

**CPD events for Counsellors, Psychotherapists
& Mental Health Professionals in the NorthWest**

www.counselling-northwest.org.uk

NEWSLETTER

September 2018

Volume 21 Issue 1

CONTENTS

About Counselling Northwest	pg 4
CNW committee	pg 5
Letter from Chair	pg 6
Dates for your Diary	pg 7-13
Meetings and Workshop reports	pg 14-19
Social media	pg 20
CNW Membership Form	pg 21-22
Notice Board	pg 23
Vacancies - Join our Team	pg 24
CNW Needs You	pg 25
Important Information	pg 26

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 and workshops are held 3 times per year at

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

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.

Counselling Northwest - Committee

Position	Name
Chair	Urooj Khan
Vice-Chair/Minutes Secretary	Hazel Wilcock
General Secretary	Vacancy
Speaker Secretary	Angela Russell
Membership Secretary	Jenny Edwards
Treasurer	Tony Howard
Newsletter Editor & Production	Urooj Khan & Tony Howard
Social Media Coordinator	Jennifer Pennington
External Contacts Coordinator	Vacancy
Venue Sourcing	Jenny Edwards
Workshop Co-ordinator	Tony Howard
General Committee Members	Vacancies

LETTER FROM CHAIR

“Growth is the great separator between those who succeed and those who do not. When I see a person beginning to separate themselves from the pack, it’s almost always due to personal growth.”

John C. Maxwell

Dear Colleagues

This is my first letter as Chair, an opportunity I am very much looking forward to. We all dream of living a life filled with value and purpose, yet in today’s fast-paced society it is incredibly easy to become complacent with what we have and what we know. What many of us can sometimes fail to realise is that there are always opportunities and ways of developing yourself at any stage of life.

The importance of personal development can’t be overstated. It’s the secret to separating yourself from the pack, the bridge that carries you toward the goals you have yet to reach. And therefore the focus of the CNW Committee, as always, will be to bring you new topics for CPD and personal development purposes. We are hoping to bring back network meetings, a safe environment for the members to meet one another and share good practices—both personal and professional.

In addition, CNW would also like to offer its members an opportunity to get involved in the Committee, to bring new and exciting ideas for the development of CNW. If you would be interested, then please contact any committee member for more information.

I hope you have a brilliant start to the academic year!

Best wishes,
Urooj Khan

CPD OPPORTUNITIES!

DATES FOR YOUR DIARY

Speaker	Topic	Date
Peter Jenkins	“GDPR in Private Practice: A briefing for Counsellors”	Weds 26-Sept-18
Matilde Tomat	“Shame on me!”	Tues 30-Oct-18
Steve Leach	“How to make the most of Supervision”	Thurs 29-Nov-18
Hayley Saunders	“A case discussion on Dissociative Identity Disorder”	Tues 29-Jan-19

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

N.B: 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 EVENTS

“GDPR in Private Practice: A briefing for Counsellors”

by Peter Jenkins

Wednesday 26-Sept-18

The session will cover the changes introduced by the General Data Protection Regulation in May 2018, and the implications for counsellors working in private practice, or with 'portfolio' employment, i.e. combining different types of paid and voluntary counselling work. Changes brought in by the GDPR include new responsibilities for those processing clients' personal data, fee payment requirements with the Information Commissioner's Office, and changes regarding obtaining client consent for processing sensitive data.

Peter will also have copies of his recent book, 'Professional Practice in Counselling and Psychotherapy: Ethics and the Law' (Sage, 2017), available for sale at the session, for the discounted price of £20 (cash or cheque only).

CPD EVENTS

**“Shame on me!”
By Matilde Tomat
Tuesday 30-Oct-18**

Please, convince me I am good enough.

