

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

www.counselling-northwest.org.uk

NEWSLETTER

January 2018

Volume 20 Issue 2

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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
Administrator	Pauline Summers
Venue sourcing	Jenny Edwards
Workshop Co-ordinator	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 The Beacon Centre, 6 London St, Salford, M6 6QT and workshops are held 3 times per year at the same venue.

www.counselling-northwest.org.uk

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 VICE-CHAIR

Christmas has come and gone once again (it certainly did come around very fast!) and we are already looking back at the first season of the CNW 2017/2018 programme.

Our new venue at the Beacon Centre appears to be turning out very well, though we are still taking feedback from members and will still be open to looking at other possibilities in the Spring.

All the events have gone well and membership has increased. CNW is going from strength to strength with a packed programme coming up.

Look out for news of upcoming events including Mick Cooper in February talking about Pluralistic Approaches- one definitely not to miss. If you haven't been to a Mick Cooper workshop before, then I highly recommend you do. He is an excellent presenter and as his texts now feature on many training courses, this is well worth recommending to counsellors in training as well as those of us long out of training so please spread the news far and wide.

Looking forward to the New Year as I write, I hope all our members have had a happy holiday and from all the committee, we wish you the very best for the coming year.

Pauline Summers



CPD OPPORTUNITIES!

DATES FOR YOUR DIARY

All evening meetings start at 7pm

ALL MEETINGS TAKE PLACE AT:

THE BEACON CENTRE

6 LONDON ST

SALFORD

M6 6QT

Directions to venue can be found on [Google maps](#) using the above postcode. Individual public transport instructions can be found on the website ffgm.com. If you need assistance with directions, please phone the centre on 0161 778 0700

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 30th January 2018

Attachment and Relationships

Sue Hawkins

Sue Hawkins is a psychologist who works primarily with young people who have experienced difficult early attachments. This CPD meeting will examine how early attachments shape our lives and relationships. Furthermore it will explore what can be done to help those who experienced insecure attachments in their formative years.

CPD EVENTS CONTINUED:

Wednesday 28th February 2018

Acceptance and Commitment Therapy (ACT) **Jason Roscoe**

A Beginners Guide to ACT

About the workshop

This seminar is intended for those completely new to Acceptance and Commitment Therapy (ACT) and will provide an experiential and theoretical introduction to the key concepts of this third-wave Cognitive-Behavioural approach.

You will learn:

- The over-arching trans-diagnostic basis of ACT
- A brief summary of the evidence base
- How you can apply it to any common mental health disorder and learn a range of introductory ACT techniques for enacting change with clients.

A basic understanding of Cognitive Behavioural Therapy principles and of mindfulness is advantageous but not essential in order to benefit from attending the seminar.

About the presenter

Jason Roscoe is a lecturer in CBT at University of Cumbria and works in private practice as a CBT and ACT Therapist in Blackpool. He has created three therapist worksheets for the Psychology Tools website and self-published '*Driving Yourself Mad: Overcome Your car travel anxiety with 1-2-3 CBT*' which incorporates elements of ACT and is available to buy on Amazon for clients or therapists to support patients with adjustment disorder following road traffic accidents.



FULL DAY WORKSHOP

Saturday 24th February 2018

An Introduction and Practical Implications of a Pluralistic Approach **Mick Cooper**

This workshop will introduce, and look at the practical implications of, a pluralistic approach to counselling, psychotherapy and psychological practice. This framework was developed with [John McLeod](#) in the 2000s, and has since been adopted by a number of practitioners and training institutes across the UK and internationally. The pluralistic approach is a collaborative, integrative perspective, deeply rooted in humanistic and person-centred values. Its fundamental premise is that each client is unique, and therefore may need different things from therapy. On this basis, the pluralistic approach creates a framework in which practitioners can integrate a wide variety of understandings and methods into their practice. A key element of this pluralistic approach is shared decision making: talking to clients about what they want from therapy, and how they might most effectively be helped to get there.

