

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

[www.counselling-northwest.org.uk](http://www.counselling-northwest.org.uk)

# **NEWSLETTER**

*April 2018*

*Volume 20 Issue 3*



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## **Counselling Northwest - Committee**

<b>Position</b>	<b>Name</b>
<b>Chair</b>	Peter Jenkins
<b>Vice-Chairs</b>	Pauline Summers & Urooj Khan
<b>General Secretary</b>	Tracy McCadden
<b>Speaker Secretary</b>	Urooj Khan
<b>Membership Secretary</b>	Jenny Edwards
<b>Treasurer</b>	Tony Howard
<b>Newsletter Editor &amp; Production</b>	Tracy McCadden & Tony Howard
<b>Social Media Coordinator</b>	Jennifer Pennington
<b>External Contacts Coordinator</b>	Peter Jenkins
<b>Administrator</b>	Pauline Summers
<b>Venue sourcing</b>	Jenny Edwards
<b>Workshop Co-ordinator</b>	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 21-22**

**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](http://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

Dear Colleagues

This is my first letter as vice chair, an opportunity that has allowed me to take a trip down memory lane and reflect on the changes we have faced at CNW. I have been part of CNW for a few years now years and I have witnessed some wonderful changes (be it new leadership, new speakers and new venues) and some difficult ones- the loss of Pat Howard. It's always difficult when I think of the losses we have had to the committee, but hopeful when I think of the future.

It's often said that change is the only constant in life, yet we can sometimes be predisposed to resist change. Despite this resistance to change, it is more important than ever. In today's society the pace of change is immensely faster, and it will only continue to accelerate.

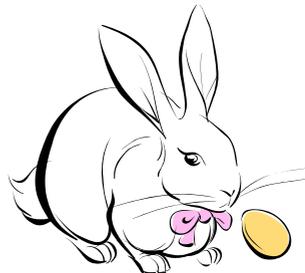
So I take this opportunity to thank you, the members of CNW, for all the continuous help and support you have provided in amidst these changes. Be it helping us set-up at the CPD evening meetings/workshops or attending the meetings on some snowy days/evenings- we the committee at CNW thank you!

On a final note, if there is anyone who would like to consider getting involved or has any new ideas, then they can contact any committee members for more information. Your feedback is much wanted!

I wish you all a wonderful Easter and here's to hoping we have a sunny start to Spring 2018.

Urooj Khan

Vice-Chair and Speakers Coordinator



# **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 **tfgm.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

\*\*\*\*\*

## **CPD OPPORTUNITIES CONTINUED:**

### **The Naked Counsellor—Caring for the Carers**

**With Pauline Summers**

**Thursday 24th April 2018**

As psychological therapists we are exposed to clients' stories on a day to day basis. We witness their pain and struggle and for some therapists this can result in secondary trauma and even burnout.

What are the warning signs of vicarious trauma and burnout and what can we do to build resilience in ourselves? Are all practitioners at risk, or only those who work with severely traumatised individuals?

In the course of this CPD event we will look at the impact of client's stories and explore how we can protect ourselves and continue to be effective and psychologically healthy.

(NB. No nudity will be required!)



**Written in the Scars**

**With Jane Fenton**

**Wednesday 30th May 2018**

A presentation by the facilitators of SHARE on self-harm and the support available, together with a personal account of living with the addiction and the road to recovery

## **CPD EVENTS CONTINUED:**

### **An Introduction to Peri-natal Counselling** **With Julia Reissmann** **Tuesday 28th June 2018**

Julia Reissmann is an integrative counsellor working in an NHS Obstetric and Gynaecology department as a counsellor, as well as in private practice. She was previously a midwife.

Statistically, between 10-20% of women experience mental distress in pregnancy or the year after birth, the most common being an anxiety, depression, OCD, PTSD and postpartum psychosis, with suicide being the leading cause of death for women at this time in their lives. The effect is not just on the woman herself but can also have an effect on the relationship with her baby. Women often feel stigma in disclosing how bad they are feeling because of fears of being seen as a bad mother or even the fear of having their children removed.

