

CPD Events

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

NEWSLETTER

*January 2020
Volume 23 Issue 2*

www.counselling-northwest.org.uk

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Counselling Northwest - Committee

Position	Name
Chair	Urooj Khan
General Secretary	Vacant
Speakers Coordinator	Vacant
Membership Secretary	Jenny Edwards
Treasurer	Tony Howard & Julie Phillips
Newsletter Editor & Production	Urooj Khan & Tony Howard
Social Media Coordinator	Lisa Kavanagh
General Committee Members	Julie Phillips, Angela Russell, Samantha Airey & 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 19-20

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

Let me start by wishing everyone a very happy New Year! A client recently shared a quote with me that I feel describes my sentiments for the start of a new decade:

“As you move towards a new year, I hope you learn how to let go of the idea that it’s too late. It is truly never too late to change your life. It is never too late to become the person you have always hoped you could be, or to love the way you have always wanted to love. We often forget that we are not bound to the past. We don’t have to be who we were a year ago, we don’t have to make the same mistakes we did when we were younger; we can want different things, we can seek different horizons. We have to believe that we are never too old, too jaded, and never too broken to take our first steps towards change. We wake up every single day with the ability to start afresh- it is never too late to take advantage of that. It is never too late.”

Bianca Sparacino

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
Tara Hussain	Compassion Focused Therapy- How to develop a Compassionate Self	Tues 28-01-20
Michael Sivori	Working with the Enneagram in a Counselling Setting	Thurs 27-02-20
Lisa Cromar	<u>FULL DAY WORKSHOP</u> Working therapeutically in a counselling setting with Autistic people	Sat 14-03-20
Barbara Rosenthal	Young Suicide and the influence of Social Media	Thurs 26-03-20

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.

CPD EVENTS

“Compassion Focused Therapy- How to develop a Compassionate Self”

By Tara Hussain

Tuesday 28-01-20

According to the Compassionate Mind Foundation, Compassion Focused Therapy (CFT) is:

“an evidence-based form of psychotherapy that draws upon our evolved capacity for compassion to facilitate the alleviation of human suffering” (CMF-USA).

CFT was developed by Dr. Paul Gilbert, a psychologist from England who believed that compassion (both self- and other-focused) could be the key to relieving intrusive feelings of shame and self-criticism (Gilbert, 2009). The CFT approach focuses on working with people with severe and enduring mental health problems, many of whom had high levels of shame and self-criticism.

The central therapeutic technique of CFT is compassionate mind training, which teaches the skills and attributes of compassion. ... CFT can help such people learn to feel more safeness and warmth in their interactions with others and themselves. Numerous methods are used in CFT to develop a person's compassion.

The session will present the key skills and approaches used in CFT with clients to develop a 'compassionate mind', including the development of a compassionate self, and how compassion may be 'put to work' to engage in distress and suffering.

I am currently self employed as a national trainer specialising in mental health, safeguarding, child protection and professional boundaries. I also delivering psychological assessments, guided self help, talk therapy and medico legal services for clients via my medical agency Goldmark Medicals.

I am qualified as a Cognitive Behavioural Psychotherapist and hold a Masters in the subject. I recently completed a second Masters in Creative Writing at the University of Manchester to fulfil a long term personal goal.

CPD EVENTS

“Introducing the Enneagram ”

By Michael Sivori

Thursday 27-02-20

This presentation will introduce the working principles of the Enneagram and begin to identify the nine different basic personality types.

We will describe the triads of types within the three energy centres, explaining how each type is located in a particular triad.

This will include the basic characteristics of each type, allowing us to begin to assess the motivations, behaviours, and defences of each type.

We will also identify the direction of integration, and other areas of potential actualisation for each type.

It may help if participants have already identified their own ennea-type, however, we will not be able to carry out typing exercises within the time-frame of this presentation.

Initially trained in the Humanistic approach, Michael has applied the model to individual therapy, group situations and also small organisations.

He is also an experienced counselling educator and over a number of years has had the privilege of training people from many different backgrounds to become counsellors.



CPD EVENTS

“Young Suicide and the influence of Social Media”

By Barbara Rosenthal

Thurs 26-03-20

Following a previous CPD evening meeting, I thought it would be valuable to examine, in a safe environment, our own attitudes, understanding, and possibly, experience of the issue of suicide and the influence of social media.

So, how do we feel about the issue of suicide and social media? What do we feel societies’ attitudes are? The topic of suicide attracts stigma, and taboo is associated with it, attempted suicide is far more common than most of us realise.

In England and Wales, thousands of people are admitted to A&E Departments each year because they have attempted to kill themselves, although most people who attempt suicide, survive, many remain at high risk of taking their own life for some time afterwards, this means any suicide attempt, however minor it may seem to be, needs to be taken seriously, sometimes attempting suicide, may feel like only way to show other people how bad things are. When you feel your ‘back is against the wall’ suicide may appear to be the only way out.

