Just Leave” involved identifying how friends, family, solicitors, professionals all providing statements/words that a victim may experience which can be overwhelming and conflicting which can make the process of leaving very difficult.

Continued to explore reasons people might stay, along with looking at dedicated helpline’s available;

- Free phone 24 hour National Domestic Violence & Refuge Helpline 0808 2000 247
- Male Advice Line & enquiry 0808 801 0327
- Honour Helpline for advice on force marriage/honour based violence 0800 5999 247
- Galop (LGBT) 0300 999 5428
- Victim Support 0845 373 2456
- Respect 0808 802 4040 or 020 8563 8523 (Helpline for perpetrators who want to change their behaviours)

Jennifer Pennington

CPD MEETING REPORTS CONTINUED:

INTRODUCTION TO EATING DISORDERS WORKSHOP

Held on the 17th June, 2017 at the Seedfield Development and Training Centre in Bury.

By: Dr Kirsty Sturzaker – Clinical Psychologist, Outpatient Adult Eating Disorder Service

And: Dr Magdalene Sampson – Clinical Psychologist & Acting Service Manager, Outpatient Adult Eating Disorder Service

The aims of the workshop were:

- To increase knowledge of the main diagnoses of Eating Disorders
- To consider what it might be like to work with people with an Eating Disorder
- Explore stereotypes and stigma
- Provide an overview of the main evidence based model for treating an Eating Disorder

At the start of the day the group explored our own thoughts and feelings towards clients with Eating Disorders. The exercise in itself proved to be quite challenging and responses such as: selfishness, frustration, therapist doing all the work, a sense of being de-skilled and others came out of the discussion.

The facilitators then described, and outlined the prevalence of, the 3 main disorders using the diagnostic criteria (DSM-V), these are Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder. Two other criteria were also explained briefly: Other Specified Feeding or Eating Disorder (OSFED) and Unspecified Feeding or Eating Disorder (UFED).

There are a number of reasons why an Eating Disorder develops including socio-cultural, biological, relationship patterns, family and individual factors. We explored these in some detail throughout the day and put together a formulation using a case study to identify if an eating disorder was present by looking at 'vulnerability factors', focusing events' and 'triggering events.

The physical effects of an Eating Disorder on the individual were many, with heart problems (cardiac arrest) being the most common, and as such the facilitators work with doctors so that the whole person can be monitored.

NICE guidelines state that CBT is the approach to be used when working with someone with an Eating Disorder <http://www.nice.org.uk/guidance/ng69>

This created some discussion in the group as some attendees who were counsellors had found themselves working with people with an Eating Disorder and felt that the work was going very well with their clients making positive changes.

CONT:-

Both Kirsty and Magdalene have also been trained as CAT therapists and although there has not been an RCT to explore the effects on working with an Eating Disorder, they also felt that there would be some impact through this approach. The overall sense was that not one approach suits everyone and the client should have a choice of treatment through the NHS but until research has been undertaken to provide evidence of the effectiveness of other modalities, CBT will continue to be offered.

The practitioner working with a client with an Eating Disorder is open to a number of potential process and therapeutic relationship issues. The main ones identified in the group were; Therapist doing all the work particularly if the client has been 'sent' for treatment; Feeling pressured to complete the work in a set number of sessions; Therapist being seen as the 'expert' by the client and family; Client avoidance – using a lot of time at the start of a session 'chatting'; Concerns around 'duty of care'; Managing the balance – autonomy vs responsibility

Finally, we revisited our list of thoughts and feelings that we put together at the start of the day. It was interesting to see that after our discussions and learning around how someone develops an Eating Disorder we were able to dismiss the majority of our assumptions and preconceptions which left us with a good feeling and a sense of not being scared or over-whelmed by such a referral. Also, should we find ourselves with a person who has an Eating Disorder or we are unsure, we now know who we can contact for advice and support as both Kirsty and Magdalene were happy for anyone to email/ telephone to discuss an issue.

Overall, the day was very informative and at times challenging. The facilitators used different methods of training from direct information, working on a case study and watching DVDs which all helped to make the day interesting and extremely thought provoking and I urge those who have no knowledge of this area of work to take some time to gain a basic understanding of the issues just in case you find yourself sitting in front of someone who has or might have an Eating Disorder.

B-eat (formerly the Eating Disorder Association) – Tel: 01603 619090

– Email: b-eat.co.uk

Provides book lists, information, details of support groups, professional database of NHS and private services, training events, message boards and publishes the European Eating Disorders Review

www.overcominganorexiaonline.com

www.overcomingbulimiaonline.com

<https://credo-oxford.com/4.4html>

Hazel Wilcock

Peter Jenkins report on: A therapeutic perspective on hoarding behaviours:

26th June 2017

This was an interesting session, which was quite challenging and provocative for those (like myself,) who have strong tendencies to 'collect' and 'hang on' to 'stuff'. Jon Grieves spoke very openly about some of his personal challenges in this respect, with supporting contributions from Eddie Fenn, an Occupational Therapist. Jon was very open to answering what were often very personal questions from members of the audience. The input and discussion raised many questions about the boundaries between everyday collecting and retaining possessions, to the point where their sheer volume begins to present problems, in terms of restricting access, or safe movement, within the household. The audience was keen to explore the emotional significance of attachment to possessions and the personal barriers to 'getting rid of stuff', which strongly resonated for some of us.

