

**Tayside Institute for Health Studies
University of Abertay Dundee**

***Counselling and Mental Health Practitioner Workshops Programme
Spring/Summer 2010***

The *Counselling and Mental Health Practitioner Workshops Programme* is designed to meet the continuing professional development needs of practitioners and students/trainees in counselling, psychotherapy, clinical psychology, psychiatry, mental health and allied professions

Saturday 13th March. Helen Cruthers: The therapeutic power of the arts

Wednesday 14th and Thursday 15th April. Mark Widdowson. The TA101: An introduction to Transactional Analysis

Thursday 29th April. Susan McGinnis. Working with young people

Thursday 6th May. Dr Denis O'Hara. Working with couples

Tuesday 18th May. Prof John McLeod. Tools for evaluating practice

Saturday 22nd May. Rachel Rogers. Beneath the shell

Tuesday 1st June. Prof John McLeod. Qualitative research in counselling and psychotherapy

Saturday 19th June. Prof John McLeod. Working together to carry out case study research in counselling and psychotherapy: principles and methods

Thursday 24th- Saturday 26th June. Prof Julia Buckroyd. Group Leader Training for Understanding Your Eating: A psycho-educational programme for people whose eating is driven by their emotions (Advanced Training)

Friday 27th August. Mhairi Thurston. Disability and counselling

Saturday 13th March

Helen Cruthers

The therapeutic power of the arts

The creative arts can play an important role in any therapeutic work, giving individuals of all ages broader opportunities for self-expression, self-exploration, and self-development. The arts (movement, music, painting, drawing, puppets, sandtray work, metaphor) can offer new languages with which to communicate and encapsulate experience. This is especially important for those who find it hard or limiting to express themselves verbally. Using the arts therapeutically can enhance clients' opportunities to

- express and externalize feelings and perceptions
- articulate and communicate their experience
- gain insight and understanding into themselves
- nurture and strengthen their 'inner child' – through play and creativity
- contain powerful and complex feelings
- explore transformation and potential.

The arts can also offer therapists the opportunity to enhance their own creativity, insight and self support. This workshop will provide a safe and stimulating space for practitioners to explore their creative energies. There will be opportunities both for personal exploration and for facilitating others' self expression. Theoretical input will include: the role of the arts in humanistic therapy; the contribution of Gestalt theory; ethical issues in working with the arts; the arts and subpersonality/inner child work.

Helen Cruthers is an Integrative Arts Psychotherapist (UKCP). She has been working therapeutically with adults, children and families for a number of years, using a range of creative techniques and is an experienced trainer. She is co-author of 'Techniques for facilitating the expression of subpersonalities', in *The Plural Self: multiplicity in everyday life* (edited by John Rowan and Mick Cooper, Sage, 1998)..

Wednesday 14th and Thursday 15th April

Mark Widdowson

The TA101: An introduction to Transactional Analysis. 2-day workshop

Transactional Analysis is a set of integrated theories offering a model of communication, personality and child development. Based in the Freudian tradition Transactional Analysis developed in the 1950s from the ideas of Dr. Eric Berne a psychiatrist who originally trained to become a psychoanalyst. A central plank of Berne's ideas was that the theory should be accessible and that any individual should be able to comprehend and use the ideas.

Transactional Analysis is now a widely recognised method of humanistic psychotherapy with broad application in counselling, education and organisations. These four areas constitute the recognised specialties for training and qualification in TA.. The TA101 is an introduction to TA run to an internationally agreed syllabus that covers the main theories of TA. It is run as an experiential course allowing for different learning styles and for the integration of material. The TA101 carries a certificate awarded by the Institute of Transactional Analysis (ITA), the UK professional TA body.