Pregnancy and birth are huge life events for women (and men) and are often a time of great change –e.g. employment status, living situation, relationship difficulties, bodily transformations, medical issues as well as the anticipation and experience of birth. Psychologically, it can be challenging making the change from independence and autonomy to having another person inside you or absolutely dependent on you for their existence. This may be especially true if your own experience of parenting was difficult. Issues like anxiety and depression are not specific to this time of life but may look or feel different within pregnancy or having had a baby, but some experiences such as postpartum psychosis are specific to the postnatal period.

Birth itself in recent decades has been taken from the familiar home space, where women would have seen others' births as part of growing up, to an unfamiliar medical environment where professionals make decisions based on management of risk, which in itself encourages anxiety and feelings of powerlessness. Women can feel traumatised following a difficult birth, especially if they feel they were not listened to or cared for, or if they thought at any point that they might die. Some women who have never been pregnant can feel overwhelmingly fearful or disgusted by pregnancy and birth.

This training will provide knowledge of some of the more common issues that clients present in pregnancy and afterwards and will be an opportunity to learn more about working with them.

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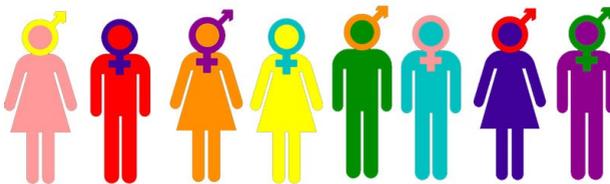
## FULL DAY WORKSHOP

# GENDER INCONGRUENCE AND AFFIRMATIVE PRACTICES IN THERAPEUTIC SETTINGS

A WORKSHOP BY THE LGBT FOUNDATION

Facilitated by Louie Stafford and Rossella Nicosia

LGBT Foundation representatives will deliver an introductory trans awareness 101 session and a workshop covering affirmative practice when supporting trans people and those experiencing gender incongruence in a therapeutic setting.



APPLICATION FORM OVERLEAF

# “Gender Incongruence and Affirmative Practices in Therapeutic Settings”

**Louie Stafford and Rossella Nicosia**

**One Day Workshop: Saturday 30th June 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. **At least 7 days notice of cancellation is required for refunds.** 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 (LGBT 30/06/18):-

Number of Counselling Northwest Members @ £60 per person.....

Number of CNW Non-members @ £70 per person.....

Total Number ..... Total Payment - Cheque Enclosed for: £ .....

Name(s).....

Contact address.....  
.....

Tel.....e-mail address.....

Please scan and return the application form or send the above details in an e-mail to:

Tony Howard

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

If you would prefer to pay by electronic transfer (BACS) please contact Tony for account details

howarduk96@tiscali.co.uk

## **CPD MEETING REPORTS:**

**CNW Meeting 30<sup>th</sup> January 2017**

**“Attachment and Relationships”**

**Presented by Sue Hawkins**

As a new member of CNW, this was my first meeting and I was impressed by the level of attendance and the quality of the presentation. Sue brought with her not only a substantial range of relevant professional experience but also an infectious enthusiasm for her subject.

Having begun by giving us a description of the scope of attachment theory, Sue continued with a brief history of its development. Using the Ten Central Tenets of Attachment Theory, Sue described how the human need to form secure attachments has evolved as an innate survival mechanism and how the sense of comfort engendered by these attachments is a vital precursor to the development of other important behavioural systems. Although it is of particular importance in infancy, the need for secure attachments persists throughout our lives with, as we develop, our attachment behaviours changing according to our experience of important relationships.

Based on these experiences we build an internal working model of social relationships or ‘schemas’ which affect our behaviour and how we view ourselves and others. Although these schemas are formed largely between the ages of 6 months and 36 months and carried into adulthood, Sue highlighted that the human brain has sufficient neuro-plasticity that, given suitable conditions, they can be changed in later years.

As a group, we explored the kinds of maladaptive behaviours which might be exhibited by a person who did not experience secure or ‘good enough’ attachments in their early life and, following on from this, Sue described how the ‘felt security’ in someone who has had good early attachments can result in better emotional regulation, information processing, communication and self-concept.

Finally, Sue looked at how aspects of Attachment Theory can be used in therapy, working with clients with problems which may have their roots in a history of poor attachment experience.