We often confuse shame with a sense of anxiety, a pinch of sadness, of not feeling grounded, not being ourselves. We have been conditioned since we were very young when we were craving for love and affection, at a time when we could not discuss nor understand boundaries. What we feel, instead, is shame; and as Brené Brown puts it, shame is never helpful. Still, we are walking around with two invisible advertising boards that silently shout what we think of ourselves: "Look at me: I am a good girl, such a good good girl, I would do anything to please you (while selling my dreams very short). I am a good boy, a good husband, as one should be, a very good father (and it is not important that I feel miserable every night I walk back home from job I hate). And look at me, instead, I don't work and I never went to school because I have always been told that I am stupid, that I amount to nothing, that I am a failure, that I am a waste of space, that I am a mistake. And what about me: why do I find pleasure in pain?"

On Tuesday 30 October, eclectic therapist and writer Matilde Tomat will introduce Shame from the perspective of Erikson's 8 Stages of Psychosocial Development. Matilde's latest book, "Rebeltherapy: a therapist journey through addiction, trauma, and Nichiren Buddhism" can be found on Amazon.

CPD EVENTS

“Aim to get the best out of supervision”

Steve Leach

Thursday 29-Nov-18

Supervision is an essential component of our work; this talk aims to inform and encourage attendees to reflect on and continue to develop their understanding and use of supervision; to explore the validity for them as individual practitioners, the context in which they work and their client group. Generic key concepts, skills, and approaches are explored with a view to transferability and application across the many different types of supervision required.

The talk encourages reflection upon practice, personal development and efficacy as supervisees.

The talk provides a structured and comprehensive overview of the theory and practice of supervision, and ongoing opportunities for support and continuing development as supervisees, supervisors and potential supervisors.

Learning outcomes and objectives:

- To consider definitions of supervision
- To define principles of good supervision
- Prepare for a supervision session
- To introduce a model of supervision
- Implications for practice



“A case discussion on Dissociative Identity Disorder”

Hayley Saunders

Tuesday 29-Jan-19

FULL DAY WORKSHOP

Working with Groups

Facilitated by Sheila King

Saturday, 10th November 2018 : 10:00-16:30

Have you wondered about setting up a group and want to have the skills to plan and facilitate it effectively? Or perhaps you're already running a group and want to increase your capacity to understand and manage group dynamics?

This one day experiential workshop will give you a chance to explore some key areas, from a practical perspective, aimed at helping you plan and run groups effectively.

The workshop is suitable for practitioners with no previous experience in group work or those with some experience who wish to further develop their skills and who may be involved with a variety of groups including therapeutic groups/ support groups/ psycho-education groups/ personal development groups.

The workshop is primarily aimed at counsellors but is suitable for those from a range of backgrounds including psychologists, psychotherapists, and psychological wellbeing practitioners.



FULL DAY WORKSHOP Cont.

Working with Groups

Overview

The workshop will cover the following:

- Why work in groups? What are the advantages and disadvantages of using group work?
- Increase your understanding of what happens in groups - extend your awareness of group dynamics, including unconscious processes in groups.
- Develop your understanding and skills in how to facilitate groups effectively, particularly in relation to group interaction and have an opportunity to try this out in practice.
- Anti-discriminatory practice in group work - promote equality and inclusion in groups
- Dealing with difficulties in groups.

Trainer: Sheila King

Sheila has over 20 years experience as a mental health practitioner, group facilitator, lecturer and trainer in London, Bristol and Manchester. She taught on Counselling and Psychotherapy programmes at the University of Salford and worked as a mental health counsellor in the NHS.

Sheila has facilitated groups of different types in educational, health, and social services settings and currently delivers training to a range of health and social care organisations.

APPLICATION FORM OVERLEAF

“Working with Groups”

Facilitated by Sheila King

One Day Workshop: Saturday, 10th November 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 (**Working with Groups- 10-11-18**):-

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

Number of CNW Non-members @ £70 per person

Total Number Total Payment - Cheque Enclosed for: £

N.B: If you would prefer to pay by electronic transfer (BACS) please contact **Tony** for account details on howarduk96@tiscali.co.uk

Full Name

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

howarduk96@tiscali.co.uk

CPD MEETINGS REPORTS

Tuesday 24th April 2018

“The Naked Counsellor—Caring for the Carers”

With Pauline Summers

The group initially learnt about the interchangeable terms and symptoms of compassion fatigue, secondary trauma, vicarious trauma and burn out; and particularly how they affect counsellors. The speaker said that she wanted the session to be a discussion and to raise awareness as this doesn't get talked about enough. It can all happen to us all at any time after all.