Biography

Mick Cooper is an internationally recognised author, trainer and consultant in the field of humanistic, existential and pluralistic therapies. He is a Chartered Psychologist, and Professor of Counselling Psychology at the University of Roehampton. Mick has facilitated workshops and lectures around the world, including Australia, Lithuania and Florida. Mick's books include [Existential Therapies](#) (Sage, 2017), [Working at Relational Depth in Counselling and Psychotherapy](#) (Sage, 2018), and [The Handbook of Person-Centred Psychotherapy and Counselling](#) (Palgrave, 2013). His principal areas of research have been in shared decision-making/personalising therapy, and counselling for young people in schools. In 2014, Mick received the Carmi Harari Mid-Career Award from Division 32 of the American Psychological Association. He is a Fellow of the [British Association for Counselling and Psychotherapy](#) and the [Academy of Social Sciences](#).

APPLICATION FORM OVERLEAF

“An Introduction and Practical Implications of a Pluralistic Approach”

Mick Cooper

One Day Workshop: Saturday 24th February 2018

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



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Please book the following (Mick Cooper 24/02/18) :-

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:-

Pauline Summers
10 Hill St, Summerseat, Bury
BL9 5PL

CPD EVENTS CONTINUED:

Thursday 29th March 2018

An Introduction to Sex Addiction Counselling **David Quarmby**

“Sex, love and romance are delightful aspects of our humanity and a necessary part of the mating game. But what happens when these gifts of life become nothing more than a game somebody uses compulsively at the expense of deepening relationships or to medicate themselves?” (Brenda Schaeffer)

Clients presenting with some kind of sexual addiction has been an increasing feature in recent years. It is no coincidence that this has gone hand in hand with the growth of the Internet as a source of pornography, though sexual addiction can take many other forms besides the compulsive use of porn.

It is helpful to understand the psychodynamic causes of addiction, and to recognise the cycles of reaction at work in these compulsions. It is also vital to have a clear understanding of the legal boundaries around sexual behaviour.

The impact on partners can be colossal and again it is helpful to have an understanding of the cycles through which their reactions move.

In this field of work, it is essential for counsellors to provide a non-judgmental empathy that can create therapeutic trust in an area riddled with shame. Only then is it possible to move on to utilise resources that can provide hope and a way forward towards fuller living, both sexually and in other areas of life also.

David Quarmby has worked in education, industry, the NHS and private practice as a psychotherapist and supervisor for over thirty years. He has recently begun to study and specialise in the treatment of sexual addiction and related intimacy disorders.

* * * * *

CPD MEETING REPORTS:

Talk on Body Dismorphic Disorder 19th September 2017

Carolyn Sayers

Carolyn has been a CBT therapist for over 20 years, and has a background in Nursing. Carolyn's last post was with the CBT Training Clinical Centre where she was a tutor and supervisor. Carolyn is now semi-retired since July this year. Currently working in private practice, working with Yorkshire water and GMW Training recovery academy.

Carolyn talks about the aims of today's session, followed by a true or false questionnaire, and some facts around BDD covered were;

- The most common age to experience body dysmorphic disorder is 13 due to hormonal changes in puberty
- BDD affects men and women equally
- The facial hair, skin and nose are the most common focus area
- BDD is treatable
- The cause is unknown; possible thoughts are bullying, teasing, childhood abuse.

What is BDD?

The diagnostic criteria states, preoccupation with an imagined defect in appearance, if a slight physical anomaly is present the person's concerns are markedly excessive.

Carolyn clarified that it is not the same as anorexia .

Discussed BDD in the group and how some people can be focused on birth marks and other 'flaws'. Explored how this is down to disproportion of anxiety and worry and pre-occupation.

Looked at how addressing the underlying beliefs can be helpful such as, what does that mean if I have a defect...what does that say about me...

BDD can trigger compulsions such as mirror checking, make up, dieting, weight lifting. Many have also turned to plastic surgery.