**CONTINUED:**

## CPD MEETINGS REPORTS CONTINUED:

She showed how empathy, UPR and openness, along with a focus on feelings and emotions can be used to promote positive schemas. She stressed the importance of assuring the client that, as a therapist, you will not be damaged or overwhelmed by their emotions and that there may be times that the therapeutic relationship seems to rupture but that this is okay and will be repairable. The therapeutic relationship can be used as an opportunity to model a secure attachment.

Sue described how a client can be helped to explore, for example, their past relationships, patterns of attachment, healthy and unhealthy choices they may have made, the way they react to an attachment rupture and infant attachment issues which still affect them with a view to using the self-understanding they gain from this to develop strategies in line with a secure attachment style or to develop a responsive adult self that can soothe their damaged child self.

I found Sue's presentation interesting and enjoyable and left for home with new insights into some of my clients, friends and even family members!

### **Andrew Blake**

Out of 47 attendees, 24 feedback forms were submitted showing:

**Presenter's Style** - 13 excellent, 9 very good, 2 fair

**Presenter's knowledge** - 19 excellent, 4 very good, 1 fair

**Content of presentation** - 16 excellent, 5 very good, 3 fair

**Discussion/Q&A** - 8 excellent, 6 very good, 6 fair, 3 satisfactory, 3 poor, 2 no comment

Comments included:

*"Very knowledgeable and related examples to own clients—made it easier to understand"*

*"A day course needed. Fascinating speaker's night"*

*"Good review but a little too much information and theory"*

*"Herculean task"*

*"Venue easy to locate and well suited"*

*"This was my first session. It was really informative, I really enjoyed it. Thank you"*

*"Lack of time. Shame last part rushed as that was the bit I was interested in but was a lot to cover"*

*"Really enjoyed the evening and really informative"*

*"Brilliant insight about new therapies"*

*"I learned a lot during this session. A lot of materials. A day workshop would be beneficial"*

## CPD MEETING REPORTS CONTINUED:

### [A beginner's guide to ACT \(Acceptance and Commitment Therapy\)](#)

28th February 2018

This was an informative and fascinating seminar, presented by Jason Roscoe, a lecturer in CBT at University of Cumbria. Jason works in private practice as a CBT and ACT Therapist in Blackpool. The event was well attended, especially given the thick snow coming down outside and -3 temperatures!!

Jason presented using a relaxed style, whilst knowledgeable, and presented confidently on the topic of this Third wave CBT approach called ACT.

For many of the audience this was the first time they had ever learnt about ACT, its history, techniques, and where it fits into the current world of therapy.

Jason explained the similarities and differences of traditional CBT, explaining that ACT focuses on the feelings created by thought and not on the actual thought itself. By encouraging clients to accept even the most uncomfortable of feelings, whilst importantly being able to commit to the things that are most important in their life right now.

The approach has a rich use of metaphor and Jason went on to describe some ,including the 'cold shower metaphor' used to determine how motivated a client is to change, 'Are they willing to put themselves through the discomfort of a cold shower to achieve what's important to them?'

Jason continued to talk about the importance of language and words and how people can 'fuse' with certain words . Fusing with certain words can cause emotional distress and our relationship with language often can cause pain. ACT can help to detach from fusion of words and to gain cognitive disentanglement.

Jason described other key aims ,of increasing psychological flexibility ,the ability to make contact in the present moment and accept psychological reactions. 'Suffering ' from a ACT perspective is just part of being human, it is when we start to try to control discomfort, push it away and avoid it, that pain comes.

The seminar included some interactive demonstration and Jason could easily have kept the audiences attention for several more hours!. With so much to take in and so little time, it left myself and many others in the group captivated and hungry to know more.

In summary the seminar gave me a fascinating insight into the use of ACT and it is something which I for one will certainly be continuing to learn about.

**Katy Humphreys**

# CPD MEETING REPORTS CONTINUED:

## Working with Sex Addiction

David Quarmby

29th March 2018

### An introduction to Sex Addiction Counselling

My knowledge of sex addiction was very limited before I attended the Counselling NorthWest session. David gave a very clear overview of what sex addiction was with a simple definition that I was able to understand. He broke down the presentation very well, with videos to demonstrate and support what he was talking about.