This will be a facilitated discussion, examining personal and social attitudes, and the implications for our work with individuals attempting to make sense of this devastating experience. It may be really helpful to have a safe space to explore our own attitudes and understanding of how social media may affect the mental wellbeing of young people.

FULLDAY WORKSHOP

‘Working therapeutically in a counselling setting with Autistic people’

Facilitated by Lisa Cromar

Saturday, 14th March 2020 : 10:00-16:30

Lisa Cromar is a person-centred counsellor who specialises in working with autistic clients, and is an autism advocate. She has Aspergers and has children with Aspergers and autism. Lisa is the author of the literature review: exploring the efficacy of person-centred counselling for autistic people published in the latest edition of the PCQ. Lisa’s personal and autistic counselling experience has enabled her to demonstrate to trainees how to communicate effectively with autistic individuals, useful to all professionals working with autistic clients.

The workshop will have two main parts. In the first part, Lisa will provide information about autistic functioning, looking at the differences which someone on the spectrum brings, compared to a neurotypical person, how it is to live with autism, understanding the world of an autistic person and getting a sense of how it is for them.

Moving on to look at how driving instructors might work with someone on the spectrum, what they need to be aware of, for example, different communication styles, different functioning issues, how to attend to the environment, thinking about sensory issues for example, what they might 'do' to help facilitate. What they might need to be mindful of not 'doing' or assuming, for example not giving lots of instructions at once. Research has been put together, not only academically, but also by surveying autistic people about their own driver learning experience, what helped them and what did not help them.

The second half focusing on role-play and hands on activities to increase exposure to working with autistic clients, facilitated by Lisa, with real life scenarios and case studies. The workshop will be interactive and at times hands on. Useful handouts will be provided at the end. **The aim of this workshop is for professionals to raise their awareness and confidence levels in being equipped to help autistic clients. Lisa’s overall mission is to improve the experiences in services for the autistic client group.** _

APPLICATION FORM OVERLEAF

FULL DAY WORKSHOP

‘Working therapeutically in a counselling setting with Autistic people’

Facilitated by Lisa Cromar

One Day Workshop: Saturday, 14th March 2020
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



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Please book the following (*Lisa Cromar—14-3-2020*):-

Number of Counselling Northwest Members @ £65 per person.....

Number of CNW Non-members @ £75 per person

Total Number Total Payment - Cheque Enclosed for: £

N.B: If you would prefer to pay by electronic transfer (BACS) please contact **Tony Howard** for account details : **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

'GRADUALLY'

By Dawn



She came
Friday after Friday
Sitting
Sometimes silent
Waiting...
Me to hear her words
She 'not knowing where to start'
Gradually
Our relationship formed
Gradually
Her trust developed
Her secrets shared
Her heart revealed, broken and
fragile
Gradually
We pieced together the
fragments
Made meaning of experience
Named the feelings

Gradually
She felt the pain
Grieved what could never be
And
Gradually
She turned her face upwards
Gradually
Began to hope
Gradually
Taking small steps
Each moving forward
And
When we parted
She said 'this was an important
journey'
And
Smiled

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.



Humorous Tweets by Clients



Therapist: And what do we say when life disappoints us?

Me: "Called it"

Therapist: "no"

.....

My therapist: be gentle with yourself, don't drink so much coffee, sleep enough, don't deal with people who upset you, eat healthily

Me: 2nd hour on Twitter, chugging a venti drip after 3 hours of sleep, arguing with Internet trolls, eating Swedish Fish for breakfast

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CPD MEETINGS REPORTS

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

By Myira Khan – Leicester- based counsellor, supervisor, ex-BACP trustee, and Founder of the Muslim Counsellor and Psychotherapist network. Myira brought the key concepts and teachings from her one-day workshop.

The aims were to understand more clearly what it is to work with culture; how culture influences identity, and how identity impacts on the counselling relationship.

Myira asked the question ‘What does it mean to be culturally competent?’ Some suggestions from the audience were ‘to be curious’ ‘to know and be aware of our own cultures’.

Myira added that it is useful to be aware of ‘a dyadic relationship of both external and internal factors, the nature of which will be different for each client.’ In some cultures where there is oppression – this will determine the relationship between the internal and the external i.e. how they might want to live, when their culture may not agree.

Myira expanded more on the concept of culture, in that it isn’t a fixed factor – it’s constantly changing, and may be based on ethnicity. Culture is also multi-layered. For us counsellors then – how do we explore these layers with our clients?

She asked us to all draw a map of how we got to the Beacon Centre in Salford. We were to feed back what landmarks we noted on our maps. Everyone spotted different landmarks – university, road bumps, petrol station, church.

