

Communications



February 2006

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FROM THE CHAIR

A Date for your Diary

BACPSL's AGM will be held on Saturday 13th May 2006 at 265A Main Road, Sidcup Kent between 12 noon and 2pm.

More details will be given next issue.

Christmas seems such a long time ago but I hope it is not too late to wish you all a very Happy New Year.

We are looking forward to a better year in 2006. This time last year we were all coming to terms with the aftermath of the devastating tsunami that swept over and ravaged communities from Indonesia's Aceh province to Sri Lanka and beyond.

What can you expect from BACPSL in 2006?

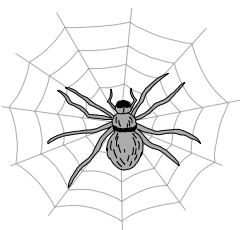
We have lots of plans for the year ahead. We are hoping to run some workshops. We have not run our own workshops for some years so we hope you will all give us lots of support. We will let you know dates and times. Watch this space!!!

Before I end I would like to wish Bonny (our treasurer) and Mandy her partner Congratulations on their Civil Partnership and wish them much Happiness for their future together on behalf of all at BACPSL.

Adrienne Troostwyk

We're on the Web!

Don't forget to visit our
updated website at
www.bacpsl.co.uk
for more



YOUR CONTACTS

CHAIR

Adrienne Troostwyk 020 7433 1005
Flat 2, 25 Belsize Park, London NW3 4DU
Email adriannetroostwyk@hotmail.com

TREASURER

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105 Ravens Way, Lee, London SE12 8HB
Email bonny@manbon.fsnet.co.uk

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207 Marlborough Road, Gillingham, Kent ME7 5HR
Email gwen@invisiblecommunications.com

SECRETARY

Austin Pacitto 020 8767 5727
119 Salterford Road, Tooting, London SW17 9TE
Email apacitto@aol.com

MEMBERSHIP, COMMUNICATIONS and WEBSITE

Sue Medley 020 8300 9646
265A Main Road, Sidcup, Kent DA14 6QL
Email sue@syntax2000.co.uk

WORKSHOPS and SOCIAL EVENTS

Ramesh Talwar 01689 608145
145 Park Avenue, Orpington, Kent BR6 9ED
Email rameshkt@gmail.com

INFORMATION OFFICER

Russell Joseph 020 8304 2050
69A Bellegrove Road, Welling, Kent DA16 3PG
Email Rrjoseph1965@aol.com

Don't forget—the AGM is coming soon—details on page 1—we hope to see you there!

Children are what they live.
Dorothy Law Nolte

Sent in by Gwen

If a child lives with criticism,
he learns to condemn.
If a child lives with hostility,
he learns how to fight.
If a child lives with fear,
he learns how to be apprehensive.
If a child lives with pity,
he learns to feel sorry for himself.
If a child lives with ridicule,
he learns to be shy.
If a child lives with jealousy,
he learns what envy is.
If a child lives with shame,
he learns to feel guilty.
If a child lives with encouragement,
he learns to be confident.
If a child lives with tolerance,
he learns to be patient.
If a child lives with praise,
he learns to appreciate.
If a child lives with acceptance,
he learns to love.
If a child lives with approval,
he learns to like himself.
If a child lives with recognition,
he learns that it is good to have a goal.
If a child lives with sharing,
he learns about generosity.
If a child lives with honesty and fairness,
he learns what truth and justice are.
If a child lives with security,
he learns to have faith in those about him.
If a child lives with friendliness,
he learns that the world is a nice place to live.
If you live with serenity and ease,
your child will have peace of mind.

What is your child living?

Happiness is

HH the Dalai Lama:

When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.

Helen Keller:

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

BOOKS FOR SALE—FINAL LISTING!

The following books previously belonged to our late Chair Molly Colah. We have been advertising them through Ebay. They have been put up three times and these are ones that haven't yet sold so if you want to buy any at the starting price listed contact Sue. The books are generally in good used condition – ask if you'd like more specific information. You can save on P&P by buying more than one book. The books won't be offered for sale again. The price of all of them has been dropped for this final listing.

Title	Author	Starting Price	P&P
Men and Machines	Murrell	£2.50	£1.30
The Person in Psychology	Radford & Kirby	£1.50	£1.30
Health Shock Martin	Weitz	89p	£1.40
Sex and Marriage in England Today	Gorer	£1.50	£1.50
Preparing for Adolescence	Dr James Dobson	99p	£1.20
Uses and Abuses of Psychology	Eysenck	£1.50	£1.40
Talking to a Stranger	Knight	89p	£1.40
Psychology of Interpersonal Behaviour	Argyle	89p	£1.40
Human Groups	Sprott	89p	£1.30
Why Children	Dowrick and Grundberg	£2.50	£1.50
British Journal of Psychotherapy Winter 1990		£3	£1.40
Organizational Psychology	Schein	£2.50	£1.50
Human Societies	Hurd et al	£2.50	£2.20
The Counselling Handbook	Quilliam and Grove-Stephensen	£2.50	£1.60
The Essential Piaget	Gruber & Voneche	£5	£6
Childhood and Adolescence	Stone and Church	£3.50	£5
Unmarried Fathers	Barber	£5	£2.05
The Secret of Childhood	Montessori	£4.50	£1.60
Psychoanalytic Theory of Infantile Experience	Gaddini	£10	£2.05
Introducing Sociology	Worsley	£2.50	£2.05
Young Children in Hospital	Robertson	£4.50	£1.50
The Society of Man	Halle	£2.50	£1.50
A Sociological Portrait	Editor. Barker	£1.50	£1.30
The Child's World	Hostler	£1.50	£1.30
Social Psychology of Industry	Brown	89p	£1.40
Community Problem Solving: Delinquency Example	Spergel	£3.50	£2.40
Strategies of Psychotherapy	Haley	£2.50	£1.50
Handbook of Family Planning	Loudon	£10	£2.20
Psychological Basis of Education	Peel	£4.50	£2.60
The Bitter Pill	Dr Ellen Grant	£15	£1.80
Psychology and Society	Karlins	£2.50	£4
Shelley and Zastrozzi	Chesser	£3.50	£1.80

ONLINE ADVERTS

A member asked if we run adverts on the website. We don't but we thought—what a good idea! You could advertise events, workshops, consulting rooms to rent, or anything else suitable.

We have set the price at:
 £3 for a month or less
 £10 for 6 months
 £15 for 12 months

If you have an advert to display please contact Sue.

LOW COST COUNSELLORS

Area: SE12

Karen Massarik Tel: 020 8852 9658
 Qualifications: BACP Accred. Dip Person Centred
 Couns. CRUSE Accred.
 Bereavement Couns
 Person Centred / Integrative
 Approach: Person Centred / Integrative
 Fees: £25

Mrs Ramesh K Talwar
 01689 608145 and 07966 405116
 Qualifications: RSA in Counselling Skills; Diploma
 in Counselling and Groupwork Skills.
 Clinical counsellor in Primary Care
 for 9+ years. Lecturer in
 Person-centred counselling for
 nearly 10 years.
 Approach: Integrative, Rogerian
 Fees: £20 - £25

Area: SE13

Georgina Rhodes Tel: 020 8690 2073
 Qualifications: Advanced Diploma in
 Psychodynamic Counselling
 Approach: Psychodynamic
 Fees: £20 - £25

Area: SE18

Linda Henderson Tel: 020 8854 5080
 Qualifications: Dip Couns (Hum). Dip Therapeutic
 Couns (Hum). MSTAT (Society for
 the Teachers of the Alexander
 Technique)
 Approach: Humanistic / Jungian
 Fees: £20 - £25

Area: SE20

Yoga Perinpanathan
 Tel: 020 8249 0816
 Qualifications: Dip Couns. RSA Cert Couns
 Approach: Rogerian
 Fees: £15

Area: SE23

Peter Roberts Tel: 020 8291 4457
 Qualifications: Advanced Dip Psychodynamic
 Counselling
 Approach: Psychodynamic
 Fees: £20 - £25

Area: SE23

Pamela Austin Tel: 020 8699 5080
 or 020 8692 6252
 Qualifications: CQSW. Dip in Social Studies. Dip
 Couns
 Approach: Integrative, TA, Cognitive
 Behavioural
 Fees: £15-£25 negotiable, for counselling
 and other students, people on low or
 benefit incomes

Area: SE25

Sheila Peters Tel: 020 8653 4242
 Qualifications: Dip Hyp & Psych
 Approach: Integrative
 Fees: £25

Area: SE25

Women's Counselling Practice
 Tel: 0870 1121 613
 or 07903 598324
 Qualifications: Diploma in Counselling - ABC
 Accredited (x2); Fundamentals in Co-
 Counselling: Essentials of
 Psychosynthesis
 Approach: Person Centred
 Fees: £10 - £25

