

CPD Events

**For Counsellors, Psychotherapists
& Mental Health Professionals in the NorthWest**

NEWSLETTER

*September 2019
Volume 22 Issue 1*

www.counselling-northwest.org.uk

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Counselling Northwest - Committee

Position	Name
Chair	Urooj Khan
General Secretary	Samantha Airey
Speakers Coordinator	Vacant
Membership Secretary	Jenny Edwards
Treasurer	Tony Howard
Newsletter Editor & Production	Urooj Khan & Tony Howard
Social Media Coordinator	Lisa Kavanagh
General Committee Members	Julie Phillips, 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.

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.

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LETTER FROM CHAIR

Dear Members

What a show stopper the Spring/Summer speaker programme proved to be. From Halyey's talk on Dissociative Identity Disorder, to Matilde's workshop on Shame, their passion, knowledge and experience had us all riveted till the very end!

Our speakers programme for 2019-2020 continues to bring a variety of interesting topics and accomplished presenters. If there are topics you would like us to cover in the future, or if you know of a speaker you feel would add value to our programme, please don't keep it to yourself- contact us! We want to hear your views!

The committee has been considering changing the website layout. The input of the members is why I believe we continue to flourish. What do you think about the website? If anyone has any ideas or input about changes, then please email us on info@counselling-northwest.org.uk. The website can be access on www.counselling-northwest.org.uk.

We have reintroduced the "QUIZ" section again, so check it out on page 23 and enter the competition to win a prize!

I would also like to take this opportunity to welcome 3 new members of the committee- Julie Phillips, Lisa Kavanagh and Samantha Airey! We are delighted to have you as part of the committee.

I look forward to seeing members, old and new, at future meetings.

Best wishes,

Urooj Khan
Chair

CPD OPPORTUNITIES!

DATES FOR YOUR DIARY

Speaker	Topic	Date
David Waite	“Meditation can Transform your Life”	Tues 24-09-19
Adele Rattenbury	“Working with addiction and how mindfulness can help with relapse prevention” Part 2	Wed 30-10-19
Myira Khan	“Culture and Identity in Counselling: Working as a Cross-Cultural Counsellor”	Tues 26-11-19

All evening meetings start at 7.00 pm, and 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.

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CPD EVENTS

“Meditation can Transform your Life”

By David Waite

Tuesday 24-September-2019

After over 40 years practicing a particular type of meditation, I have found it to be remarkably effective for clients too. The presentation will be similar to that which I have routinely offered to meditation groups over the last few years. I use novel methods to convey to lay participants concepts of the theory of the person, psychological pathology and methods of healing. I will include a brief but sufficient meditation practice for participants to use.

David Waite has a Masters in Counselling Psychology. He has had articles published and presented a paper at a BACP conference and a resolution at the BACP AGM. He works with adults, children, couples, families, and those on the margins of society such as prisoners, sex offenders, torture victims, victims of abuse and addicts. He runs a bimonthly meditation programme to which Trafford Psychological Services and local GPs regularly send patients. .

Article in Therapy Today, June 2015 – Circle Diagram.

Article in Thresholds, Winter 2014 – It’s God’s Job to do The Ripples.

Article in Thresholds, Spring 2016- The Sound of Silence.

These articles describe the fundamentals of my approach to counselling.

“My book formalises my work. Whilst my methods are emphatically person centred, I have a number of developments. I use a visual aid called Circle Diagram. I offer a particular meditation method.”



CPD EVENTS

“Culture and Identity in Counselling: Working as a Cross-Cultural Counsellor”

Myira Khan

Tuesday 26-November-2019

Aims of presentation:

- ◆ To explore how we can understand and work with culture and identity in counselling
- ◆ To recognise and understand how we can work effectively as a cross-cultural counsellor
- ◆ To explore our understanding of identity and how culture, ethnicity and religion influences identity
- ◆ To explore how identity impacts upon the counselling process and therapeutic relationship

Please bring client material for group discussion.