On this course you can:

- ☐ Learn models of personality and communication
- ☐ Apply this to your work and personal development
- ☐ Gain an understanding of behaviour and internal process
- ☐ Use this knowledge in communications, your personal development and in your work
- ☐ Gain valuable continuing professional development training

Mark Widdowson is a UKCP Registered Psychotherapist and holds the European Certificate of Psychotherapy. He is accredited by the European Association of Transactional Analysis and the ITA to teach and supervise Transactional Analysts. He is also trained in Integrative counselling. Mark has a supervision and therapy practice in Glasgow where he sees both individuals and couples and offers supervision in both Edinburgh and Glasgow. He is Director of Training at the Counselling and Psychotherapy Training Institute in Edinburgh, Academic Tutor and Supervisor at The Berne Institute in Nottingham and Associate Director at The Berne and Senior Lecturer at the TA and Integrative Psychotherapy Synthesis Centre in Athens.

Thursday 29th April
Susan McGinnis
Working with Young People

Adolescence is second only to infancy in the speed and complexity of development of the person. As a theory which has at its heart a belief in the tendency of individuals to grow towards their potential, the person-centred approach is especially suited as not only a therapeutic, but also developmental and preventative, way of working with young people. This workshop will invite participants to consider:

- What does person-centred theory have to offer counsellors working with young people and how does it support effective practice?
- How does the person-centred approach conceptualise, and work with, the behaviour-related issues for which young people are often referred for counselling?
- What are the dynamics of the therapeutic relationship between adult and child?

- How does the practitioner who prizes the ethical and person-centred values of autonomy and confidentiality balance these with the demands and expectations of working within the law and the institutions in which we meet our young clients?

Susan McGinnis is founder and coordinator of the Counselling in Schools Project based at the University of Strathclyde Counselling Unit, and continues to work as a counsellor for young people. She has been editor of the journal *Counselling Children and Young People*, wrote the BACP *Good Practice Guidance for Counselling in Schools* documents, and has contributed chapters to *How We Feel: An Insight Into the Emotional World of Teenagers* (Jessica Kingsley, 1997) and *Safeguarding Children and Schools* (Jessica Kingsley, 2008). A long-time advocate of counselling provision for children and young people, Susan has an interest in policy-making and promoting child-centred values. She has recently been focusing on developing person-centred theory and practice with regard to counselling young people.

Thursday 6th May
Dr Denis O'Hara
Working with couples

This workshop will explore key features of a Relational Psychodynamic approach to couples therapy. Particular attention will be paid to couples' relational patterns, their respective implicit expectations of relationships, and the meaning each member of a couple attaches to relational messages and cues. The workshop aims to strike a comfortable balance between theory and practice. There will be a focus on enabling participants to identify core symbolic meanings in relationship communication and in aiding genuine therapeutic change. Topics that will be addressed include:

- How we see the world
- Expectations
- Cross-Over Patterns
- Defences
- Moving beyond stuck patterns to genuine communication and change
- The tension between the now and not yet.

Dr Denis O'Hara is a lecturer in psychology and counselling and has run a private counselling practice in Australia for many years. He has recently relocated to Scotland with his family and lectures at the University of Abertay in the Tayside Institute of Health Studies. One of his main research and practice interests is in couples and family therapy.

Tuesday 18th May
Prof John McLeod
Tools for evaluating practice

The aim of this workshop is to introduce participants to a wide range of methods for evaluating the effectiveness of their work with clients. The workshop will examine the use of different types of questionnaires, behavioural measures, qualitative interviews, and collaborative approaches. The advantages and disadvantages of each of these methods will be explored, and guidance will be provided on further sources of information. The workshop will be relevant both to practitioners, and to managers of counselling agencies.

John McLeod is Professor of Counselling at the University of Abertay Dundee, and author of *Doing Counselling Research* (2nd edn, Sage, 2003), *Qualitative Research in Counselling and Psychotherapy* (Sage, 2001) and books, chapters and articles on a wide range of topics in counselling and psychotherapy. His current projects include a manual for therapy practitioners on how to conduct case study research, and the development of a collaborative pluralistic framework for therapy practice.

Saturday 22nd May
Rachel Rogers
Beneath the Shell

As adults we, through necessity, and the instinct to survive, find ways to live and function as best we can. As we are all human this is true for all of us, at times we are able to thrive, sometimes we struggle and sometimes we just manage. This can also be true for adult survivors of childhood trauma. Often people who have experienced trauma as children will have developed effective and complex ways of managing day to day living - negotiating work, relationships, situations and circumstance, as we all do. The adult survivor who finds their way into the therapy room, however, has in some way experienced a breakdown of their managing of life, something has triggered this.