What keeps it going?

- Appearance pre-occupation and shame
- Re-assurance and checking
- Negative predications
- Being watchful of others laughing/making comments about appearance
- Avoidance and safety behaviours

CPD MEETINGS REPORTS CONTINUED:

Continued:

Triggers

- Direct negative comments
- Indirect comments
- Perceived or actual rejection
- Situations where appearance is evaluated
- Situations where you're in attention, public speaking
- Seeing an unflattering photograph
- Exposure to attractive people
- Noticing a slight change in appearance

Where does it come from?

- Psychological
- Biological
- Environmental

Impact of BDD

It can impact you on emotional, cognitive, physical, behavioural and environmental levels.

Treatment options

CBT is the most preferred treatment option for BDD and is NICE approved. However engagement with the client is crucial.

Recommended model is David Veale's model.

Jennifer Pennington

Of the 23 attendees, 100% found the presenter's style and knowledge very good/excellent and 96% found the content and Q&A session very good/excellent.

Comments from the evening included:

"Very informative session, enjoyed learning it" "Super presentation, very knowledgeable"

"Very interesting topic and like the new venue" "Fun as well as interesting"

"Very helpful presentation to uncover the myths of this disorder. I leave much more informed about BDD"

CPD MEETING REPORTS CONTINUED:

Journaling as a Therapeutic Tool to resolve health problems

Maria Hammond

11th October 2017

Maria has a lovely informal style and shared with us her background in pain management with a holistic view that recognises trapped emotional pain. This stems from her own experience of pain and, in particular, how much journaling helped her long-standing unexplained pain.

Maria explained the benefits of journaling and went through various styles and options that could be used and the importance of how it's ended with a reframe to include understanding, compassion & forgiveness. She also discussed the importance of the journaling being private with discarding being part of the process. Maria then invited attendees to join in with some journaling for ourselves and then share their experiences of the exercise with some powerful responses in the short time given to the exercise.

Maria was very open to questions and answers throughout the session and some questions linked back to her previous presentation and where journaling fit within the tools to help with trapped emotional pain.

Jenny Edwards

Feedback from the evening showed that 90% of attendees felt the overall presentation was very good-excellent with 10% giving a 'fair' rating.

Comments from the evening included:

"What a fantastic session. Thank you so much!"

"Maybe a related article e.g. how to enhance your journaling. Helpful. Thanks."

"Maria is doing good work."

"Would have liked a handout at session. Bit more background on science and history of use of journaling."

"Excellent and informative. Thank you."

"Really loved this session."

CPD MEETING REPORTS CONTINUED:

Gestalt – An Introduction

Speaker - Danny Porter

30th November 2017

Danny began by giving us a brief history and description of the Gestalt Centre in Manchester.

Gestalt has had a number of contributors and developments during most of the 20th century, the main co-founders were Fritz Perls, his wife Laura and Paul Goodman, although others had significant input.

He explained that there is no clear interpretation of the German word Gestalt, it means a whole or a complete pattern, form or configuration. A gestalt or whole includes the whole thing or person being considered. We were then asked to do some experiential awareness exercises as a group.

Gestalt awareness being the experience of *right now*. You can only be aware of that which you contact at first hand, that is through your senses, you cannot be aware or experience an event that is beyond the range of these receptors. You may imagine it but the imagining or picturing is *here* where you are *now*. *Clarkson & Mackewn, 1993*.

We then briefly discussed the concept of 'figure' and 'ground'. A very well-known illustration of this phenomenon is the drawing of what at first appears to be a chalice on a dark background, but if one changes one's perception it becomes two faces looking at each other (the figure).

The Gestalt concept of figure and ground explains the process by which a person organizes his/her perceptions to form whole configuration which are then endowed with meaning.