Myira is a qualified and experienced psychodynamic and integrative counsellor, providing counselling to adults, couples, children and young people. She is also an elected member on the BACP's Board of Governors.



THE FLOWER

(Anon)

The park bench was deserted as I sat down to read.
Disillusioned by life with good reason to frown,
The world seemed intent on dragging me down.
And if that weren't enough to ruin my day,
A young boy approached, out of breath from play.
He stood right before me with his head tilted down
And said with great excitement, "Look what I found!"



In his hand was a flower, a pitiful sight,
With its petals all worn - not enough rain, or too little light.
Wanting him to take his dead flower and play,
I faked a small smile and then shifted away.
But instead of retreating he sat next to my side
Placed the flower to his nose and declared with surprise,
"It sure smells pretty and it's beautiful, too.
That's why I picked it; here, it's for you."

The weed before me was dying or dead.
Not vibrant of colours: orange, yellow or red.
But I knew I must take it, or he might never leave.
So I reached for the flower, and replied, "Just what I need."
But instead of him placing the flower in my hand,
He held it mid-air without reason or plan.
It was then that I noticed for the very first time
That weed-toting boy could not see: he was blind.
I heard my voice quiver; tears shone in the sun
As I thanked him for picking the very best one.

"You're welcome," he smiled, and then ran off to play,
Unaware of the impact he'd had on my day.
I sat there and wondered how he managed to see
A self-pitying woman beneath an old willow tree.
How did he know of my self-indulged plight?
Perhaps from his heart, he'd been blessed with true sight.
Through the eyes of a blind child, at last I could see
The problem was not with the world; the problem was me.

And for all of those times I myself had been blind,
I vowed to see the beauty in life and appreciate every second that's mine.
And then I held that wilted flower up to my nose
And breathed in the fragrance of a beautiful rose
And smiled as I watched that young boy,
Another weed in his hand, About to change the life of an unsuspecting old man.

KEEP UPDATED ON SOCIAL MEDIA



Counselling Northwest



@CounsellingNW

Follow us on



Counselling Northwest

Members can use these sites for networking and will also be updated with regular reminders of upcoming meetings and workshops.

THERAPY HUMOUR



What's the difference between a psychologist and a magician?



A psychologist pulls habits out of rats!

.....

Neurotics build castles in the sky.

Psychotics live in them.

Psychiatrists collect the rent.

.....

A woman took her husband to the psychiatrist because he thought he was a dog. "Why don't you sit on the couch?" the psychiatrist said when they arrived. "Oh no" said the woman. "He's not allowed to sit on the furniture".

CPD MEETINGS REPORTS

“A case discussion on Dissociative identity disorder”

By Hayley Saunders

DID used to be referred to as Multiple Personality Disorder, and is characterized by at least 2 personalities/self states. These states are called ‘alters’ in DID, and may have different reactions, emotions, and body functioning. The condition is diagnosed 9 times more in women than in men. There is a marked research shortage in this area, therefore some professionals disagree about its existence, and label it as schizophrenia or psychosis. It can take 7 years to get a diagnosis, with some being in the system a lot longer.

People with DID often suffer from other mental illnesses including PTSD, and other Personality Disorders. In 90% of DID cases there is a history of severe abuse, or incident(s) of trauma, usually in early childhood. DID is seen as a coping mechanism to disconnect from the trauma.

Signs and symptoms of DID include loss of time; memory lapses; blackouts; often accused of lying; finding strange items amongst one’s possessions; feeling unreal; feeling like more than one person; a 70% increased risk of suicide.

Although only a psychiatrist can diagnose DID, for other mental health practitioners the DES (Dissociative Experiences Scale) can help identify DID. It can also serve as a helpful tool to normalize for the client what they experience.