Myira linked this to working with our clients. What is significant to our clients, is significant to them. We need to be curious about their ‘maps’ and how they see the world.

...cont overleaf

CPD MEETINGS REPORTS

Myira used the metaphor of Narnia from 'The Lion the Witch and the Wardrobe'. Stepping into our clients' worlds/maps is like stepping through the wardrobe into Narnia. We enter into the world of the client. This is where the rules for our own world go out the window. Our rules do not apply to the client. All of our own individual maps, are our own individual Narnias.

Our map that we drew to Salford can be likened to our frame of reference, or from other therapy modalities – our schema, our internal world, our framework. What we noticed en-route to the talk in Salford is unique, based on our life experiences.

Myira highlighted the importance of the core conditions. By entering someone's world we must go through the wardrobe and explore 'Narnia' through their eyes. If we take in our own maps, we will get lost – we can then fall into stereotyping, generalising, and judging. How can we enter the client's world with a blank map, and fill it out with them? It's not that we ask ourselves to understand Narnia immediately – it's more about exploring it.

Myira went on to the point of the pros and cons of a client working with a counsellor who is culturally distant, versus one who is culturally close i.e. someone who is from their culture, compared to someone who isn't.

As a tourist in another country we hear a different language, everything is different, from road-signs to shop fronts – we take everything in. Whereas someone who is local to that place doesn't notice these day-to-day things. To them it's normal. Stepping into 'Narnia' is like being a tourist. We can be curious, and we can be well placed to bring into the client's narrative the things that they may overlook, or things that are normalised in their world. We can then ask how do they experience those things, and also the things that the client might say to us such as 'You know what it's like!' This can be a prompt for us to ask 'Tell me about your lived experience of that..'

...cont overleaf

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CPD MEETINGS REPORTS CONT:

Myra moved onto the factors that make up Identity –Gender/Ethnicity/Culture/Religion/Ethics/Values/Age/Nationality/Family Dynamics/Language/Profession/Sexuality.

Identity is not one-dimensional or ‘flat’. We explored which aspects of identity are visible and which are hidden. E.g. someone who due to religion cannot come out as LGBT.

We are always working cross-culturally. Hofstede’s power spectrum (from the 1980s) highlights 4 areas:

- Power distance
- Uncertainty avoidance
- Masculinity/Femininity
- Individualism/Collectivism

We could ask in terms of all our clients – where are they on this spectrum?

The focus moved onto Individualist culture (stress on the need of the individual over the needs of the group i.e. independence and autonomy) v Collectivist culture (emphasis on cohesiveness among individuals and prioritization of the group/family over self.) Often clients will come with conflicts between the two. How can we sit with this conflict, and how that feels for the client? What does it mean for them, and what surrounds that reaction to the conflict (family, history, politics, religion)?

We touched on some clients’ barriers to accessing counselling – Culture; Family; Honour and Shame; Fear of lack of privacy and confidentiality; Not recognising the concern as a mental health issue; Feeling judged; Stigma of mental health; Fear of treatment; Lack of autonomy etc.

Overall an engaging and thought-provoking talk, that used effective visual tools, and covered many concepts in a short space of time. Am sure many would like to see Myra back for a day workshop on this topic.

By Elspeth Treacy

VACANCIES

JOIN OUR



GENERAL SECRETARY

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

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

“Believe and act as if it were impossible to fail”

Charles Kettering

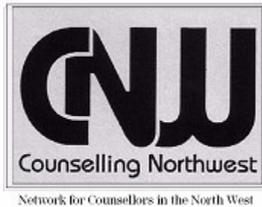
“The journey of a thousand miles begins with one step”

Lao Tzu



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.



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	
<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 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

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:

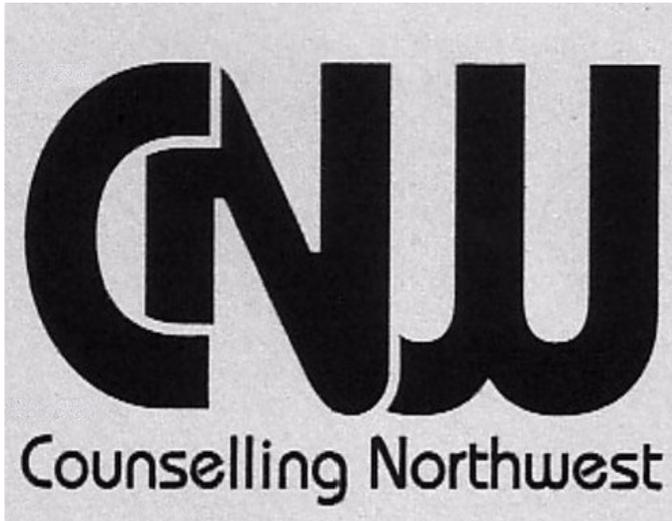
Friday 20th March 2020

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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