The title of this workshop refers to what might be found beneath the shell, the hard casing, and the different kinds of fears (and hopes) that adult survivors of trauma bring to therapy. We will focus on the moment when a person seeks a therapist or counsellor, why now, what is their motivation? We will explore examples of dramatherapeutic work with adult survivors, introducing the developmental paradigm of embodiment - projection - role to see how the mind and body can communicate psychological pain. The workshop will also examine how to create a safe therapeutic environment for creative exploration, creative action and healing to take place.

Rachel Rogers is a freelance dramatherapist and supervisor, who is currently working on the west coast of Scotland with adults and children in various statutory and voluntary sector services. Rachel also provides training and consultancy to organisations. She moved to Scotland six years ago and took up the post of counselling co-ordinator at Lorn Counselling Service in Oban where she guided the organisation through the COSCA

recognition process. Prior to this Rachel was the Clinical Manager at Off Centre, Hackney Young People's Counselling Service, where in 1996 she set up the agency's Creative Arts Service. Rachel was visiting lecturer on the PG Dramatherapy Training Course at Roehampton Institute 1994-1996, and instrumental in the development of the Ethics Sub Group and the Equal Opportunities Sub Group for the executive of The British Association of Dramatherapists. In her spare time Rachel likes to walk hills with dogs and children and engage in dramatic play in the form of Playback Edinburgh theatre company.

Tuesday 1st June. Prof John McLeod. Qualitative research in counselling and psychotherapy

Qualitative research is of particular interest to many therapy practitioners, because of its capacity to explore aspects of client and therapist experience in depth, and generate original insights. However, it is far from easy to carry out good quality qualitative research. This workshop focuses on key aspects of good practice in qualitative research that involves the collection and analysis of interview material from participants. Issues that will be addressed include the question of researcher reflexivity, criteria for evaluating the validity and relevance of qualitative findings, and the relevance of qualitative research for policy and practice. The workshop will comprise a combination of didactic inputs, along with practical exercises in which participants gain hands-on experience of working with qualitative data. This workshop will be of interest to anyone who intends to carry out publishable qualitative research, or to use the findings of qualitative studies to inform their practice as a counsellor or psychotherapist.

John McLeod is Professor of Counselling at the University of Abertay Dundee, and author of *Doing Counselling Research* (2nd edn, Sage, 2003), *Qualitative Research in Counselling and Psychotherapy* (Sage, 2001) and books, chapters and articles on a wide range of topics in counselling and psychotherapy. His current projects include a manual for therapy practitioners on how to conduct case study research, and the development of a collaborative pluralistic framework for therapy practice. He has extensive experience in carrying out and supervising qualitative research.

Saturday 19th June. Prof John McLeod. Working together to carry out case study research in counselling and psychotherapy: principles and methods

In recent years, there has been a resurgence of interest in the relevance of case study evidence, as a means of contributing to the knowledge base for psychotherapy practice. The establishment of the on-line journal, *Pragmatic Case Studies in Psychotherapy*, has identified standards and criteria for systematic case study evidence, and encouraged valuable debate around methodological issues in this area. However, there remain a

number of important issues to be resolved, including ethical dilemmas in publishing case material, incorporating the voice of the client in case study reports, and ensuring the validity of analysis of case data. In addition, psychotherapy practitioners require clear guidelines, and training, in order to have the confidence to embark on the challenging task of producing publishable case studies based on their work with their own clients. This workshop will provide an introduction to principles and methods in systematic case study research in counselling and psychotherapy. Participants will have the opportunity to work in small groups, on the analysis of case material, and to explore models for establishing practitioner case study teams. This workshop will be relevant for anyone interested in carrying out publishable case study research, or in gaining a deeper appreciation of the strengths and weaknesses of therapy case studies that are currently available within the professional and research literature.