Hayley talked us through a case she had worked with for 2.5 years – a client with 7 personalities. Hayley described how she acknowledged and honoured all the parts of the ‘system’. Therapy for DID isn’t about eradicating the personalities, it is about understanding them better, and facilitating them to communicate adaptively, ensuring that all alters are given space.

Hayley explained her ways of working by mapping out the different alters – their names and characteristics; their likes and dislikes; their purpose; exploring how each alter can communicate with the client; client can ask their family/friends/therapist of their experiences of the alters. Creative ways of working include - soothing the child part(s) through drawing, painting, cuddling a teddy bear, blankets, colouring in; the expression of the angry parts; writing letters to the other alters.

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CPD MEETINGS REPORTS

“A case discussion on Dissociative identity disorder”

By Hayley Saunders

Hayley touched on risk – and ways of ensuring client safety i.e. making sure that the client is not leaving the session as the child part; that the adult part is back in the room. She explained how she helps the client to manage the switching of alters, and recognizing the early warning signs of this.

Hayley recommended some reading and films.

Books:

‘United We Stand: A book for People with Multiple Personalities’ Elena Gill (1990) – (highly recommended, and used in sessions with the aforementioned case.)

‘Amongst Ourselves’ by Tracey Alderman (2002) –a very accessible Self-Help book.

‘Embracing Ourselves’ by Hal & Sidra Stone – Self-Help book.

Films:

The Three Faces of Eve (1957); Split (2016); Sybil (2007).

Recommended treatments for DID include EMDR, hypnosis and long-term relational psychotherapy. There is no known medication recommended for DID as it can prove to confuse or ‘upset’ the system of personalities, and can be detrimental to the client.

Overall a very engaging and fascinating insight into a poorly understood area, enhanced by Hayley’s case study, and how DID can be worked with so creatively. To quote part of her presentation - ‘The structure and design of a DID system is limited only by the imagination that created it.’ ‘There are no rules in how you work with DID’.

By Elspeth Treacy

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CPD MEETINGS REPORTS CONT:

“Safeguarding in Private Practice”

Steve Leach

Steve Leach is an experienced counsellor, supervisor and trainer whose background spans a range of settings in both the third and private sector. He delivered a very informative presentation on safeguarding in private practice. It is a subject that by his own admission can be very ‘dry’. As the evening highlighted, it is a topic made up of many subtle complexities.

Steve presented the topic in the context of the various overarching legislation and national guidance that makes up the safeguarding framework within which, we as practitioners operate. Specific definitions of safeguarding may differ depending on whether we are working with adults or children. However, in its broadest sense, safeguarding is defined in legislation as *“protecting people's health, wellbeing and human rights, and enabling them to live free from harm, abuse and neglect. It is fundamental to high-quality health and social care.”* (Care Act, 2014).

The Care Act, with its six principles of 'Empowerment; Prevention; Proportionality; Protection; Partnership; and Accountability' is one of the key pieces of legislation in this area. Its guidance states that all professionals must be alert to potential indicators of abuse and neglect and to share and assist in analysing information for the purpose of any assessment. Abuse for instance, may take physical, emotional, sexual and financial forms. Then there is also ‘neglect’, which is defined as *'persistent failure to meet basic needs resulting in impairment of health or development'*. This legislation puts the onus on practitioners to pass on relevant information to the local authorities in cases where abuse is either known about or suspected. Similarly, practitioners have a duty to pass information to the police in cases where a crime has been committed.

The Care Act (2014) guidance says that in any organisation there should be safeguarding policies and procedures. For those of us who work within or for organisations, the safeguarding framework under which we operate and any decisions that flow from this will be governed by the organisation’s specific policies and procedures around safeguarding.

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CPD MEETINGS REPORTS CONT:

“Safeguarding in Private Practice “ Steve Leach

There will be certain individuals within the organisation whose duty is to oversee compliance with relevant safeguarding requirements. However, for those of us, myself included, who work in private practice as a sole practitioner, such responsibilities fall solely on ourselves and it is important therefore to be informed and aware of these responsibilities and how they can guide our actions.

