

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

www.counselling-northwest.org.uk

NEWSLETTER

*January 2019
Volume 21 Issue 2*

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Counselling Northwest - Committee

Position	Name
Chair	Urooj Khan
Vice-Chair	Hazel Wilcock
General Secretary	Hazel Wilcock
Speaker Secretary	Urooj Khan
Membership Secretary	Jenny Edwards
Treasurer	Tony Howard
Newsletter Editor & Production	Urooj Khan & Tony Howard
Social Media Coordinator	Jennifer Pennington
External Contacts Coordinator	Vacancy
General Committee Members	Angela Russell & Mari Arlegui-Prieto

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.

LETTER FROM CHAIR

“Approach the New Year with resolve to find the opportunities hidden in each new day.”

Michael Josephson

Dear Colleagues

As I sit on my sofa on New Year’s eve writing this letter, I realised that this eve brings with it great reason to celebrate. While some people don’t celebrate Christmas, everyone celebrates a new year regardless of where they may be.

The start of a new year is a great time to celebrate the accomplishments we made in the previous year and to look forward to achieving more in the coming year. It’s a time to reflect and give thanks for the past year, celebrate small victories, make decisions to change, and embark on new beginnings and fresh starts. For many people, a new year presents the opportunity to start afresh, to make resolutions and to set new goals.

My goal for this year is to laugh more! Life is not always as fun as you would have wished and sometimes it sets you different challenges to test your courage. One of the best feelings in the world is the deep-rooted belly laugh. It can bring people together and establish amazing connections. Everything from a slight giggle to a side-splitting guffaw can change the temperature of a room from chilly unfamiliarity to a warm family-like atmosphere.

Thus I plan to laugh!

I look forward to seeing all who can make it at our next CPD evening meeting on the 29th January.

Best wishes,
Urooj Khan
Chair



CPD OPPORTUNITIES!

DATES FOR YOUR DIARY

Speaker	Topic	Date
Emma Louise	“Expressive Arts Therapy for practitioner self care and personal development”	Tues 29-Jan-19
Tania Prince	“Tap into Your Power with EFT”	Wed 27-Feb-19
Peter Jenkins	“GDPR in Private Practice: A briefing for Counsellors”	Wed 27-Mar-19
Hayley Saunders	“A case discussion on Dissociative Identity Disorder”	Tues 30-April-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 fgm.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

“Expressive Arts Therapy for practitioner self care and personal development”

By Emma Louise

Tuesday Tues 30-April-19

Looking at the origins and practice of Natalie Rogers' Creative Connection Theory we will explore the fundamentals of Expressive Arts Therapy, how this approach differs from talking therapy in its invitation to explore and express in what are often new and unfamiliar ways and what it can offer us as practitioners for our own self care and personal growth.

As counsellors we know that the held, explorative space we create with and for our clients can facilitate profound therapeutic change, understanding and healing. In finding a space that nurtures our own organic self expression with the same essential core conditions and connective depth the potential for our personal and transpersonal relationships can be explored and enriched in deeply meaningful ways.

With a focus on the essential nature of expression and creativity originating from our core selves you will be invited to participate during the evening, as much or as little as is comfortable for you in a brief experiential session with a discussion following.

Emma Louise
ENSOU Counselling



CPD EVENTS

“Tap into Your Power with EFT”

By Tania Prince

Wednesday 27-Feb-19

As therapists we are always looking for new tools to help our clients. EFT or tapping technique as it is more commonly known has a growing body of research supporting its effectiveness as a powerful technique when it comes to getting results. It is used by the American military in the treatment of Post Traumatic Stress Disorder and was recently mentioned by Nice acknowledging its research base. It is used by therapists on a huge range of problems including pain management, weight issues, bereavement, trauma, anxiety, children’s issues.

In this talk you will be introduced to the EFT technique and shown how it can work with both physical and emotional problems. You will get to experience EFT for yourself and discover the power of this simple yet highly effective therapeutic technique.

Tania A Prince

Is an EFT Founding Master, one of only twenty nine in the world. She regularly speaks at EFT conferences throughout the world. Tania has been training therapists to use EFT for over eighteen years and has worked with thousands of clients. She runs one of the longest established EFT training companies in the world.



CPD EVENTS

“GDPR in Private Practice: A briefing for Counsellors”

By Peter Jenkins

Wednesday 27-Mar-19

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.



“A case discussion on Dissociative Identity Disorder”

Hayley Saunders

Tuesday Tues 30-April-19

FULL DAY WORKSHOP

Single-Session and One-at-a-Time (OAAT) Therapy

Facilitated by Windy Dryden

Saturday, 2nd March 2019 : 10:00-16:30

While Carl Rogers discussed the importance of the 'core conditions' in counselling and therapy, clients often claim that what is also therapeutic is being seen at the point of their need rather than at the point of service availability .