Area: SE26

Robert Jones Tel 07947 474688
 Qualifications: MA (Couns. & Psych.) Dip Counselling
 Approach: Person-centred. Existential
 Fees: £15 - £25

Area: SW17

Austin Pacitto Tel: 020 8767 5727
 Qualifications: Dip Couns & Psychotherapy (CCPE).
 Dip Couns (Psychodynamic) (Croydon
 College). BACP Accred & UKCP
 Registered. BA Hons. PGCE
 Approach: Integrative
 Fees: £20

Area: Beckenham

Petrina Haywood Tel: 020 8658 5502
 Qualifications: Diploma Psychology; Certificate
 Gestalt; TA (Psychotherapy –
 Intermediate)
 Approach: Integrative / Humanistic / CBT
 Fees: £25

Margaret Lambert

Qualifications: BA (Hons). Advanced Diploma in
 Integrative Psychotherapy and
 Counselling. UKCP Reg.
 Psychotherapist
 Approach: Psychodynamic / Integrative
 Fees: £20 - £25

(Continued from page 4)

Area: Bexley

Glenna Demeter Tel: 01322 559171
 Qualifications: B Ed; Diploma in Integrative
 Counselling
 Approach: Integrative
 Fees: £20-£25

Area: Bromley

Tina Cross Tel: 07971 248574
 Qualifications: Cert in Alcohol Counselling,
 Integrative Counselling, HIND, Diploma
 in Primary Care Counselling
 Working towards Accreditation
 Approach: Integrative, CBT, TA
 Fees: Student rate £25

Area: Bromley

Venetia Whittaker Tel: 020 8343 0127
 Qualifications: B Ed; Dip in Special Education; NCFE
 Cert in Person Centred Counselling;
 Acc Dip Person Centred Counselling;
 Cert in Alcohol Counselling
 Approach: Person Centred
 Fees: Students £22, others £25

Area: Coulsdon

Gillian Davidson Tel: 020 8668 9159
 Mob: 0777 9941674
 Qualifications: Cert in Psychodynamic Counselling;
 Dip in Psychodynamic Counselling;
 Advanced Dip in Psychodynamic
 Counselling; Cert (HSM) (Affiliate)
 Approach: Psychodynamic, Integrative
 Fees: £25

Area: Crockenhill (BR8)

Pauline Edwards Tel: 01322 660081
 Qualifications: Cert in Counselling Skills (Thameslink
 Health Trust); Dip Couns (University
 East London); Supervisor AEB
 Approach: Eclectic
 Fees: £20

Area: Croydon

Lyn Ezekiel Tel: 020 8654 2210
 Qualifications: UKCP Registered.
 Approach: Analytic, Psychodynamic
 Psychotherapy / Counselling,
 Attachment Theory
 I work in the NHS.
 Fees: £25

Area: Croydon and Caterham

Frances Norman Tel: 01883 627428
 Mob: 07752 404130
 Qualifications: Diploma in Counselling; BACP
 Accredited; UKRC Registered.
 Approach: Person Centred
 Alcohol problems, abuse,
 bereavement, depression, life changes
 Fees: £20

Area: Eltham

Suzie Champion Tel: 01322 311984
 Qualifications: Dip Therapeutic Couns (Hum)
 Approach: Humanistic / Jungian
 Fees: £25

Area: Gravesend

Paul Nichols Tel: 01474 536280
 Mob: 07913 608739
 Qualifications: Dip Practitioner Couns. Dip Working
 With Perpetrators of Violence. Dip in
 Substance Misuse
 Service Offered: Men's Counselling Service
 Approach: Person Centred
 Fees: £25

Area: Orpington

Jean Secular Tel: 01689 825465
 Qualifications: BACP Accredited. Dip Couns. Dip
 Couns Primary Care
 Approach: Integrative
 Fees: £25

If you want to be added to the this list or the low cost supervision list overleaf please send your details to Sue.

This should include your area, what you are offering, your training and qualifications, your theoretical approach, your fee (£25 per hour is the maximum for low cost), and your phone number.

You will need to be a member of BACP or UKCP and a member of BACPSL, a qualified counsellor and, if you are offering supervision, have at least three' years post qualification experience. You must adhere also to BACP's Code of Ethics or the equivalent if not a member of BACP.

There is no charge to be included in the low cost list. Let us know if you want to be removed from the list or have your details changed. The changes will be made in the next issue of Communications.

LOW COST SUPERVISORS

Area: SE12

Mrs Ramesh K Talwar

Qualifications: 01689 608145 and 07966 405116
 RSA in Counselling Skills; Diploma
 in Counselling and Groupwork Skills
 Short supervision training with Robin
 Shoher. Supervisor of trainees and
 counselling tutors for over 8 years.

Approach: Integrative, Rogerian
 Fees: £20 - £25

Area: SE 22

Sandra Black

Qualifications: Tel: 020 8693 7524
 BACP Accred. Dip Psych (IPSS)
 Approach: Psychodynamic/Existential
 Fees: £25

AREA: SE25

Women's Counselling Practice

Shirani Situnayake (Ms)

Qualifications: Tel: 0870 1121 613
 Diploma in Supervision; Diploma in
 Counselling
 Approach: Person Centred
 Fees: £25

AREA: SW17

Austin Pacitto

Qualifications: Tel: 020 8767 5727
 Dip Couns & Psychotherapy (CCPE)
 Dip Couns (Psychodynamic) (Croydon
 College), BACP Accred & UKCP
 Registered. BA Hons. PGCE

Approach: Integrative
 Fees: £20

Area: Beckenham

Petrina Haywood

Qualifications: Tel: 020 8658 5502
 Diploma in Supervision
 Approach: Humanistic / Integrative / TA
 Fees: £25

Area: Croydon

Gillian Davidson

Qualifications: Tel: 020 8668 9159
 Mob: 0777 9941674
 Cert in Psychodynamic Counselling; Dip in
 Psychodynamic Counselling; Advanced
 Dip in Psychodynamic Counselling; Cert
 (HSM) (Affiliate)
 Approach: Psychodynamic, Integrative
 Fees: £25

Area: Crockenhill (BR8)

Pauline Edwards

Qualifications: Tel: 01322 660081
 Cert in Counselling Skills (Thameslink
 Health Trust); Dip Couns (University East
 London); Supervisor AEB
 Approach: Eclectic
 Fees: £20

Area: Croydon

Lyn Ezekiel

Qualifications: Tel: 020 8654 2210
 UKCP Registered.
 Approach: Analytic, Psychodynamic Psychotherapy /
 Counselling, Attachment Theory
 I work in the NHS.
 Fees: £25

Area: Eltham

Suzie Champion

Qualifications: Tel: 01322 341984
 Dip Therapeutic Couns (Hum). Adv. Cert
 in Supervision
 Approach: Humanistic / Jungian
 Fees: £25

Area: Orpington

Jean Secular

Qualifications: Tel: 01689 825465
 BACP Accredited. Dip Couns. Dip Couns
 Primary Care
 Approach: Integrative
 Fees: £25

Area: Sidcup

Gail Moore

Qualifications: Tel 020 8300 6564
 Dip Couns E London Thameslink; Dip
 Supervision Pam Nell Associates
 Approach: Integrative
 Fees: £25

See notes on previous page about joining
 this list.

COMMUNICATIONS INFO AND DEADLINES

Communications is printed four times a year. The deadlines are the 20th of the previous month i.e. :
 January 20th for February's issue – 20th April for May's issue – 20th July for August's issue and 20th
 October for November's issue. As you know we welcome adverts and any other members' contributions
 for *Communications*.

If you have anything for the next issue please send them to Sue before the appropriate deadline. You
 can send book reviews, news, general articles, workshop write-ups ...

THE SPIRITUAL OR TRANSPERSONAL PERSPECTIVE IN COUNSELLING & PSYCHOTHERAPY

By Austin Pacitto

"For the master, the personality is the fruit on the Tree of Life, the fulfilment of the purpose of existence on the Planet. It's God creativity that is extended in Man and our personality is the ultimate masterpiece."

Pir Vilayat Inayat Khan - The Art of Being & Becoming

What is Spirituality?

Real spirituality is about living a life of fullness. The individual raises his consciousness from the personal (the development of self and the ego) to the transpersonal and connecting with the **Divine**. It is about connecting to our **soul**.

Spirituality is about looking at the world with a more **cosmic viewpoint**. Life on earth is very transient. The individual is searching for meaning in life as he/she develops or experiences life. The individual is here for a meaning or a purpose.

As human beings our experiences on Earth are limited. We are spiritual beings. On the one hand each person is an individual, yet part of the whole experience of humanity or the cosmic dimension. Human beings are all individuals, yet part of all things and creation. We are all part of one huge Universe.