'A person does not perceive things as unrelated isolates, but organizes them in the perceptual process into meaningful wholes'. *Perls, 1976: 3*. Perls would use the example that people do not usually notice post boxes but, as soon as they have an urgent letter to post (pre-email!) 'then out of an indifferently viewed background, a letter box will jump into prominence . . . becoming a figure (gestalt) against an indifferent background. *Perls, 1947/1969a*.

Continued:-

CPD MEETING REPORTS CONTINUED:

Gestalt has firm connections with Phenomenology and Existentialism, phenomenology emphasizes that ours is a phenomenal reality and as such is open to a multiplicity of interpretations. The meaning that each individual assigns to his/her world is unique to that individual. A phenomenological method of enquiry therefore emphasizes that one individual cannot know the truth of another's reality. *Clarkson & Mackewn, 1993.*

Perls popularized the concepts of free will and existential choice. He argued that people choose from moment to moment who and how they are, and are therefore responsible for many aspects of their life experiences and the institutions they create or tolerate. Even today these remain fundamentally challenging ideas. At the time when Perls first wrote, they were radical. *Clarkson & Mackewn, 1993.* An interesting and informative evening.

Write up - Alan Corbett

References: Clarkson, P., Mackewn, J. *Key Figures in Counselling and Psychotherapy.* Sage. 1993

Perls, F.S.(1947/1969a) *Ego, Hunger and Aggression.* New York; Vintage Books. (first published in South Africa in 1942).

Perls, F.S. (1976) *The Gestalt Approach, and Eye Witness to Therapy.* New York; Bantam (first published 1973)

Feedback from the evening showed that 91% of attendees found the presenter's style, manner and knowledge very good-excellent as well as the Q&A session. 86% found the content very good-excellent.

Comments from the evening included:

"Very interesting, thank you"

"I enjoyed this meeting hugely. The group participated in a meaningful way and I was very grateful to have shared in a purposeful activity"

"Enjoyed the demonstration"

"Excellent venue"

CPD MEETING REPORTS CONTINUED:

‘Interpersonal Psychological Trauma and Attachment’

Full day workshop

Presented by Zoe Lodrick

9 December 2017

Zoe’s enthusiastic presentation style enabled her to provide a depth of knowledge on the impact of interpersonal psychological trauma. This knowledge initially related to the effect on the young person’s brain development and how this may, in later life, impact negatively on their current and future relationships (including social and work relationships) and life chances.

Zoe’s presentation was liberally peppered with examples of the negative experiences in the individual’s life which attendees at the workshop were able to professionally relate to.

Case illustrations generated useful, lively and appropriate discussion from the audience. These related to how the trauma may be perceived by:

- a. the legal professional, and
- b. the potential impact on the therapeutic relationship in terms of for e.g. attachment and splitting.

Overall the training was useful and relevant to any professional involved with clients who have/may be experiencing traumatic experiences.

Jeanette Fegan

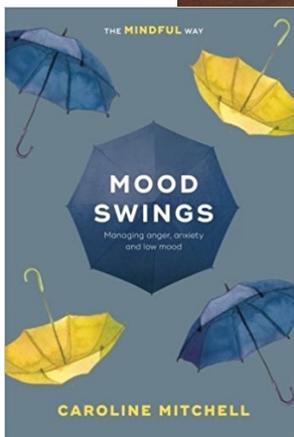
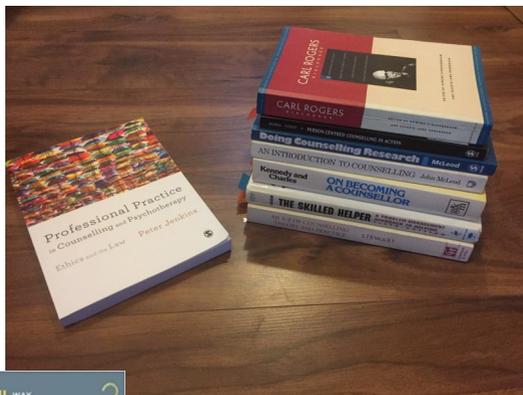


BOOK/ARTICLE REVIEWS

Thank You

“ I would like to say a huge thank-you to Tony Howard for letting others make use of Pat Howard’s books. It’s been a huge help for me doing my post graduate degree along with Peter Jenkins’ book on Ethical Practice. I feel absolutely privileged and honoured to make use of these books.”