In this workshop, I will discuss the nature, principles and practice of single session and one-at-a-time therapy that has been developed to provide a response to that need and to reflect the fact that the most frequent number of sessions that clients have internationally is '1'.

I will make the point that single-session and one-at-a-time work is best viewed as a mindset rather than as an approach and will stress that SST/OAAT can be practised by therapists using their preferred orientation. I will demonstrate my approach to this way of working with volunteers from the audience who seek help for current issues that they are prepared to discuss in front of an audience of their peers.



APPLICATION FORM OVERLEAF

“Single-Session and One-at-a-Time (OAAT) Therapy”

Facilitated by Windy Dryden

One Day Workshop: Saturday, 2nd March 2019

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 (Single-Session and One-at-a-Time (OAAT) Therapy - **2/3/19**):-

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

Number of CNW Non-members @ £80 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

“Shame on me!” By Matilde Tomat

Tuesday 30-Oct-18

A presentation by eclectic therapist and writer Matilde Tomat introducing Shame from the perspective of Erikson’s 8 stages of Psychosocial Development.

The starting point of the presentation was on the concept of Trust. In the womb the child experiences soothing sounds, colours, feels safe and is warm. At birth s/he sees light, experiences noise and needs to be fed, and to breathe. This is a shock for the new-born. A child will feel fear if no-one comforts it. This is the point where a child will learn not to trust. This is the child’s very first existential lesson and can be the beginning of the belief ‘I should not ask for help if I need it’.

Shame is pre-verbal, it is buried deep in our solar-plexus (abdomen) – therefore talking about shame can be very complex. What cannot be communicated to the m (other) cannot then be communicated to the self, because it is too painful.

Therefore we cannot often find the words to express Shame. From a therapist perspective it is best to tap into our clients’ emotions and sensations around it. Shame is silent, and painful – we don’t know why we feel the way we do. This Shame can lead to addiction, eating disorders, depression.

If a child’s mother is absent, Shame is the second stage and is described as ‘suffering from memories’. From ages 1-3 we are learning autonomy. This autonomy should also lead to feeling accepted for who we are, and to learn self-esteem, and control. However, it is also the potty training stage where there is scope for shame and doubt. If we feel shame and doubt during this stage it can lead us to feel inadequate and worthless.

Before the break Matilde asked us to take some blank sticky labels and to write on them what adjectives/names/nicknames we had been given throughout our lives. We had to wear these labels during the break, and to feed back how that felt. It was an interesting exercise; some felt it was pushing their comfort zones, some that they felt vulnerable, and some that they did not want to look at other people’s labels.

CONTINUED:

Matilde focussed on Trauma linked with Shame.

There are three levels to this (using the example of someone having being raped)

- Shame around the action/incident that happened
- Shame around the reaction we had to the incident
- Shame of being found out about our reactions

Shame is a sense of loss of self; we are happy to be ignored but at the same time we need to be seen. Fully functioning people understand the difference between games and reality, they see crises as opportunities, and they acknowledge their bodies and their physical presence.

When we feel Shame we are sensitive to changes in faces/voices/environments and we tend to take everything seriously. We can also be disconnected from, or ashamed of our bodies and physical presence. When we feel shame we can dissociate from our bodies – this is why as therapists it is good to encourage clients to connect with their bodies – yoga, dance, exercise, massage. This can be one way out of Shame i.e. having a friendly relationship with the body. Such bodily movement can open the chakras that have been closed down.

Matilde finished the talk with exploring how Shame is also embedded in the counselling profession, (how we work, what qualifications we have/don't have, are we accredited?, are we helping this client enough?) and this is normal, as Shame is embedded in all of us. Erikson says that in order to have trust, we need to have hope. Hope is different to faith and is not a 'wishy washy optimism'. It is understanding who you are, and if you feel worthy of living, you gain hope and a sense of worthiness. Hope also requires a commitment to the self, and taking small steps towards that.

A question was asked at the end regarding hope, and for Matilde to expand more on this:

Hope requires willpower as motivation. We are encouraged to remember *why* we want to go to the gym, *why* we want to quit smoking as opposed to the *hows* of doing these things. Overall an interesting and thought-provoking talk with a focus on how Shame links with the brain, Trauma, and Anxiety.

Elsbeth Treacy

CPD MEETINGS REPORTS CONT:

“Aim to get the best out of supervision”

Steve Leach

Thursday 29-Nov-18

Steve is an experienced Supervisor and trainer, he gave a clear and concise introduction to best practice in order to get the best from supervision.

He suggested a relaxed and common-sense approach to the supervisory relationship based around ongoing professional development.

Clarity of purpose, good communication skills, appropriate planning, resolving conflict, inspiring oneself as a supervisee.