John McLeod is Professor of Counselling at the University of Abertay Dundee, and author of *Case study research in counselling and psychotherapy* (Sage, 2010), as well as books, chapters and articles on a wide range of topics in counselling and psychotherapy. He believes that good quality systematic case study research, conducted by practitioners, constitutes an essential element of the development of therapy policy and practice.

Thursday 24th-Saturday 26th June 2010

Julia Buckroyd

Group Leader Training for Understanding Your Eating: A psycho-educational programme for people whose eating is driven by their emotions (Advanced Training)

Understanding Your Eating is a research-informed, group-based psycho-educational stepped care programme for people who use eating to regulate their emotional life. This programme is now expanding and seeks additional group leaders. This Advanced Training workshop is open to participants who have already completed Initial Training in the *Understanding Your Eating* approach. This training workshop will consist of opportunities to experience the learning activities that are included in Phase Two of the *Understanding Your Eating* programme. Topics to be covered include:

- Emotional Eating
- Feelings and Thoughts
- Motivation and Empowerment
- Food Monitoring
- Activity
- Self Nurture
- Relationships
- Self Esteem: further issues
- Body Esteem: further issues.

Further information on the *Understanding Your Eating* programme can be found at: www.understandingyoureating.co.uk

Julia Buckroyd is Emeritus Professor of Counselling at the University of Hertfordshire, and author of *Eating your Heart Out: Understanding and Overcoming Eating Disorders* (Vermilion, 1996; new edition to be published by Open University Press in 2010), *Therapeutic Groups for Obese Women* (with Sharon Rother, Wiley, 2007), and articles and research studies on therapy for eating disorders and other topics in counselling and psychotherapy. Previous workshops run by Professor Buckroyd at Abertay University have been acclaimed by participants as offering exceptional quality and value.

Friday 27th August
Mhairi Thurston
Disability and Counselling

This workshop will invited exploration of assumptions, feelings and experiences around disability or long term health conditions. Participants will be given an opportunity to identify and challenge their own deeply held beliefs and values and to reflect on the implications of this for their counselling practice. This workshop would be of interest to counsellors who work in health care settings or who have clients with long term health conditions or disabilities. It may also be of interest to carers or those who support people with long term health conditions or disabilities. Topics that will be covered include:

- Basic assumptions about disability
- Medical and Social Models of disability
- Barriers to inclusion
- Research findings on the role of therapy with people living with disabilities.

The workshop will include information inputs, reflection and experiential work in small groups, and discussion of case material.

Mhairi Thurston is a part time lecturer in counselling at the University of Abertay, and counsellor in the University of Dundee Counselling Service. Mhairi's research interest, which is in the field of visual impairment and counselling, won her the British Association of Counselling and Psychotherapy New Researcher Prize in 2009. She has delivered keynote addresses and papers at a variety of national conferences and has appeared on TV and radio talking about her work. Mhairi is an RNIB Scottish Champion for the UK Vision Strategy and she is strongly committed to making a difference to policy and practice in the field of visual impairment.

Booking a place

All workshops are based at Abertay University, in the centre of Dundee, 10.00-5.00. Tea and coffee are provided. To keep costs down, lunch is not included – you are invited to bring your own lunch or use nearby sandwich shops and cafes, or the Student Centre.

Workshop fees:

	<i>Standard fee</i>	<i>Student/unwaged</i>
Understanding your Eating Advanced Training	£250.00	£180.00
TA 101	£120.00	£80.00
All other workshops	£75.00	£50.00

To register for one of these workshops, request details of accommodation options in Dundee, or to receive information about other CPD workshops being offered in 2010, contact Marian Wallace, CPD Administrator, School of Social and Health Sciences, Kydd Building, University of Abertay Dundee, Bell St, Dundee DD1 1HG (m.wallace@abertay.ac.uk). Tel: 01382 308765. To talk to someone about what is involved in any of the workshops, or to receive further information, contact Julia McLeod (01382 308507; julia.mcleod@abertay.ac.uk).

Places are limited – early booking is recommended.

Fees must be paid in advance.

Evidence is required of student/unwaged status