At the start I really liked how he came to explain how he completed his training which led into the world of working with clients with sex addictions and how he got his referrals. He gave a good overview of the DSM definitions and the underlying causes/factors that can contribute to an individual's profile of having an addiction to sex.

From the evening I took away a greater understanding of the different stages to treatment and what therapy might entail for the client and what it might look like for the partner too. David gave some real life experiences which I find always helps bring the presentation into real life. I found the legal framework very interesting and feel more informed.

What was done well was fitting a very broad and in-depth subject matter into a succinct overview , which I felt did the topic justice by giving us a taster of working with clients in this subject area.

### Natalie Lunn

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ATTENDEES AT COUNSELLING NORTHWEST CPD MEETINGS ARE INVITED TO COMPLETE A BRIEF WRITE UP TO OFFER INTERESTED PARTIES AN INSIGHT INTO THE MEETINGS ON OFFER AS WELL AS TO OFFER THE OPPORTUNITY TO GENERATE FURTHER CPD HOURS. PLEASE FEEL FREE TO VOLUNTEER IF YOU'D LIKE TO TAKE PART AND HAVE YOUR WRITE UP INCLUDED IN THE NEXT NEWSLETTER.

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# CPD MEETING REPORTS CONTINUED:

## An Introduction and Practical Implications of a Pluralistic Approach

Mick Cooper

24<sup>th</sup> February 2018

Mick's extensive knowledge and experience was shared in a warm and friendly manner. His workshop began with an introduction to the approach. He explained how pluralism looks beyond separate 'schools of thought' and concentrates more on the value of shared decision making with the client. He describes it as, 'a celebration of diversity in therapy', with an emphasis on the belief that different clients may benefit from different things, at different times. A fresh perspective perhaps and an invitation to challenge ourselves and reflect on our individual approaches and flexibility.

Mick highlights the willingness to be open and really respect the value of the client, as important aspects of pluralism. He talked through the opportunity for encouraging dialogue between client and professional and 'going beyond' our intuition, with what the client wants and needs. Details of what dialogue may take place, how the information can be recorded and how the feedback and evidence from the client can be used, was backed up with current research. Pepered with real life examples and a genuine openness to discuss positives and negatives, generated discussions around the topics too. Opportunities to work in pairs and small groups enabled time to reflect and discuss ideas.

Overall, the workshop stimulated potential new ideas for our own practice and ways of working, which may help keep the therapy world authentic, yet still responsive to the ever increasing need to provide evidence.

**Cathy Harpham**



## PLURALISTIC APPROACH WORKSHOP FEEDBACK

**Out of 28 attendees:**

**27 felt the presenter's style and manner was very good - excellent**

**28 felt the presenter's knowledge was very good - excellent**

**24 felt the content of the presentation was very good - excellent**

**22 felt the discussion/Q&A was very good - excellent**

### **What have you gained from the workshop?**

- To work more systematically in terms of choice and feedback with client. Not that I wasn't doing it but feel that a more systematic approach ensures I can say that I do.
- Positive outcome of finding out what the client thinks about the counselling- e.g. via filling in the forms
- Feel like this is something I can develop into my practice and really benefited from conversations about this increased my awareness of my own practice.
- Knowledge about what it means to work in a pluralistic approach and confidence in working in this way.
- Good understanding of pluralistic approach, how to use the forms in sessions, given me some reflection about how I practice and my approach.
- More knowledge and techniques to work with my clients.
- Learnt a lot more about the pluralistic approach and measures that I'm sure will come in useful in my own practice.
- Lots of ideas which I want to consider how to implement.
- Love the approach
- Validation of my own approach and the way I use person centred therapy. Good to put a name to it!
- An enormous amount to think about in setting up private practice.
- More understanding re: pluralistic theories and practice and uses of various forms to improve therapeutic practice.
- An approach that I can use to meet the needs of each different client. Very valuable to map out what I can offer clients as it highlighted different approaches I already use and pluralistic approach suits my way of being. Thank you.
- Permission to be more relaxed about PCC and be more responsive to client's needs.