Compassion Fatigue refers to the emotional and physical exhaustion of a caregiver over time. It was important to note that this is a natural process and consequence of meeting the needs of others. Secondary Trauma refers to effects of trauma on an individual where they have not directly experienced the traumatic event. The effects if secondary exposure are just the same as those who have experienced primary trauma.

Vicarious Trauma is the transformation in the self of a caregiver who has worked with traumatised clients and their experiences of trauma.

Burn Out is the result of prolonged exposure to stressful or demanding environments where the person has perceived diminished control over the circumstances. They could also be affected by trauma, fear or uncertainty, loss of security, and emotional distress; and ultimately their outlook on life becomes negative.

During the session we had a lot of group discussion on our own personal experiences and that of working with certain organisations. Culture within organisations was a hot topic – and how organisations view their responsibilities to counsellors and expectations of counsellors. Members of the group discussed how their organisations had not supported them and the consequences of this or vice versa – where great support had been given and how this had impacted the counsellor was in stark contrast. It was noted that it isn't always the organisation that doesn't recognise the importance of support and supervision. It could be a poor culture within a team where peers suggest that 'we just need to get on with it, we all know the job is hard'.

Counsellors voiced the concerns that in some of their organisations, they feel the need to prioritise quantity over quality – which for most counsellors will cause conflict within them and ultimately burn out.

So what does Burn out or Compassion fatigue look like? The speaker showed us a stressed out person (Burn out) and a happy person who was smiling and caring (Compassion fatigue). This visual representation highlighted the personal need for caregivers to carry on – bypassing their own needs for the sake of others and maybe not noticing the symptoms earlier as could be – a common pit fall for counsellors.

The Caring Cycle was introduced to us from a book titled the Resilient Practitioner.

Initially with a client there is a period of Attachment where we build an emotional connection, rapport and trust. Then follows the Involvement where we use our skills and energy to do the work. Then at the end of the therapy we start to remove ourselves from the sessions and client, this phase is Separation. The last phase is Recreation whereas practitioners we start to rest, recover and repair for the next client. This cycle can happen all in one session and over a period of sessions with a client.

The group acknowledged that the ending needs to be healthy and positive for both the client and the counsellor. Disruption to the cycle can have powerful effects on all.

Finally the group discussed the need for ‘permission’ to accept there might be a problem for them; to acknowledge their need for support. That we might not always have a tangible problem, it could be a ‘feeling’ – but nevertheless, this could still be problematic to our own wellbeing. We can be mindful of the culture of society we live in today – the need to keep plodding on – maybe that’s why it is confusing for us sometimes. There’s a conflict between how we feel and what’s expected. But we can remember that we do have a special role and we do a good job. Being secure in our self-awareness and beliefs can help us maintain our core-self.

Ways to help ourselves (‘to maintain fitness for practice’) include, leaving the counselling room between sessions, maintaining a good social life, humour, creativity, exercise, holidays, peer support and supervision – but this is not an exhaustive list. The talk served as a useful reminder of the ever present need to care for ourselves as we care for others.

Samantha Airey

CPD MEETINGS REPORTS CONT:

Wednesday 30th May 2018

“Written in the Scars”

With Jane Fenton and Steve Street

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

The self-help group that Jane facilitates meets each Tuesday evening between 6 – 8pm at the Zion Centre in Hulme. No referrals are necessary (although due to the increased awareness of the group, some clients are told about it). It is a drop-in, which started 12 years ago, by Jane, and is very informal and friendly. Participants share their experiences and their desire to stop or manage their self-harm. They can bring family members or friends along for support. The aim of the group is not to instruct participants to stop and a non-judgemental approach is offered. It is a self-harm support group not a self-harm group!