Spirituality encompasses all religions—Christianity, Buddhism, Paganism, Hinduism and Muslim. It is not about materialism.

Each individual is a reflection of the Divine (which may be represented by Christ, God, Buddha). *"God meets himself in the meeting of each person with each person"*, Hazrat Inayat Khan - Introducing Spirituality into Counseling and Therapy.

Spirituality in the transpersonal or spiritual approach is not about any type of religious conversion, but rather about individuals striving to live a full life, how he/she wants in health connectedness to self and others.

The Spiritual or Transpersonal Dimension in Therapy

The ethos at the centre of this approach is spirituality. The role of the spiritual or transpersonal counsellor/therapist is to facilitate the client, at his/her pace fulfil his/her potential. The approach has humanistic and existential aspects.

The spiritual/transpersonal therapist views each individual as having the ability to fulfil his/her potential, whatever the difficulties. It is an empowering therapy, encouraging the individual to live a life of fullness, and to resolve limiting self-beliefs or experiences. The style of the therapist is one of support and encouragement.

Pir Vilayat Inayat Khan - Introducing Spirituality into Counseling and Therapy, *"In the person, there are many qualities that are on their way, that are not manifest: and that is the only way to understand a person."* The therapist facilitates the client to search for and explore the emotional qualities needed to attain unfulfilled potential.

The transpersonal therapist believes that clients or individuals are responsible for creating his/her experiences. Acceptance of self-responsibility for his/her behaviour in relating to others as well as for making life-choices is an important concept. This realisation can be very painful and challenging in the therapeutic process. Is the client able to accept or want to take responsibility for change? It is not about blaming the client but rather like the existentialist approach, the goal of therapy is to support the client being aware of choice and personal

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responsibility. **We create our own realities on what has been.** Our past experiences are recreated in the present.

The transpersonal/spiritual approach is very empowering and aims to support the client in overcoming personal and emotional limitations. Some clients limit themselves by negative thought patterns or limiting self-beliefs, which hinder personal development and connectedness to self and others. Pir Vilayat Inayat Khan - *"It is the notion of the self that is a limitation."* The spiritual or transpersonal approach encourages forgetting one's false self or limited self but being one's **true self** or **divine self**. It is about realising that one is the '**divine power**'.

The transpersonal/spiritual approach is a **heart centred** therapy, employing the process of empathy and placing the client at the centre of the process.

It is also a very creative and healing therapy. The therapist might employ meditations, creative and guided visualisations, breathing techniques, dreamwork and art work to help the client explore issues and feelings.

The spiritual dimension in therapy can be describes as being holistic and can be a very healing experience for the client. Causes behind physical symptoms are often linked to emotional pained experienced as a result of past trauma. The client creates his/her present experience borne out of the past experiences. Yet the individual is not wholly limited and determined by the past. The transpersonal therapist believes the client, whatever the experience, is capable of attaining his/her personal power. Once again Pir Vilayat Inayat Khan writes, *"...the miracle of life is that a catastrophe can be transformed into a victory, like the crucifixion of Christ, which turned into a coronation."*

Further Reading

Pir Vilayat Inayat Khan Introducing Spirituality Into Counseling And Therapy
The Art of Being & Becoming
Omega Publications 1982

Petruska Clarkson The Transpersonal Relationship in Psychotherapy: The Hidden Curriculum of Spirituality
Whurr Publishers 2002

WEBSITE OF THE MONTH—www.GetSomeSleep.com

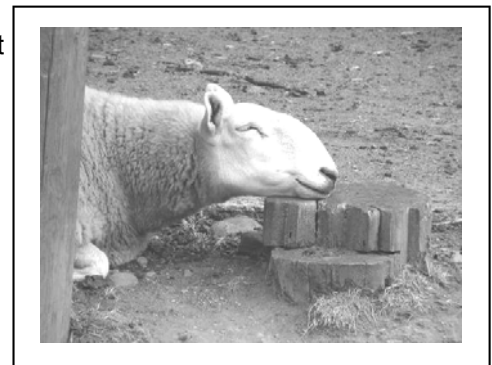
We all have problems sleeping from time to time and for various reasons. This is a very useful site for anyone with insomnia. The site was developed to educate people on the benefits of a good night's sleep. It also provides information to help you improve your sleep habits and explains different treatments for insomnia.

The website has a Sleep Questionnaire—are you getting enough sleep? Probably not. 58% of adults experience insomnia symptoms for a few nights a week or more. And insomnia isn't something you have to put up with. You can print the questionnaire after you've finished it and take it to your doctor if you like.

On the site you can find out the following—what are the causes and risks of sleeplessness? Do you fit the insomnia profile? What are the types of sleeplessness? What other conditions coexist with insomnia? What is Cumulative Sleep Debt? What are the treatment options?

You can also play 'Fact or Fiction' and test your sleep knowledge. Is most chronic insomnia caused by stress and will it go away when the stress is reduced or eliminated? Is alcohol a good sleep aid? There are 20 questions to answer. You may be surprised at the answers.

Sue



AN INTRODUCTION TO KARAM KRIYA

An article from Mangal Jot Kaur

As Albert Einstein said, *“the most beautiful thing we can experience is the mysterious”* and this is how and why I started to fall in love with the numbers. Numbers are for me the ultimate expression of the mysterious, and their integrity, a perfect guide and point of reference especially when counselling others. Numbers are the common universal language, related to all, to everything and ever present.

Karam Kriya is a Spiritual form of counselling informed by numbers and based on right understanding. Working from the premise that the greatest problem you have is your greatest opportunity. The pain gives you a signal: “listen and rebalance yourself”. The tests of life are not to break us but to make us.

The word “Karam” has two different but associated meanings. The first is in relation to the law of karma, which governs the way our actions return to us and which has an effect on our future capacity to exist in the world. “Karam” is also kindness and mercy, which is the principal quality of the law of karma. The law of returning action is not to punish but rather it is given as an act of kindness to awaken the soul.

This gradual awareness of the law of cause and effect makes it possible for us to renegotiate the way we shape our lives.

It is this negotiation that relates to the term “Kriya” and implies the metamorphic action that changes our patterns of reaction.

Thus in the practice of Karam Kriya we negotiate changing the designs of the shapes of our life. Karam Kriya turns our attention to the shape of our lived behaviours, habit patterns, and the formation of our mental beliefs that stand behind them.

The practice of Karam Kriya cannot be taught systematically nor can it easily be learnt from a book; living it in the dynamics of human interaction best illuminates the subject, the principal instrument in every case is language and essentially the language of numbers.

The interesting thing about numbers is that they are taken so much for granted, their significance is concealed by their familiarity. Yet number is the unchanging common essence amongst a world of changing appearances.

Our study of numbers does not give the right to impose but merely to propose alternative perspectives. We might ask “did you try thinking of it like this?”, or we could point out areas that don’t make sense and ask the individual in question to take another look to see if they can recognise the incoherence. If so, are they then prepared to dismantle this area to get a better fit? Healing and happiness is directly linked to wholeness, so for the missing pieces, remembering that the numbers give us a general clue as to what they might be, we will have an idea of what kind of questions to ask in order to bring out an awareness of these missing pieces.

To arrange a telephone/ face to face consultation, call me on 0207 787 4234 or check the website www.rightunderstanding.com.

For more information on the Karam Kriya Consultancy Training in the UK and abroad go to www.karamkriya.co.uk

Mangal Jot Kaur

RESULTS OF BACPSL SURVEY DECEMBER 2005

Collated by Gwen Palmer

There were a total of 18 returned surveys. Our thanks to all those who took part. Here are the results:

Q1 How many CPD hours logged in last 12 months
2 respondents reported they do not log hours
2 respondents have just qualified so no hours logged yet
2 respondents reported zero CPD hours over last twelve months
12 respondents logged an average of 90.35 hours
Total Hours declared by group 1265

Q2 How was this achieved	
Specialist books Journals and magazines	10
Workshops	12
Peers Colleagues	9
TV/Video/DVD	6
Certified Training Events	10
Lectures	10
Other	7

Q3 No of training courses attended over last 12 months
12 respondents attended training courses over the last twelve months
2 people attended 4 courses
1 person attended 3 courses
2 people attended 2 courses
7 attended one course

Question 4 a MOST USEFUL	No of People
Learning new skills	4
Fresh look at what 'works'	2
Enhancing skills for clients and sharing these skills with peers	1
personal development	1
information and research	1
networking with peers	1
Learning about eating disorders	1
Enhancing practice	1

Question 4 b LEAST USEFUL	No of People
Not enough time given to complete practical aspects of the training	1
Having to study at my age	1
Quality of venue	1
Colleagues much younger than me	1
Too much time spent on intros	1
Not enough content - trainer too vague	1
Group too large	1