## **PLURALISTIC APPROACH WORKSHOP FEEDBACK CONTINUED:**

- Looked at my practice. Always good idea. Thank you.
- Knowledge, tools for use for future, inspiration.
- More of an openness to using forms and more of a flexibility around collaborative working and meta-communication.
- A very thorough overview of pluralistic approach and some practice guidance about how it relates to my current practice in future.
- Information about assessment

### **Any other comments?**

- A good reflective day and just having one thing that updates my work positively is always a good thing.
- I enjoyed Mick's honesty regarding the PCA and the importance he feels about evidencing our work. Thank you!
- Thank you for organising this excellent and informative workshop. Really enjoyed it and learned a great deal.
- Wonderful lunch. Refreshing to see salad and fruit and not all wheat. Well organised. Thank you- informative day. Mick is knowledgeable and kept me engaged.
- Great to have such an eminent speaker 'up north'. Thank you for organising.
- Excellent
- Thank you for arranging such a high-quality workshop.
- Very interesting
- Really useful day- thank you.

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## KEEP UPDATED ON SOCIAL MEDIA



**Search for Counselling Northwest**

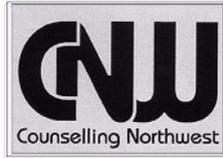


**@CounsellingNW**



**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 – 2018/2019						
Period of joining.....	1 <sup>st</sup> Sept – 31 <sup>st</sup> Dec	<input checked="" type="checkbox"/>	1 <sup>st</sup> Jan – 31 <sup>st</sup> March	<input checked="" type="checkbox"/>	1 <sup>st</sup> April – 31 <sup>st</sup> 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 for payment options.

(Please note: a receipt will be sent electronically)

Membership Secretary, Jenny Edwards

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?**

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**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?**

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

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*July 2017*

# **NOTICE-BOARD**

## **CNW Bank Account**

The new CNW bank account is now up and running, with on-line access.

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 new account details. The same will apply to anyone who has a Standing Order with their bank to pay their annual membership subscription.

Any payments by cheque should be made out to "Counselling Northwest" as in the past.

Tony Howard

CNW Honorary Treasurer.

e-mail: [howarduk96@tiscali.co.uk](mailto:howarduk96@tiscali.co.uk)

## **VACANCIES**

### **TREASURER**

To manage CNW accounts  
Full training will be offered.

### **GENERAL SECRETARY**

To attend monthly committee meetings, take and type up minutes from the meetings, and respond to general e-mail enquiries

### **NEWSLETTER EDITOR**

To generate 3 x per year CNWs informational newsletter for members and like-minded establishments.

### **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](mailto: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.

## **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 17th August 2018**

Please send any contributions to:

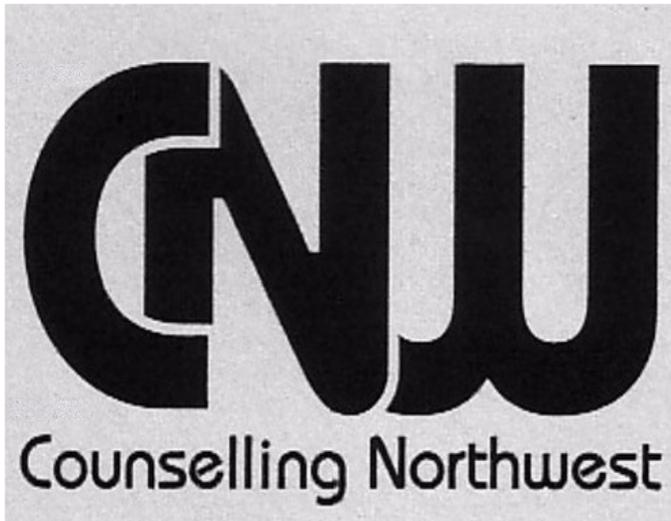
[info@counselling-northwest.org.uk](mailto:info@counselling-northwest.org.uk)

### **ADVERTISING**

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

**A two-page spread costs £25**





**CPD events for counsellors, psychotherapists  
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[www.counselling-northwest.org.uk](http://www.counselling-northwest.org.uk)

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Tracy McCadden & Tony Howard

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Warrington

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