Eddie provided background and an overview of hoarding and current responses to this as an issue which is beginning to receive more attention, beyond that of TV and media coverage. Hoarding has implications for housing and environmental health officers, in that it can affect individual and family quality of life, and impact on neighbours, partners, etc. British Psychological Society Guidance (2015) states that "Hoarding difficulties are a combination of excessive acquisition of items, build-up of clutter and problems with disposal." It is now recognised as a distinct form of mental health difficulty, which may apply in combination with other mental health problems, and can cause significant distress and problems in everyday living. The session explored some of the co-presenting difficulties which may contribute to hoarding behaviour, such as physical illness, dementia, depression, alcohol or drug dependence, obsessive compulsive disorder (OCD), trauma, and neurological issues.

There was a lot of interest in discussion about the possible emotional aspects and meaning of hoarding, such as attachment, avoidance, procrastination and dealing with loss and bereavement. Interestingly, the presenters took the view that understanding the possible *causes* of hoarding (the 'insight approach') was now considered to be less useful than using more *cognitive and behavioural approaches*, which focused more on *motivation*. Current practice was geared towards multi-disciplinary practice, particularly within the NHS, rather than on individual therapeutic approaches.

The session was fairly fluid, and allowed for a good deal of discussion, contributions and questions from those attending. The flexibility of both presenters, and Jon's willingness to be very open about his own experience of hoarding, were very evident, and worth acknowledging as making this a really worthwhile and thought-provoking session.

Resources:

Chartered Institute of Environmental Health (2015) (http://www.cieh.org/policy/hoarding_and_how_to_approach_it.html)

British Psychological Society/Division of Clinical Psychology (2015) (www.bps.org.uk/system/files/.../a_psychological_perspective_on_hoarding.pdf).

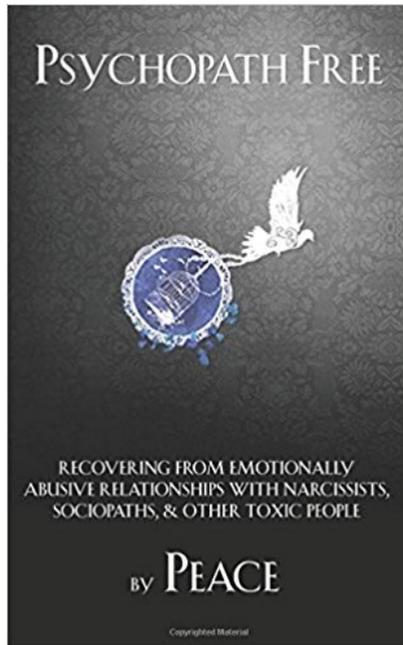
Dr Randy Frost (2013) Youtube video on hoarding: <https://www.youtube.com/watch?v=xCq8si9S05c>

BOOK/ARTICLE REVIEWS

Psychopath Free by Peace

A very easy read and aimed at individuals coming to terms with the end of relationships with sociopathic partners. This book gives great insight into the manipulative and abusive techniques used by sociopaths/psychopaths and their effects on unwitting victims. It goes on to encourage individuals to begin to identify the factors present in themselves that have assisted in welcoming such an individual into their lives. Beneficial for clients and therapists alike with a useful '30 red flags' section for quick identification.

Tracy McCadden



**IF YOU WOULD LIKE TO SUBMIT A REVIEW, PLEASE WRITE A BRIEF
PARAGRAPH AND SUBMIT TO info@counselling-northwest.org.uk FOR
INCLUSION IN THE NEXT NEWSLETTER**

KEEP UPDATED ON SOCIAL MEDIA



Search for Counselling Northwest

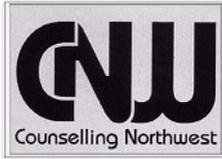


@CounsellingNW



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: 17/18

.....

CNW Membership Sliding Scale Fees – 2017/18						
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	
<p>Remember that membership entitles concessionary fees for workshops</p> <p>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</p>						
<p>Fee for (non-member) visitor at speaker's meeting: £5.00 per visit</p>						

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 Jenny if you wish to pay this way.

(Please note: a receipt will be sent electronically)

Membership Secretary, Jenny Edwards, 69 Standfield Drive, Boothstown, M28 1WB

Tel: 07813 580651 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 practitioner**

Other **Please specify** _____

Please tick which is/are appropriate to you:

Counsellor **Supervisor** **Trainer** **Student**

Students: Where is your place of study?

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

July 2017

NOTICE BOARD

Due to the sudden news of our new venue facing imminent closure, our CPD events will be based at The Beacon Centre for the foreseeable future. We welcome your feedback upon attending this new venue. Apologies for any inconvenience our enforced move may cause.

VACANCIES

We currently have the following vacancies on the CNW committee:

IT SPECIALIST

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

TREASURER

To manage CNW accounts
Full training will be offered.