Question 5 What training would be of most help at the moment (multiple answers selected)	No of People
Insights into other and or new therapeutic techniques and frameworks	6
Workshops	2
Training for EXPERIENCED Counsellors	2
Goal Focused and problem Solving	2
Bereavement	2
NLP	2
PTSD	2
Critical Incident De-briefing	2
Exploration of Body Mind and Spirit	2
TFT	1
Creative	1
Transpersonal	1
Jungian	1
CBT	1
Body Image	1
Training venue to be easily accessible	1

Question 6 If BACPSL offer training, which events are of interest	
Therapy Training Workshops Low Cost	1st
Weekend Lectures /Seminars	2nd
Personal Development	3rd equal
Day time Lectures	3rd equal
Networking	5th
Insight in to other therapeutic techniques	6th
Business Advice and Guidance	7th

Requests for the following were also made by members:

Certified training events

Master Classes

Research and development of new therapeutic models

Other Comments made by members

Location of courses paramount - prefer places like Blackheath or Lewisham

I am working in the field of Critical Incident de-briefing and would love to have training events. My last of this nature was in 1997 one day at Blackheath with BACPS

Get requirements met through TA world and at original training institute

Moderately priced workshops not requiring travel to London

I think it is a good organisation doing a valuable job

What BACPSL is already is good/useful but I do not need any more training. I would give it time if I had it - sounds practical – but I have reached a point which is beyond 'training' or if I need it I choose elsewhere

Been a member for 15 years and in early days attended some very good reasonably priced workshops over a number of years. Regret that these have become almost obsolete and would much welcome their return. Realise that the market is highly competitive and rather over supplied at the moment

Not sure at the moment. Just setting up in private practice so not a lot of money to pay for courses although would like to do some.

BACPSL appear to cater for SE and Kent - makes it difficult for those living in SW and Surrey. Do understand this since majority of members live in those areas.

A PROFILE OF INDIVIDUAL PSYCHOLOGY — THE ADLERIAN APPROACH

This was taken from an Adlerian handout and sent in by Adrienne Troostwyk

Students of psychotherapy and counselling will be familiar with the names of Freud, Adler and Jung. Freud was the first to develop modern theories of neurosis, unconscious motivation, personality and psychoanalysis. One of Freud's most valued colleagues in the early days of psychoanalysis, Alfred Adler was the first to challenge Freud's largely psycho-sexual theory of human development and motivation. Adler stressed instead the importance of the social context and the ego, and he developed his own theories based upon his clinical experience of patients striving to overcome their feelings of inferiority.

With the Nazi occupation of Vienna in the 1930's Freud and Adler were forced into exile; Freud came to London, Adler and his family went to New York; Jung remained in Switzerland. This had profound effects on the development of the theory and practice of Psychoanalysis and the "Individual Psychology" of Dr Alfred Adler.

Individual Psychology introduced philosophical concepts that influenced the development of later humanistic and existential psychology. Adler observed that inequality in relationships between men and women and within social hierarchies is at the root of much neurotic behaviour. Before Adler, such ideas were not acknowledged outside of politics, but as we have seen, they have preoccupied psychology for much of the 20th century.

What is "individual" in Individual Psychology is the person, who is regarded as an indivisible whole, with a distinctive *life style*. One's life style, which one develops in early childhood, encompasses how one sees oneself, other people, the world, and one's relationships and involvement with others. A person's life style can often be ascertained in a short time, and any presenting problems will form part of the whole picture. In consequence, life style assessment is an invaluable diagnostic skill. Work with early recollections, dreams, family values, birth order and the family constellation provides the information needed to make hypotheses with client. An important factor is that the practitioner works with the client and does not have to "get it right". The client is invited to contradict, which fosters equality and invites collaboration.

Another Adlerian innovation was the identification of psychosomatic symptoms by asking the question; "Imagine that you could get rid of your symptoms entirely, how your life would be different?" The client reply was found to reveal the degree of psychological motivation involved in the illness. While mainstream psychiatry pursued medical and reductionistic models, Adler and his adherents subscribed to a more philosophical and holistic approach.

The clinical application of Individual Psychology is relatively straightforward and familiar to many, because other humanistic schools have adopted Adlerian concepts or developed along similar lines, often without acknowledging the debt. However a few of the concepts are challenging- for example, the proposition that all behaviour is purposeful. This is often easier to see in children than adults. When applied to adults there is the implication of accepting responsibility for one's own behaviour and feelings and concomitantly avoiding assuming responsibility for other's emotions. Adlerians hold that the "purpose" of much neurotic behaviour lies in the avoidance of responsibility, but that this tendency is based upon mistaken beliefs from childhood, which the practitioner helps the client address.

Individual Psychology lends itself to brief therapy, in which "normalising" the client's feelings is the chief objective. Adlerian psychotherapy, which can be medium to long-term, requires the establishment of a genial relationship and is conducted as if between equals.

ADVERTS

Stationery and websites for Counsellors and Therapists

I have many years' experience creating stationery for counsellors and therapists. The range I offer includes business cards, letterheads, compliment slips, leaflets, invoices, receipts, appointment slips and much more. Website design and maintenance – from simple one page sites to complete multipage sites. A full design service is available including organising a suitable logo. Starter pack available for those newly in practice.



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WORKSHOPS—YOUR HELP WANTED!

We are still looking for **local** workshops to advertise that would be of interest to our members. Pauline Edwards told us about Sevenoaks Christian Counselling. They run workshops that do not have a religious basis, despite the name of the organisation, and I'm now in contact with them about up-coming events. See elsewhere in this issue for full details.

She also told me about Godden Green Clinic. Their director told me by email : *The workshops are on an irregular basis and usually in conjunction with the opening of a new service or a GP seminar. We are thinking of doing something in February/March to note the anniversary of the Young Persons Unit opening, it is likely to be around the use of DBT with young people.* If this is of interest to you I suggest you contact them direct—Godden Green Clinic, Sevenoaks, Kent, 01732 763491

If you know of other groups we can contact please let Sue know. We can only advertise events we know about!

WORKSHOPS, LECTURES & TRAINING

St Barnabas House Counselling and Therapy Centre

First Floor, St Barnabas House, Duncan Road, Gillingham, Kent ME7 4LA
Tel: 01634 851558 – Email: sbh.therapy@amserve.net – www.stbarnabashouse.co.uk

Information for Counsellors

This counselling centre is situated in the Medway Towns, with easy access to bus and train stations and the M2 motorway. In addition to the seven counsellors who conduct their practices from here, aromatherapists and a reflexologist work from the same centre. We have beautifully appointed rooms, which are very light and airy. There is a practice manager on site every day from 9.00 to 5.00 and a receptionist on three evenings and Saturday morning.

For more information contact the centre direct or you can download a booking form from our website at www.bacpsl.co.uk/barnabas.html

SYSTEMIC CONSTELLATIONS WORKSHOP

This workshop is led by Jutta ten Herkel; psychotherapist, trainer, supervisor, who has been involved in this work since 1993, running workshops in Britain and abroad. This approach offers participants the opportunity to unravel entanglements in the family which may have existed for many generations and created all kinds of suffering. Other issues raised are intimate relations, parents and children, guilt and family conscience, loss and death. The workshop is a profound experience towards understanding the power of primordial love and how it can be redirected.

For further information about these workshops please contact:-
Jutta ten Herkel.....phone/fax (020) 8769 0313
Email.....juttatenherkel@hotmail.com



**2006 MONTHLY PUBLIC LECTURES
AT CONWAY HALL
Red Lion Square, London WC1
at 7.30 p.m. Tuesday nights – admissions £5, concessions £3**