Further support is by means of a Facebook group, which started with 10 members and now totals over 2,000. The page is moderated by Jane, who, initially, was somewhat averse to the idea of this way of sharing/supporting after being aware of other sites that may ‘encourage’ self-harm and post images that may not be helpful to those who are trying to manage or stop their self-harming.

The evening was highly informative. However, for me, the most important aspect of the presentation was the honesty and humility with which Jane shared her own story. She is a wife, mother, sister, daughter and friend and had self-harmed secretly for 20 years. She is now in recovery for 7 years. At the age of 38, when Jane asked for help, she was told that she did not fit the age category, indicating the need for support for those aged over 25 and an awareness raising that self-harm does not only affect young people. Although Jane had a good GP and has appreciated counselling, she then began the support group. She realises that a support network is vital since, due to the secret and, at present, somewhat socially unacceptable nature of this addiction, people can become isolated.

CONTINUED:

I knew very little about self-harm at the beginning of the evening and learned that people do it for a variety of reasons including: wanting to feel 'alive,' the effect of which is gained from the rush felt on self-harming. For others, it is a physical release, almost a form of 'medication,' a way of rebalancing one's life and regulating feelings whilst others do it to calm themselves. Self-harm can be used as a coping mechanism which then becomes a habit. As the self-harming increases, there is risk that those who self-harm may kill themselves.

The question and answer session continued in an informal but instructive manner.

Q Is there an increase in the number of those self-harming?

A Who knows due to the secrecy surrounding this addiction. Women tend to use bleeding to injure themselves and men use drugs and alcohol. Men, who have been physically abused appear to be the largest group of those self-harming although there is no one 'type' of self-harmer.

Q What can help people stop harming themselves?

A A distraction list has been formulated in the group over a few weeks. This includes adult colouring books, lighting and watching a candle, music.

Q What strategies do people use to stop harming themselves?

A Look at when you last self-harmed and look to see what happened 20 minutes prior to that. Learn the trigger and try to cope with the trigger. Develop your personal awareness.

Q Did you have a turning point in your self-harming?

A I plucked up the courage to tell mum and then it was easier, from that point, to tell others. Mum bandaged me up and was supportive. The self-harm controlled me and I took control by slowly reducing the harming. If I used to do 10 cuts, I would try, the next time, only to do 9 etc...

I left feeling very impressed by Jane and the three members of the group who had come to support her. One said: 'Self harming for adults needs to be out there more' and another: 'It was a privilege to hear their stories and I appreciated their input greatly as, I feel, the rest of the audience did too'. On a final note, one group member stated that two attendances in the support group was more beneficial to her than six years in therapy – a sobering thought to an audience of therapists....

Ann Wilson

CPD MEETING REPORTS CONT:

Thursday 28th June 2018

“An Introduction to Peri-natal Counselling”

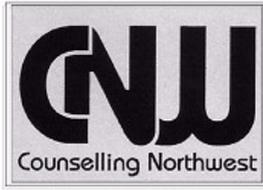
Presented by Julia Reissmann

This was such an interesting talk which went ahead despite a number of competing factors which we were unable to foresee – you may still remember that the weather was amazingly sunny & hot in June; there were 3 major road traffic accidents; and, perhaps, England we’re playing Belgium in the World Cup (I have to admit I wouldn’t have gone if there was anyone else to cover the door).

Perinatal Mental Health is a very specific area but does impact a lot of women and Julia shared some really interesting facts from research into mental health problems in women around the time of pregnancy, birth and the months following. It’s becoming more understood but remains an area that isn’t recognised enough by the medical profession and those affected still find it difficult to talk about as it’s so juxtaposed to how they *should* be feeling so reaches deep levels of guilt and shame. It not only affects the mother but, as we all know from attachment issues, also affects the unborn/born baby and can in the long run cost the NHS millions to support over the lives of both and yet, as is all too often the case, there isn’t enough support available especially for the lower level cases.