The presenter also made the important point that safeguarding does not exist solely to keep our client safe but is also of equal importance when it comes to keeping ourselves as practitioners safe. For those of us working independently in private practice, it therefore makes good sense to have set out our own clear policy informed by the legislation in this area.

One simple step is to ensure we have sufficient liability insurance should allegations be made against us. In practical terms, another key area we as practitioners need to be mindful of is the way we may record and share information.

A basic starting point to address this is the contracting process between therapist and client. A written contract is always a good idea. The contracting process and any associated documents that form part of it should address confidentiality and issues of safeguarding. Keeping accurate, factual records of our concerns and actions that we take is also important. One reason is that there is a possibility that in the event of an investigation such records could be subpoenaed.

For what many would agree is a dry subject area, the evening provoked much lively debate amongst the audience. Whilst the presenter talked of how safeguarding exists ‘to keep everyone safe’, an interesting point raised by several audience members alludes to what might be considered the opposite side of the safeguarding coin. Many have been severely impacted as a result of false allegations around issues pertaining to safeguarding.

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CPD MEETINGS REPORTS CONT:

“Safeguarding in Private Practice “ Steve Leach

For instance, some participants shared examples of where families had been torn apart, leaving individuals suffering prolonged emotional and psychological distress and reputations and confidence destroyed as a result of allegations that were proved to be false. This only emphasises how important it is, for us as practitioners, to tread delicately in this area.

Other debate arose due to a perception from some in the audience that the presenter was adopting a somewhat rigid, black and white approach to dealing with issues of safeguarding and thereby advocating that all issues of concern should unequivocally be immediately reported to the relevant authorities.

I personally agree with the presenter's stance around this issue when it comes to children (those aged 18 and below) where obviously we are obliged by law. However, I found myself agreeing with some of the others in the audience who challenged the idea that safeguarding supersedes any therapeutic relationship. For myself, personally, as a practitioner, primary concerns are always my duty to the client and the importance of maintaining the therapeutic relationship. I see it as balancing these considerations against any decisions I might be guided to take as result of safeguarding responsibilities.

As the presenter stressed, ultimately it all comes down to the concept of ‘professional judgement’. Consultation with peers, regular and appropriate supervision, using the support of our networks and utilising guidance and resources from those professional associations to which we belong will all help to hone our professional judgement when it comes to issues of safeguarding. In this way we can do our best to keep everyone safe.

By Aaron Naik

CPD MEETINGS REPORTS CONT:

“Working with addiction and how mindfulness can help with relapse prevention”

Adele Rattenbury

Addiction: continuing to use or do something, even though you know it causes harm to your body, your life, or your loved ones.

Adele Rattenbury gave an overview to working with addiction, from the need to safeguard family members and clients themselves, to the science of the brain and actual grey matter; to mindfulness as a practice that, like CBT, gets us to challenge our thoughts, or at least insert a pause in which we can shift from compulsive action to considered response.

There was also discussion of when it’s the right time to offer counselling, in the cycle of addiction.

Addiction changes the brain

Adele began by looking at how the brain is rewired, through repeated actions, developing a software fault, as one audience member suggested. Referencing the work of Gabor Mate, Johann Hari *and The Biology of Desire* by Mark Lewis, she described how the amygdala deals with emotional association and survival.

...cont overleaf

Mindfulness works to create a gap and to ‘push’ the event and our responses around the brain, to the pre-frontal cortex, where thought - logic reasoning - happens.

Positive changes have been observed after just eight weeks of practising mindful meditations for twenty minutes a day (twice a day for ten minutes).