14th February 2006	<p style="text-align: center;">When the Mask Begins to Crack ? Surviving the Mid-Life Transition</p> <p>Antonia BOLL, M.A., Jungian Analyst (AJA) & (IAAP), Supervisor and Trainer at ReVision, Centre for Integrative Psychosynthesis, London.</p> <p><i>Mid-life can be an intense emotional turning point in our lives, when settled assumptions about who we are and where we are going can be profoundly challenged. The necessity for change is often forced upon us through personal tragedy, embarrassing symptoms, or devastating life-changes like redundancy, illness or divorce. Jung saw his own period of inner turmoil as a necessary step in the development of emotional maturity and the source of many of his most important ideas. Antonia Boll will amplify some of these key concepts, such as "Persona" and "Shadow", and illustrate her talk with examples from literature and clinical vignettes.</i></p>
14th March 2006	<p style="text-align: center;">From Pimples and Piercings to Red Hats and Purple</p> <p>Wendy Ann GODDARD, B.A. (Hons), Adv. Dipl. Couns., Supervisor, Trainer, Founder of the supporting children and young people and their families organisation "The Listening Ear", Bournemouth.</p> <p><i>In this presentation, Wendy will look at a comparison between the transition of adolescence into adulthood and the transition from adulthood into the purple age (between 60 and senility). She believes that the two stages have much in common and that instead of hounding hooded youngsters from "hanging around" in shopping precincts, we should be recommending the same methods given to those reaching their twilight years to keep them capable, connected and contributing to society. She will argue that not only is the education system failing young people, but our communities are also failing in their responsibility. As the African proverb states, "It takes a whole village to educate a child."</i></p>
11th April 2006	<p style="text-align: center;">Heuristics and the Experienced Practitioner</p> <p>April RUSSELLO, M.Phil/Ph.D. Researcher, M.Sc. Mental Health, BFA, Dip. Couns., Psychotherapist, Educator.</p> <p><i>In this presentation, she will explore practitioners' development of heuristics or clinical shortcuts, and the formation of expert-reasoning in the novice to expert continuum of practice. Participants will be invited to reflect on their own intuitive, spontaneous development of 'shortcuts' based on practical experience and work with diverse client personalities over time. These will be explored within the conceptual framework of "striving for competence" and "individuality".</i></p>
9th May 2006	<p style="text-align: center;">Could Summer Schools Be Better than Counselling? - A New Perspective on Maximising Positive Therapeutic Shift</p> <p>Bruce Greenhalgh, M.A. (Counselling & Psychotherapy), Head of Employee Assistance with Accenture HR Services, Fellow of the Chartered Institute of Personnel and Development, Adlerian Counsellor (IIP) and Trainer, MBACP (Accred).</p> <p><i>It is widely accepted that individual counselling and psychotherapy are proven approaches to help individuals achieve a positive therapeutic shift. Bruce proposes that there are a number of factors that contribute to this shift and that a Summer School can be the ideal opportunity to optimise those factors and maximise any positive therapeutic shift.</i></p>
14th June 2006 The Hertha Orgler Memorial Lecture	<p style="text-align: center;">Encouraging the Discouraged to Encourage the Discouraged to Encourage the Discouraged.</p> <p style="text-align: center;">Supporting the Leaders of the New Integrated Children's Centres.</p> <p>Karen John, Ph.D., Researcher, Trainer, Lecturer, Consultant, Adlerian Counsellor and Therapist.</p> <p><i>Adler understood symptomatic behaviour to be "discouraged" behaviour. He pioneered the child guidance movement in Vienna in the 1920s, bringing together children, parents and teachers in his development of a "curative pedagogy". That is, he involved those most concerned in order that they might better understand, and use their strengths to solve, their problems. The aims of the new integrated Children's Centres are very like Adler's. The challenges are too. Dr. Karen John will talk about how she has applied - and shared - Adlerian concepts and techniques with leaders of Children's Centres towards encouraging the discouraged to overcome their symptomatic behaviour.</i></p>

Attendance certificates are available for CPD purposes

For more information contact Paola Prina at OneTheLimes@aol.com

The Administrator, 73 South Ealing Road, London W5 4QR

☎ 020 8567 8360 Website: www.adleriansociety.co.uk

Please note a raffle to raise funds for scholarships to the Oxford Weekend and ICASSI is being held at each lecture Evening. Any items that can be used as prizes will be gratefully received.

The Institute of Family Therapy
24-32 Stephenson Way, London NW1 2HX
Tel: 020 7391 9150 – Fax: 020 7391 9169
<http://www.instituteoffamilytherapy.org.uk/>

IFT runs a programme of day workshops and conferences, the next few of which are detailed below. Single day workshops are normally £95 and two day workshops £145. To book contact the Training Department on the above number or email training@instituteoffamilytherapy.org.uk

February 2006

17th February, 2006

Working Systemically in the Adult Mental Health System Beliefs - Dilemmas - Challenges

Lorraine Davies-Smith: Systemic Psychotherapist, Head of Enfield Couple & Family Consultation Service, Barnet Enfield & Haringey Mental Health NHS Trust, Visiting Lecturer, Doctorate in Clinical Psychology, University of Hertfordshire

The guideline produced by N.I.C.E. (2002) for the treatment and management of schizophrenia recommended, "Family interventions should be available to the families of people with schizophrenia who are living with or who are in close contact with the service user". This put families back on the agenda in adult mental health (AMH) settings where an individualistic and medical approach to care has dominated.

This workshop will explore the dilemmas, challenges, and tensions of working systemically with families and multi disciplinary colleagues in AMH settings. We will explore how you can create a tolerable position for yourself and your professional identity in the AMH system, and what that position would need to encompass. Case examples will be presented for illustration purposes.

March 2006

2nd & 3rd March, 2006

Taking Positions in the Organisation

David Campbell: Consultant Clinical Psychologist, Tavistock Clinic, London; Organisational Consultant
 Marianne Groenbeck: Social Worker and Freelance Organisational Consultant, Denmark

The presenters have gradually developed a particular working model based on systemic thinking but also incorporating newer ideas from the fields of positioning theory, semantic polarities, and dialogical conversations. The workshop is designed for managers and consultants, or any employee, who would value a model for understanding how organisations get stuck and what can be done to move them forward.

Examples from the presenters' work in both the public and private sector will be shared with participants. Exercises and role plays will be used to practice the skills that underpin this new approach.

The workshop will be followed by an evening book launch for the English publication of 'Taking Positions in the Organisation' (Campbell, D. & Groenbeck, M 2005 Karnac Books, London)

27th March, 2006

Separating Lives, Emotional Ties: Using Systemic Ideas in Mediation

Dr Barry Mason: Director, Institute of Family Therapy

Systemic ideas and skills are beginning to interest and influence the practice of mediation. In this workshop, Barry Mason will present ideas from systemic practice that can be of use to professionals working in this field. The day will mainly focus on skills development with a particular emphasis on interviewing skills and the mediator/ client relationship.

5 CPD points.

31st March, 2006*Introducing a Systemic Approach to Management and Consultation*

Ros Draper, Systemic Psychotherapist, Trainer and Consultant in Private Practice

As Course Chair of the IFT/Birkbeck Postgraduate Diploma & MSc in A Systemic Approach to Management & Consultation, Ros believes that viewing the tasks of management and consultation through a systemic lens can empower professionals in any organisation.

Managers and consultants attending this workshop will be introduced to ways in which systemic ideas and practices are proving to be effective in organisational life today. Participants will also be invited to explore their own workplace dilemmas using a systemic perspective as well as being offered some new skills. This workshop is suitable for professionals with no previous knowledge of systemic thinking and practice as well as systemic practitioners.

May 2006**8th & 9th May, 2006***Therapeutic Mediation (TFM) in Practice*

Howard Irving, PhD: Professor at the University of Toronto, Faculty of Social Work and Faculty of Law

Two day workshop

10 CPD points

Cost: £145 for both days

In the introduction to their book *Therapeutic Family Mediation-Helping Families Resolve Conflict* (2002), Michael Benjamin and Howard Irving say: "To avoid any misunderstanding, let us be clear at the outset that enacting the TFM model does not involve doing therapy. Rather it does involve using therapeutic techniques to advance the objectives of family mediation." It is important for family mediators to have an understanding of the relational and affective dynamics of separating families and to be aware of how family dynamics can block productive negotiation. The aim of this two-day workshop is to introduce participants to the theory behind TFM and to learn and practice interventions that can enable effective negotiation and mediation to happen.

Dr. Irving has been a practicing family mediator for over 25 years. and has an international reputation in this field.

15th May, 2006*Families at Their Best: An Introduction to Solution Focused Brief Therapy*

Chris Iveson: Co-Director, Brief Therapy Practice, London

This will be a fast moving high energy introduction to solution focused brief family therapy, where usefulness and enjoyment are virtually guaranteed. There will be videotapes of sessions with families, practical skills-based exercises, short to-the-point presentations and lots else to do. The outcome for most will be an even more generous appreciation of clients, at least one new skill sufficiently grasped and practiced to be able to use it the next day back at work (or even before) and a sense of a day well spent.

Chris Iveson is a long-standing member of IFT and a founder member of BRIEF, one of the world's leading solution focused brief therapy clinics.

25th & 26th May, 2006*The Spoken and Unspoken Dialogues of Intimacy: Expanding Creative Practice with Children and Young People*

Peter Rober: Clinical Psychologist, Family Therapist and trainer at "Feelings and Context". Antwerp, Belgium and Department of Relationship and Family Studies, Faculty of Psychology, University Ghent, Belgium.

Jim Wilson: Consultant Family Therapist with Gwent Health Care Trust, Consultant Psychotherapist with Foster Care Associates and Co-Director of Partners for Collaborative Solutions

This workshop will illustrate useful ways to enter verbal and non-verbal dialogue with children and their families in order to help take useful steps forward in therapy. Based on Systemic and Narrative orientations, we will talk about the challenges failures, possibilities and satisfactions in practice. This course will be suitable for all professionals involved in supporting families and providing therapeutic services to children, their parents and carers whether in Statutory, Voluntary or Private practice.