On a practical level to have an agenda, to appreciate honesty, to discuss risk taking, from the supervisors perspective to be aware of policy and procedure from the supervisees’ agency as appropriate.

Avoiding complacency, providing a responsible practice, contracting with the client, note taking, providing a collegiate relationship with experienced therapists.

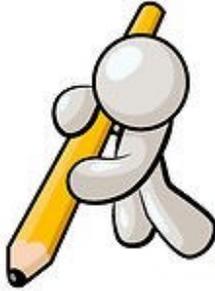
Examining the motives behind our work with a client, ‘imagining all the things we don’t want to talk about’. Supervision isn’t about being ‘all knowing’. The concept of a supervisor from another modality – promoting interest in other approaches to the work.

To develop a reflective practice – becoming reflexive. Being aware of blocks and resistance to the supervisory relationship.

Being aware of - previous experience, personal inhibitions, handling authority, role conflict, proper case assessment, practical blocks, difficulties in receiving support, organisational blocks.

Alan Corbett





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 WOULD LIKE TO TAKE PART AND HAVE YOUR WRITE-UP INCLUDED IN THE NEXT NEWSLETTER.



BOOK REVIEW

Professional Practice in Counselling & Psychotherapy (Ethics & the Law):

Peter Jenkins

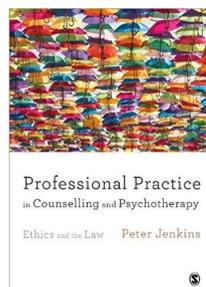
I find Peter's book really useful as a constant aid to access sections as needed and a good companion to the BACP Ethical Framework (EF). It covers areas that counselling courses rarely cover or cover in the detail needed. As well as using as a personal reference source this book is great for referencing/discussions in Supervision and peer support groups etc.

Peter explores the very real challenges of the profession & the BACP EF but also covers less discussed areas including for new trainers (but also good to revisit once qualified) 'Becoming a Member of a New Profession'; 'Working in Different Organisational Contexts'; 'Developing New Roles in Counselling & Psychotherapy'; & 'Surviving & Thriving as a Counsellor/Psychotherapist'.

The rest of the book/chapters explore challenging/difficult issues, the Ethical Framework & respective legislation, record keeping and other challenges/risks within the profession.

The book is peppered with some really useful tables & thought provoking exercises which are great for self reflection or discussion with colleagues. There are also some excellent case examples to help illustrate the issues explored.

Every time I dip into Peter's book I find some new area to consider & reflect on, helping me to continually review & develop my professional practice. This book alone is plenty enough for day to day issues but for those wishing to delve further into particular areas there are a plethora of references to do so.



Jenny Edwards

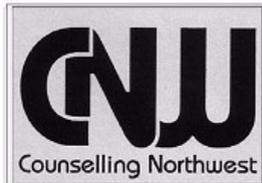
KEEP UPDATED ON SOCIAL MEDIA



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	
<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 for payment options.
 (Please note: a receipt will be sent electronically)

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

PLEASE COMPLETE IN BLOCK CAPITALS

NAME: _____

ADDRESS: _____

POSTCODE: _____ TELEPHONE: _____

MOBILE: _____

eMAIL: _____

*...Continued Overleaf
 August 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**.....

August 2018

NOTICE-BOARD

CNW Bank Account

The new CNW bank account is now up and running, with online 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

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.

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.

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



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:

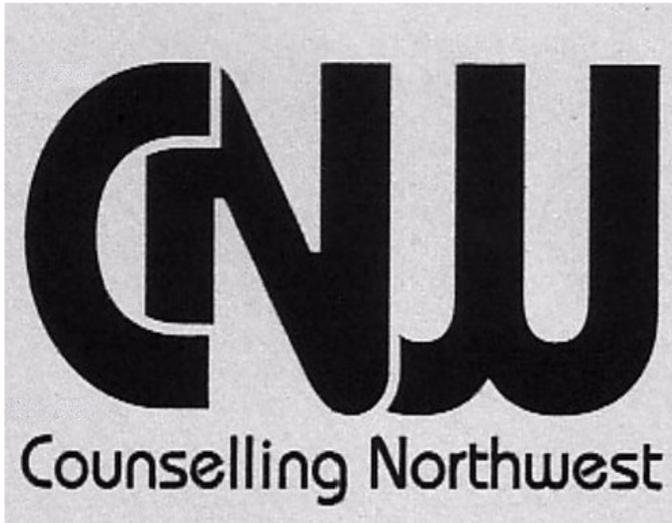
Friday 29th March 2019

Please send any contributions to:

info@counselling-northwest.org.uk

ADVERTISING

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



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& Mental Health Professionals in the NorthWest**

www.counselling-northwest.org.uk

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