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**

Main Qualifications: Post Graduate Certificate in Supervision: (University of Salford 2008) Diploma in Counselling (Person Centred, 2005): Certificate in Cognitive Behavioural Therapy (2010), Diploma in Mindfulness: Diploma Relationship counselling (advanced): Diploma in Hypno-Psychotherapy (National College): Advanced Certificate in Hypnotherapy (National College 2006)

We would work together in a relaxed and collegiate atmosphere 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.

If you are seeking supervision, please call for further information:

Mobile: 07881 871642

Or e-mail: alan.corbett@ntlworld.com

www.fernleacounselling.uk

DAVID QUARMBY

UKCP Reg., MBACP (Senior Acc.), ATSAC, PGCSup, Relate DipCC

Psychotherapy - Counselling - Supervision

Currently specialising in counselling sexual addiction.

I have worked for over thirty years as a counsellor and psychotherapist - both in the NHS and in private practice. I have also had extensive experience as a clinical supervisor of other counsellors, including trainees.

I am based on the north side of Manchester, and offer confidential sessions for both individuals and couples. I work either face-to-face or Skype, short-term on specific problems, or longer-term on more deep-seated issues. I aim to provide a consistent resource, enabling clients to understand and accept themselves better and gain greater control over their lives.

I am accustomed to dealing with issues such as relationship difficulties, low self-esteem, anxiety, depression, stress, bereavement, trauma, study or career difficulties, and the psychological and emotional effects of abuse.

I am currently specialising in sexual addiction, extremely challenging for counsellors, requiring the confidence to assess reliably, and to understand issues such as cycles of addiction, possible co-morbidities, the legal status of various behaviours, the impact on partners and families, and relapse prevention strategies.

I have a flexible fee structure, including a first session without fee. At present I offer subsequent sessions at £25 for clients experiencing sexual addiction, and/or for their partners, often deeply traumatised.

I will be happy to receive referrals from fellow-professionals - or direct contact from affected clients and/or partners.

Mobile: 07850-20-22-21

e-mail: david.quarmby@zen.co.uk

www.davidquarmbypsychotherapist.co.uk



An Introduction to Working with Diverse Sexualities

A must attend CPD event in Manchester on Friday 29th September for only

£95

Do you know your asexual from your ally? Your queer from your questioning? & what are all those letters about?

This CPD course is for counsellors who'd like to broaden or refresh their knowledge about people who identify as LGBTQ+. We live in a society which is much more accepting of diverse sexualities and there are legal protections in place to protect people regardless of their sexuality. And yet LGBTQ+ people are more likely to self-harm, attempt suicide or suffer mental health issues.

At some point, we are all likely to see clients who identify as something other than heterosexual. It is incumbent on us to not only work with these clients in a non-judgemental way, but also to try to understand the world that they live in and the language being used to describe themselves.

It'll be a relaxed, interactive space to increase knowledge and think about working affirmatively with sexually diverse clients.

The course is presented by Alex Sanderson-Shortt, an experienced counsellor and trainer who specialises in LGBTQ and relationship therapy. Alex has an MA in Relationship Therapy and is an accredited member of BACP. He has trained extensively with, and is a Clinical Associate of, Pink Therapy. Alex presents seminars and training on LGBTQ issues in counselling as well as teaching counselling for Relate.

Download the booking form at www.kascounsellingservices.org/kas-counselling-training-services or email: kirsty@kascounsellingservices.org to register your interest, or call Kirsty on 07432 659 337 to ask any questions.

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 January 2018 newsletter:

Friday 15th December 2017

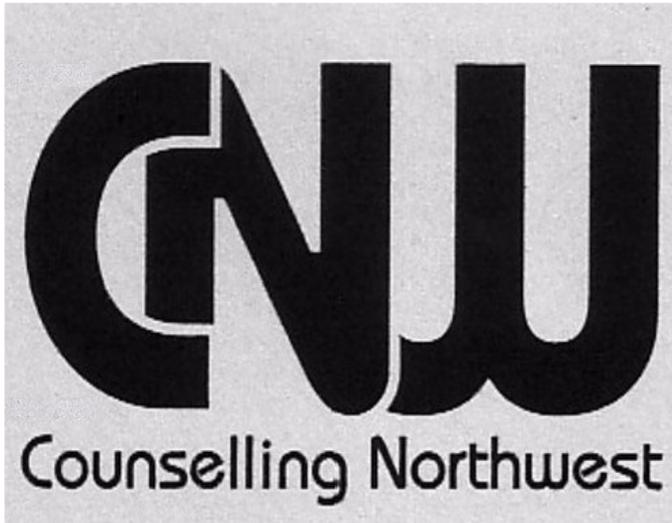
Please send any contributions to:

info@counselling-northwest.org.uk

ADVERTISING

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

A two-page spread costs £25



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

www.counselling-northwest.org.uk

Newsletter Editing & Production by

Tracy McCadden & Tony Howard

Hard Copy Printing by Business Copy Centre, Stockton Heath,
Warrington