WORKSHOPS, LECTURES AND TRAINING

BOTTISHAM VILLAGE COLLEGE

Advanced Certificate in Counselling Studies

Accreditation: The course is accredited by the Adlerian Society, an organisational member of the British Association for Counselling & Psychotherapy (BACP). Each student is assigned a Core Tutor who will carry out the ongoing assessment of assignments and provide regular tutorials throughout the duration of the course.

Core Tutor: ANTHEA MILLAR, BA (Hons), MA, BACP Senior Reg Counsellor, UKRC, DiplIP
Anthea has been training counsellors since 1986 in the UK and internationally, and co-ordinates the 4 year counselling training at Bottisham. She works as a counsellor in a GP surgery and in independent practice, and supervises for several counselling agencies in Cambridge. She is author of a number of counselling publications.

External Moderator: Dr KAREN JOHN, PhD
Karen is a visiting fellow at the School for Policy Studies at the University of Bristol. She works as a freelance researcher, consultant, trainer, lecturer and Adlerian counsellor, helping organisations, individuals and families overcome obstacles that prevent healthy development and functioning.

Course fees:

Advanced Certificate Training:

75 hour option £675 (£450 concessionary) - 100 hour option £900 (£600 concessionary)

Individual workshops:

One day workshop £70 (£40 concessionary) - Two day workshop £120 (£70 concessionary)

A 75 or 100 hour Assessed Modular Training

This practice-based training will be of interest to both experienced counsellors and advanced trainees, who wish to extend their professional development and also build their training hours in accordance with accreditation requirements. Internationally renowned practitioners from the USA, Canada, Germany, and the UK have been invited to present advanced training workshops of either one or two days length. Adlerian psychology underpins many of the workshops, offering an integrative approach that will be relevant to practitioners coming from a wide range of other theoretical trainings.

Assessment: Each student will be assigned a core tutor who will provide regular tutorials, assessments and guidance. Set assignments include a written analysis after each workshop, journal summaries, and a mini-dissertation related to one of the chosen modules.

Structure of training: Students make a choice of 12 days (75 hours option) or 16 days (100 hours option), tailoring this to their own specific interests. This is a rolling programme, students being able to join at any time.

Continuing Professional Development

For those interested in Continuing Professional Development (CPD), rather than assessed training, it is possible to choose to attend any number of the workshops described opposite, for which a CPD certificate of attendance will be issued.

Further information:

Details and application (during term times) can be obtained from:

Jacky Kelly, Community Education Office, Bottisham Village College, Lode Road, Bottisham, Cambridge, CB5 2DL
Telephone 01223 811372 – Fax 01223 813015

If you wish to have an informal discussion regarding any aspect of these courses both in or out of term time please contact:

Anthea Millar - 01223 314827 – email: antheam@ntlworld.com

WORKSHOPS, LECTURES AND TRAINING continued

Bottisham Village College WORKSHOPS March 2006 – July 2006

Available as a 75 or 100 hour assessed training, or as individual workshops

This is a rolling programme with further workshops arranged from October 2006

March 18th & 19th 2006 ~ PSYCHOPATHOLOGY & COUNSELLING: Neurosis, psychosis and personality disorders

GERHARD BAUMER, Dip Psych, Reg Psychotherapist, Berlin, Germany

May 6th 2006 ~ THE USE OF FAIRYTALES IN COUNSELLING AND THERAPY

INGUNA UPZARE & SAMUEL SCHUERER Therapists, Directors: Institute for Individual Psychology, Riga, Latvia

July 10th & 11th 2006 ~ COUPLES COUNSELLING

CLAIR HAWES, PhD, Clinical Psychologist, Consultant Adler School of Psychology, West Vancouver, Canada

Further workshops are planned from October 2006 – July 2008

This programme may be subject to alteration

Details and Application (during term times) from:

Community Education Office, Bottisham Village College, Bottisham, Cambridge CB5 2DL

Tel: 01223 811372 – Fax: 01223 813015

If you wish to have an informal discussion regarding any aspect of these courses

both in or out of term time contact:

Anthea Millar Tel: 01223 314827

INFORMATION SECTION & NEWS

I am collating a database of email addresses of Colleges and Training Schools.

Please let me have any contact information you may have.

Austin Pacitto

Email apacitto@aol.com

Introduction Offer

Introduce a new member to the organisation and upon successful processing of their membership you will be sent a £10 voucher to use against your future membership options.

WORKSHOPS, LECTURES AND TRAINING continued



Two Day Workshop

Gerhard Baumer trained in Berlin as a clinical psychologist over 25 years ago, and has worked extensively as a psychotherapist, supervisor and trainer in Germany and the UK. He is on the faculty of the International Adlerian Summer Institute, and regularly provides training input for the Diploma and Continuing Professional Development programmes in London, Cambridge and Wendover, and he is regularly invited to present sessions at the annual Adlerian Summer School in the UK. Gerhard integrates Adlerian Psychology and psychoanalytic approaches in his work.

Advanced Certificate in Counselling Studies and Continuing Professional Development

Ongoing Training Opportunities in Adlerian Integrated Approaches

Sat 18th & Sun 19th March 2006 9.45am to 5pm
Bottisham Village College, near Cambridge (01223 811372)

Psychopathology and Clinical Skills in Counselling

Presented by **Gerhard Baumer** Dip Psych, Reg Psychotherapist
(Germany)

This two day workshop offers counsellors and psychotherapists the opportunity to develop their clinical skills further through exploring aspects of both psychosis and neurosis.

Following exploration of 'normality' 'neurosis' and 'psychosis', Gerhard will focus particularly on the more common neuroses such as depression, obsessive compulsive disorders, anxiety states including phobia and panic disorder. He will also address issues relating to the borderline personality disorder, and discuss early symptoms of psychosis.

Gerhard will be referring to DSMIV and ICD 10 — offering a critical analysis of these standard diagnostic systems in relation to clients' mental distress.

Participants are invited to bring case material (appropriately disguised) or specific issues relating to their own experience in the therapy/counselling process. The aim is to make the workshop as experiential as possible.

Tea & coffee will be provided. Please bring some food for a shared lunch

BOOKING for 'Psychopathology and Clinical Skills in Counselling' on Sat 18th & Sun 19th March 2006. Fee £120 (concessionary rate £70).

For **enquiries & to check eligibility for concessionary rates call Bottisham Village College on 01223 811372**

Send your Name, Address, Email and Phone Number with any payment and state whether you are *Attending as part of the Advanced Certificate Training Programme* (payment made separately) *Or the Continuing Professional Development Programme* and enclose payment of £120 or £70

Please send to: Counselling Course Co-ordinator, Bottisham Village College, Lode Road, Bottisham, Cambridge CB5 9DL **with cheque payable to Cambridgeshire County Council**

WORKSHOPS, LECTURES AND TRAINING continued



Sam Schurer is a counsellor and trainer based in Riga, Latvia. He trained as a counsellor in Zurich (having originally worked as a social worker with young people) and is now co-director of the Individual Psychology Institute in Riga, where he lectures and supervises as well as having his own counselling practice.

Inguna Upzare is a counsellor, lecturer and supervisor, and is the head of the board for the Institute for Individual Psychology in Riga Latvia. She was formerly the president of the Latvia School Psychology association. She is shortly completing her doctorate and leads many different workshops as well as having her own private practice

Advanced Certificate in Counselling Studies and Continuing Professional Development

Ongoing Training Opportunities in Adlerian Integrated Approaches

Saturday May 6th 2006 9.45am-5pm

Bottisham Village College near Cambridge (Tel: 01223 811372)

Creative Counselling using Fairy Tales

Presented by: **Sam Schurer** and **Inguna Upzare**

Directors: Institute for Individual Psychology, Riga, Latvia

Fairy Tales deal with questions of destiny. When we remember our favourite childhood fairy tales we unconsciously formulate a question about destiny that will have direct relevance to our own life now.

In this experiential workshop we will demonstrate how to understand and work with recollections of fairy tales, in relation to the client's present life situations, using creative methods such as art and psychodrama. Working with the support of the whole group, the protagonist will be enabled to find solutions through the metaphorical level of the fairy tale. This metaphor can then be transformed and translated for use in helping solve a current or ongoing life issue.

Tea & coffee will be provided. Please bring some food for a shared lunch

BOOKING SLIP 'Fairy Tales' workshop on Saturday 6th May 2006.

Fee £70 (£40 concessionary).

For all enquiries & to check eligibility for concession rates, contact Bottisham Village College 01223 811372.