Julia presented the issues really well and sensitively giving a really good introduction to this area and was able to share from experience of being privileged to work in this area. I personally found it far more interesting & relevant than I had expected. Unfortunately, but understandably, not many people made it that night so I think it would be a really good talk for CNW to run again at some point to open it up to those who may not initially think it is relevant but the impact of this can still be running years later with the mother or the impact on the father or children (young or old).

Jenny Edwards



www.counselling-northwest.org.uk

**ATTENDEES AT COUNSELLING NORTHWEST CPD MEETINGS AND WORKSHOPS
ARE INVITED TO COMPLETE A BRIEF WRITE-UP TO OFFER INTERESTED PARTIES
AN INSIGHT INTO THE MEETINGS ON OFFER, AND TAKING THE OPPORTUNITY
TO ACCUMULATE FURTHER CPD HOURS.**

**PLEASE FEEL FREE TO VOLUNTEER IF YOU WOULD LIKE TO TAKE PART AND
HAVE YOUR WRITE-UP INCLUDED IN THE NEXT NEWSLETTER.**

KEEP UPDATED ON SOCIAL MEDIA



Search for Counselling Northwest



@CounsellingNW



Network for Counsellors in the North West

www.counselling-northwest.org.uk

For office use only

Memb. No:

Receipt No: 18/19

.....

CNW Membership Sliding Scale Fees – 2018/2019						
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 for payment options.
 (Please note: a receipt will be sent electronically)

Membership Secretary, Jenny Edwards, 11A Snowden Road, Eccles, M30 9AS.
 Tel: 07813-580651 email: info@counselling-northwest.org.uk

PLEASE COMPLETE IN BLOCK CAPITALS

NAME: _____

ADDRESS: _____

POSTCODE: _____ TELEPHONE: _____

MOBILE: _____

eMAIL: _____

...Continued Overleaf
 September 2018

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**

If a Student, where is your place of study?

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

Declaration of Consent to have the above data stored on CNW's Database for purposes of administration.

I hereby declare that I consent to my personal data being stored for administration purposes by Counselling Northwest.

Signed..... **Date**.....

September 2018

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.

As in the past, any payments by cheque should be made out to:

“Counselling Northwest”

Tony Howard

CNW Honorary Treasurer.

e-mail: 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

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 and last no more than 2 hours.

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

As a member of the CNW committee, all time spent on CNW business can be counted for CPD purposes



CALLING ALL MEMBERS!



CNW NEEDS YOU!!

As you will be aware, Counselling NorthWest 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@counselling-northwest.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 January 2019 newsletter:

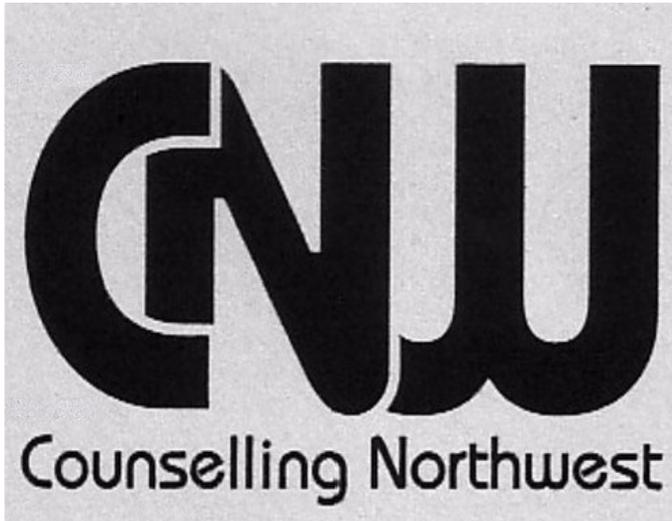
Friday 21st December 2018

Please send any contributions to:

info@counselling-northwest.org.uk

ADVERTISING

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



**CPD events for Counsellors, Psychotherapists
& Mental Health Professionals in the NorthWest**

www.counselling-northwest.org.uk

Newsletter Editing & Production by

Urooj Khan & Tony Howard

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

© Counselling Northwest