Jennifer Pennington



MOOD SWINGS

Written by one of our long-standing members, Caroline Mitchell, this book is based around the use of mindfulness exercises to combat mood swings and is aimed at anyone struggling with these. The book is a very easy read and is well presented and set out and therefore easy to follow. This is a useful tool for counsellors who would like to understand mindfulness a little more and would like to recommend or offer the techniques to those clients whom may benefit, or indeed for their own personal development. You can find the book on Amazon for less than £5.

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

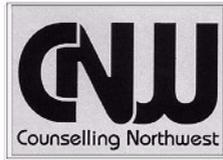


@CounsellingNW



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 – 31st 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 Jenny if you wish to pay this way.

(Please note: a receipt will be sent electronically)

Membership Secretary, Jenny Edwards, 2 Gilda Crescent Road, Eccles, M30 9AG

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

IMPORTANT INFORMATION FOR MEMBERS RE: CNW Finances

The CNW Current Account is some 25 years old! As such, it is not possible to convert it to electronic banking and so, although we can receive transfers of money into the account, we cannot make transfers out, neither can we access the account online to view statements.

We are in the process of opening a new account which WILL allow online access; however, this will not be completed until early in the New Year. We would ask therefore, that anyone wishing to transfer money in to the CNW account, for example paying or renewing membership fees, to please contact myself or Jenny Edwards (Membership Secretary) so that we can confirm the account details. The same will apply to anyone who has a Standing Order with their bank to pay their annual membership subscription.

Tony Howard

CNW Honorary Treasurer

VACANCIES

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

MEd, MA, PGCSup, DipRelC, UKCP Regd., MBACP (Senior Acc.), ATSAC

Psychotherapy - Counselling - Supervision

I have worked for over thirty years as a counsellor and psychotherapist - in education, industry, the NHS and in private practice. I have also had extensive experience as a supervisor of other counsellors, including trainees. I am currently a Consultant with the Churches' Ministerial Counselling Service.

I am based both on the north side of Manchester and on the Wirral, 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, career difficulties, and the psychological and emotional effects of abuse.

I am currently specialising in sexual addiction and related intimacy disorders, 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 offer a flexible fee structure, including concessionary rates for supervising trainees

I will be happy to receive referrals from fellow-professionals, particularly in the field of sexual addiction or related intimacy disorders - 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

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 April 2018 newsletter:

Friday 16th March 2018

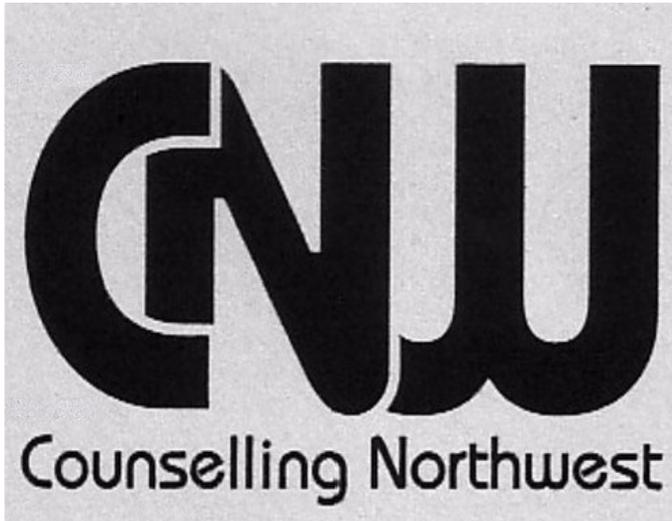
Please send any contributions to:

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

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