Send your Name, Address, Email and Phone Number with any payment and state whether you are *Attending as part of the Advanced Certificate Training Programme* (payment made separately) *Or the Continuing Professional Development Programme* and enclose payment of £70 or £40

Please send to: Counselling Course Co-ordinator, Bottisham Village College, Lode Road, Bottisham, Cambridge CB5 9DL **with cheque payable to Cambridgeshire County Council**

WORKSHOPS, LECTURES AND TRAINING continued

INNER CIRCLE SEMINARS FEBRUARY 2006 - JANUARY 2007

Anthony Stadlen founded the Inner Circle Seminars in 1996, as an interdisciplinary search for truth in psychotherapy and its foundations. The seminars are held once a month, on Sundays, and last all day. Most are conducted by Anthony Stadlen, but many have been conducted by distinguished authorities in a number of disciplines, from all over the world, including 'Emma Gold', Tom Greeves, David Harsent, Susannah Heschel, Sheila Kitzinger, Claudia Koonz, Malcolm Macmillan, Rodney Mariner, Gitta Sereny, Sonu Shamdasani, Martti and Ann-Helen Siirala, David Singmaster, Richard Skues, Naomi Stadlen, Peter Swales, Thomas Szasz, Terry Tanner, Michael Tregenza. The seminars themselves have an international reputation.

The seminars between February 2005 and January 2007 reflect a constellation of anniversaries of thinkers whose work is of incalculable importance for the foundations of psychotherapy and related disciplines: Kierkegaard, Levinas, Binswanger, Flew, Straus, Laing, Esterson, von Hildebrand.

All seminars are on Sundays, from 10 a.m. to 5 p.m., at Regent's College Conference Centre, London (see below for details). All are conducted by Anthony Stadlen unless otherwise stated.

You may attend any or all of the seminars. People who have participated in the seminars say that they find them helpful and clarifying, and a safe place to explore perplexities. The seminars are Continuing Professional Development for advanced professionals, but they are also designed to complement the training of students of psychotherapy and other disciplines. You will receive a certificate of attendance.

26 February 2006: Room F—Inner Circle Seminar No. 98

LUDWIG BINSWANGER—THE 'FATHER OF EXISTENTIAL PSYCHIATRY'

Ludwig Binswanger (13 April 1881 - 5 February 1966) died 40 years ago this month. He is called the 'father of existential psychiatry', but like other psychiatrists he imprisoned his patients (including Nijinsky) in his 'sanatorium'. He was a severe critic of Freud, but remained a firm friend. He supplemented Heidegger's 'care' with Buber's 'I-Thou' to do justice to love, but Heidegger said Binswanger had misunderstood him. His dream theory influenced Foucault, and through him the music of Jean Barraqué. Binswanger's case studies are revered by many, but Laing and Rogers deplored his case of 'Ellen West'. This seminar discusses what is valuable for existential psychotherapists and others in Binswanger's work.

26 March 2006: Room F—Inner Circle Seminar No. 99—CRIME OR DISEASE?

With guest seminar conductor PROFESSOR ANTONY FLEW, distinguished philosopher, author of *Crime or Disease?* (1973). Professor Flew is one of the very few philosophers whose thinking on 'mental illness' is broadly in accord with Thomas Szasz's.

23 April 2006: Room F—Inner Circle Seminar No. 100

This celebrates the 10th anniversary of the first Inner Circle Seminar, 'The stones speak!', on 21 April 1996, the exact 100th anniversary of Freud's double announcement (21 April 1896) of psychoanalysis and of the seduction theory. Details to be announced.

7 May 2006: Room F—Inner Circle Seminar No. 101

This celebrates the 150th anniversary of Freud's birth (6 May 1856). Details to be announced.

September to December 2006

LAING AND ESTERSON: *Sanity, Madness and the Family* (1964) 40 YEARS ON

A subseries of eleven of the series of monthly Inner Circle Seminars between 2004 and 2006 is devoted to a fortieth-anniversary celebration and reexamination of each of the eleven great phenomenological descriptions of families of 'schizophrenics' in R. D. Laing and Aaron Esterson's *Sanity, Madness and the Family* (1964), written under the influence of Thomas Szasz's *The Myth of Mental Illness* (1961).

This is a chance to study in depth, forty years on, a great twentieth-century contribution on 'schizophrenia' and the family. (John Bowlby called it the most important twentieth-century book on families.) This work has incalculable implications for understanding how certain individuals come to be seen as 'mentally ill'. It is of fundamental importance for the practice of psychotherapy.

WORKSHOPS, LECTURES AND TRAINING continued

'We believe that the shift of point of view that these descriptions both embody and demand has an historical significance no less radical than the shift from a demonological to a clinical viewpoint three hundred years ago.'

Thus, in 1964, Laing and Esterson introduced their epochmaking descriptions of eleven families of 'schizophrenics'. But forty years on, the 'clinical viewpoint' still reigns supreme. Have Laing and Esterson been proved wrong? Or have they not yet been understood? Is chronologically later work an existential retrogression?

Eleven seminars, over three years, investigating each of the families in turn, offer psychotherapists and others an unprecedented opportunity to explore these questions in depth. We read through each of the case studies in full, with different seminar participants reading the tape-recorded words of different family members.

Anthony Stadlen was a close colleague of the late Aaron Esterson, and continues to develop Esterson's existential-social-phenomenological method in his own research and therapy. For example, in the most recent seminar of the series, the seventh, he reported on his research on the subsequent history of Ruth Gold and her family. Ruth Gold's brother, by invitation, attended the seminar in person (initially, incognito), and offered to provide some 'facts' on the case, to temper the preceding speculation. He endorsed Laing and Esterson's approach, but gave his reasons for thinking that their account, far from being (as some participants claimed) biased against the parents, was, at least in his own family's case, so 'understated' as to amount to a 'whitewash'...

These seminars offer an important opportunity for participants to discuss, and test the validity of, Laing and Esterson's theory of 'schizophrenia' and the family.

17 September 2006: Room A—Inner Circle Seminar No. 104—FAMILY 8 - THE HEADS

22 October 2006: Room F—Inner Circle Seminar No. 105—FAMILY 9 - THE IRWINS

5 November 2006: Room F—Inner Circle Seminar No. 106—FAMILY 10 - THE KINGS

10 December 2006: Room A—Inner Circle Seminar No. 107—FAMILY 11 - THE LAWSONS

Other Lectures

28 January 2007: Room A—Inner Circle Seminar No. 108

DIETRICH VON HILDEBRAND AND PSYCHOTHERAPY

Dietrich von Hildebrand was born a fortnight after Heidegger and died eight months after him, 30 years ago this month (26 January 1977). Like Heidegger, he was one of Husserl's favourite students, a colleague of Scheler, and one of the great original philosophers of the twentieth century. Unlike Heidegger, he bravely opposed the Nazis, and was on their death list. In this seminar, we continue to examine critically psychoanalytic and existential notions of love, this time in the light of the profound thinking of this great Catholic phenomenologist of love.

Venue: Regent's College Conference Centre, Inner Circle, Regent's Park, London NW1 4NS.

Cost per seminar: students £72, others £90, in advance. There are some bursaries. There are reductions for sets of seminars: for example, a calendar year's seminars, or an academic year's seminars, or the remaining series of four seminars on Laing and Esterson's *Sanity, Madness and the Family*. Seminars must be paid for at least a week in advance, and tickets are not refundable. Cars may be parked in the College all day for £8, or in the Inner Circle for £1.20 per hour between 9 a.m. and 6.30 p.m. Baker Street underground is ten minutes' walk. Breastfeeding mothers and babies are welcome in the seminars. There is access for people with disabilities. Refreshments may be bought in the College Refectory, or in the Garden Café in Regent's Park just across the Inner Circle.

Apply to:

Anthony Stadlen, Oakleigh, 2A Alexandra Avenue, London N22 7XE

Tel: +44 (0) 20 8888 6857

E-mail: stadlen@aol.com

Anthony Stadlen has practised for thirty-five years as an existential-phenomenological analyst. He is registered as an existential psychotherapist by the UKCP (RCSPP) and as a psychoanalytic psychotherapist by both the BPC (LCP) and the UKCP (AIP).

SEVENOAKS CHRISTIAN COUNSELLING SERVICE
COUNTINUING PROFESSIONAL DEVELOPMENT DAYS
Sevenoaks Christian Counselling Service, The Bridge, Littlecourt Road,
SEVENOAKS, TN13 2JG
Tel: 01732 450118

This year SCCS have organized four Professional Development Days and here is the full programme for the year. They have three new speakers and have asked Nicky Marshall to return to lead a day on a different topic to last year. Each training day will be held in Sevenoaks and will run from 10.00am – 4.00pm. The cost for each day is £45.00. Early booking (at least four weeks before the training date) reduces the cost to £42.00.