Learn to tolerate difficult emotions

Emotionally, mindfulness helps us tolerate pain, accepting sadness or disappointment, rather than instantly preventing them. We learn to tolerate difficult emotions by self-soothing. But maybe we didn’t learn this: perhaps our upbringing said it’s not OK to have bad feelings; perhaps trauma impacted us (childhood trauma or PTSD as an adult is shown to cause brain anomalies that make us vulnerable to addiction).

Three systems

We bounce between the adrenalin-charged system of threat, to the dopamine-charged system of achieving – not pausing to enter the state of restoring, of connection that releases oxytocin, and which we tasted, in three minute ‘breathing spaces’.

I found the session a thoughtful introduction to the impact of addiction, and how we can counter that access our own, self-soothing, process.

By Kavyasiddhi Mulvey

VACANCIES

TREASURER

To manage CNW accounts
Full training will be offered.

SPEAKERS COORDINATOR

To liaise with potential speakers and coordinating 3 Evening CPD meetings
and 1 Workshop, once a quarter.

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 NorthWest 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**



WORDS OF WISDOM

“We are not human beings on a spiritual journey, we are spiritual beings on a human journey”

Deepak Chopra

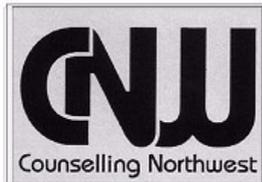
“The pain of every change is forgiven when the benefits of that change are realised”

Tom Hopkins



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.



Network for Counsellors in the North West

www.counselling-northwest.org.uk

For office use only

Memb. No:

Receipt No: 19/20

.....

CNW Membership Sliding Scale Fees						
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
 2019/2020

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.....

2019/2020



QUIZ TIME!



Coffee Break?

Then put your feet up and try the CHOCOLATE QUIZ!

Can you recognise the well-known chocolate confections from the clues below?

1. Full of promise, but not the western kind?
2. There's definitely nothing common about this street?
3. It's out of this world, but it won't help you work, rest and play?
4. You throw stones in to see this happens?
5. Everyone needs a pick me up now and then?
6. This bend will send you crazy wazy?
7. We all need to get away?
8. We're cleverer than you are?
9. Dairyman's platter— but how far would you go?
10. Grow in gardens?
11. There's always one or two interfere with your love life?
12. Chocolate fireguard, chocolate tea pot, well these would be about as useful as when dressing?
13. Summer is here, the sun is shining, just what you need on a day out?
14. Don't put your head too near this one, it bites?

Send you answers together with your full name to Urooj Khan at info@counselling-northwest.org.uk. First entry out of the hat with the most correct answers will receive £15 worth of amazon vouchers. Closing date is 6th December 2019.

CALLING ALL MEMBERS!



YOUR INPUT MATTERS TO US!

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

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 2020 newsletter:

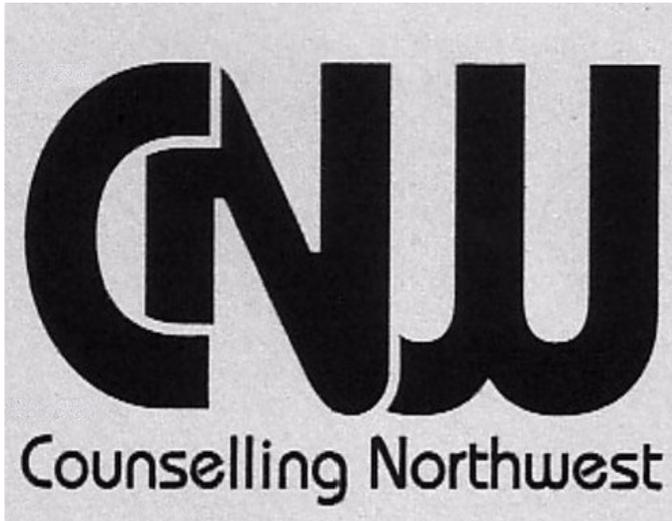
Friday 6th December 2019

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

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Urooj Khan & Tony Howard

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Warrington

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