An Introduction to the Use of the Creative in Therapy
with Kathy Reed
Thursday 9 March 2006

The training day will explore ways in which creative tools such as sand, paint, play dough, soft toys, stories and images can be used with clients. Sometimes when words are hard to find, creative therapies can help a client to make contact with feelings and experiences that 'crave recognition but defy words', facilitate insight and lead to deep release and growth.

KATHY REED is an experienced counsellor/psychotherapist and creative arts therapist, MBACP accredited. In her work she has gained considerable experience in the voluntary sector, in private practice and in teaching counselling skills in both counselling and pastoral care settings.

An Exploration of the Unspoken in Counselling and Supervision
with Francesca Inskipp
Tuesday 9 May 2006

The questions that participants will be encouraged to explore are:

- How do we become aware of what is present but unspoken in a counselling or supervision relationship?
- How do we process that for ourselves?
- How and why might we decide to speak it?
- How might we say it?
- What might be the consequences?

The workshop will consist of some simple ideas and exercises for raising awareness. There will also be opportunities to practise saying difficult things in a safe and light-hearted atmosphere.

Ideas which will inform the workshop are the art of balancing congruence, respect and empathy, and the clarity of intention within a working relationship and agreement.

FRANCESCA INSKIPP is an experienced counsellor, supervisor, trainer and Fellow of BACP. Books include: *'Making the Most of Supervision'* and *'Becoming a Supervisor'* (written with Brigid Proctor), *'Skills for Counsellors'*, *Handbook of Counselling Skills'* and Radio Programmes *'Principles of Counselling'* (with Hazel Johns).

Voicing the Hunger - Eating Disorders

with Nicky Marshall

Friday 7 July 2006

Eating disorders in their various forms are an increasing issue of significance in the lives of clients presenting for counselling. In this workshop we will explore this 'symptom' from a variety of perspectives, so that we can begin to listen to what is seeking to be expressed through the use of food. By thinking about some of our own history with food, and through both our own responses to clients and a variety of creative exercises, this workshop is intended to support counsellors in their attempts to listen, and help their clients listen, to what is being said through the metaphors of food, eating, nourishment and body size/weight.

NICKY MARSHALL is a UKCP registered psychotherapist, and BACP Accredited Senior Practitioner. She trained as an Integrative Psychosynthesis Psychotherapist, Integrative Transpersonal Supervisor, and as a Contextual Couples Counsellor. She has a private practice working with individuals, couples and supervisees in the Sevenoaks area, and works as a trainer at The Counselling Centre in Tunbridge Wells, and at Re-Vision in North London.

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Gender and the Therapy Relationship

with Marie Maguire

Friday 24 November 2006

During this training day we will draw on our own clinical experience to discuss some recent theories about the effect of the client's and therapist's gender on the therapeutic relationship. We will also look at whether gender affects the kinds of problems women and men bring to psychotherapy and the way they unfold in the consulting room. Examples from your own clinical practice will be welcomed.

MARIE MAGUIRE is a psychoanalytic psychotherapist and clinical supervisor working in South London. She has written *Men, Women, Passion and Power: Gender Issues in Psychotherapy*, (Routledge 2004, 2nd edition) and co-edited two other books. She has also written a number of papers, the most recent being *The Website 'Girl': Contemporary Theories about Male 'Femininity'* in BJP 22 (1), 2005.

She has taught on many psychotherapy and counselling courses and has been on the Training Committee of The Guild of Psychotherapists since 1990.

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And a date for your diary – 3 March 2007 – John Rowan

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To reserve places on these CPD days send your name, address, phone number and email address plus a cheque for the correct amount payable to SCCS at Sevenoaks Christian Counselling Service, The Bridge, Littlecourt Road, SEVENOAKS, TN13 2JG—Tel: 01732 450118 in case of a query. If you need to withdraw for any reason your fee will be refunded providing your place can be filled from a waiting list. Your booking fee will be acknowledged and full details sent to you a few weeks before the training day.



Counselling Courses

Southwark College runs a number of counselling courses, offering a progressive route from Basic Counselling Skills Certificate through to a two-year Diploma in Therapeutic Counselling.

At present, we have part-time day and evening courses at the basic and more advanced skills and Theory Certificate levels. The applicants need to be over 21 years.

At the Certificate level, the students acquire a sound foundation in Counselling Skills and Theory with practice within an agency setting.

The Diploma is a 2-year part-time training programme leading to a professional Counselling qualification. The minimum age for entry into the Diploma is 24 years.

The Diploma students gain a deeper theoretical knowledge combined with skills practice and supervision. The course also supports the trainee in developing a personal style of counselling derived from a progressive syllabus of the Person-centred and the Psychodynamic approaches taught over the 2 years, consolidated by observed practice in triads and supervised placements over the two years.

Selection of Trainees

The courses place much emphasis on the individual's personal development, through experiential work and personal therapy.

The candidates will be selected for the courses where they show evidence of the following attributes or the potential for developing them:

- A mature and stable attitude.
- Awareness of self.
- An ability to reflect on and learn from life experiences, along with acknowledgement and acceptance of own strengths limitations.
- An ability to meet the intellectual and academic requirements of the course.
- A willingness to be emotionally challenged by the course.
- A basic ability to form and sustain a relationship in a helping capacity.
- A commitment to developing awareness around issues of oppression.
- Openness to learning from feedback.
- An ability to be aware of being respectful of own and other's boundaries.
- The programme is run in accordance with British Association of Counselling Code of Ethics at each level.

Please contact the College's Admissions Department for the Application Form, details of Fees, Concessions and any further information, on 020 7815 1541.

For information about the Open Days the Counselling Course team can be contacted on 020 7815 1500 ext. 2216.

DISCOUNTED WORKSHOPS/TRAINING ct'd

Gold Counselling Psychotherapy

Sells at £395 – offer to BACPSL membership - £ 195

Contact Information:

- Postal Address: 808A High Road, Finchley, London N12 9QU
- Tel: 020 8446 8358
- Full details from www.powerthinking.co.uk

Invisible Communications Ltd

Offering 30% discount to BACPSL members – courses include

Inspiring Yourself – a unique personal development programme – cost of 2 day programme – £195.00

NLP strategies for counsellors. – two day weekend workshop - £195.00

Advanced NLP techniques for counsellors - two day weekend workshop - £195.00

Post Traumatic Stress Disorder and treatment strategies that elicit fast change. - two day weekend workshop - £195.00

Stress Management – one day workshop - £95.00

Contact Information:

Postal Address: 207 Marlborough Road, Gillingham, Kent ME7 5HR

Mobile: 07774 605718

email: gwen@invisiblecommunications.com

Full details from www.invisiblecommunications.com

National Council of Psychotherapists

Discounted training in addition to their existing subsidies at an additional 15% on fees.

<http://www.natcouncilofpsychotherapists.org.uk/>

Contact information:

Telephone: 0115 913 1382

Postal address: PO Box 6072, Nottingham, NG6 9BW - United Kingdom

Electronic mail: General Information: ncphq@talk21.com

The Belmont Centre

Jean Murton runs a hypnotherapy course and she is prepared to offer a 10% discount to our members.

Contact information:

The Belmont Centre For Hypnotherapy

Postal Address: 46 Belmont Road, Ramsgate, Kent CT11 7QG

Tel: 01843 587929

Email: postbox@Belmont-centre.co.uk

DISCOUNTED WORKSHOPS/TRAINING ct'd

UK College of Hypnosis and Psychotherapy

Discount offered to members as follows:

On their Practitioner Diploma course: 20% discount. This is a saving of £392 on the course fee of £1960

On their Advanced Practitioner course: 20% discount. This is a saving of £372 on course fee of £1860.

Contact information:

UK College of Hypnosis and Psychotherapy
Training in London, Brighton and Birmingham.

Tel: 0800 028 3071

Email: info@ukchp.com

Web: www.ukchp.com

FACILITATOR DETAILS FOR SMALL GROUPS

Mrs M Creamer
21 Archery Road, London SE9 1HF
Tel: 020 8850 8357
email: mc@marycreamer.fsnet.co.uk

Mrs M Edwards
44 Duke Road, Chiswick W4 2DD
Tel: 020 8747 3087

If you wish to be added to this list, please contact Bonny.

LOOKING FOR A PLACEMENT?

Occasionally we get asked by students for suitable places to try for placement work.

Here are suggestions from the Committee and BACPSL members

Ask your tutor

Doctors' surgeries

The Guardian voluntary pages (Wednesday)

The local Volunteer Bureau in your area

BACP journal classified section

BACP info department

The prison on the Isle of Sheppey takes students on placement

Charities that offer a counselling service

CRUSE

Wandsworth and Battersea Cancer Support

Crisis Listening, St Marylebone Church, London W1

Can you suggest anywhere else?