

# Advanced Professional Training 2011-2012



Advanced Professional Training  
in association with  
Counselling Unit, University of Strathclyde

**apu**  
advanced  
professional  
training

University of  
**Strathclyde**  
Glasgow



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## Advanced Professional Training in Person-Centred Counselling Practice

This programme of workshops and short courses has been developed in response to an increasing need for advanced training for person-centred counsellors. It has been designed to provide an extension to counselling training and aims to encourage practitioners to engage in an ongoing process of professional development.

The programme offers an opportunity to focus on specific practice issues, to learn new skills, and to deepen the understanding of the breadth of person-centred theory and practice and to be open to relating to other approaches to psychotherapy.

We continue the expansion of our programme by offering a series of training courses through Research and Knowledge Exchange Services.



## Application

If you would like to apply for one of the courses listed in this booklet please apply online or contact the Research and Knowledge Exchange Team as indicated.

## Entry Requirements

General requirement is completion of a diploma in counselling. Some courses have specific criteria detailed.

## Cancellation Policy & Payments

Payment of the deposit to book a place is non-returnable unless the course is cancelled. Full payment of early bird fee must be received before the early bird deadline for each course or full fee is payable two weeks before the course commences. If you withdraw from the course with less than two weeks notice your fee is non-returnable unless we reallocate your place from the waiting list. If you give us more than two

weeks notice of withdrawal your fee will be returned to you minus the non-returnable booking fee. Please note that if you require an invoice to be raised, the early bird fee is only applicable if payment is received by us prior to the deadline advertised, otherwise the full fee is charged.

## Location

Please note all courses will take place at the Jordanhill Campus, University of Strathclyde unless stated otherwise.

## Website

New courses are organised throughout the year so please check the website for up-to-date information and listings.

Website:

[www.strath.ac.uk/humanities/counsellingunit/](http://www.strath.ac.uk/humanities/counsellingunit/)

## Feedback

If you have any comments and suggestions please contact HASS Research and Knowledge Exchange Team.

## Contact

APT Programme Coordinator  
Morna Rutherford  
Email: [morna.rutherford@gmail.com](mailto:morna.rutherford@gmail.com)

Jan Bissett  
Email: [jan.bissett@strath.ac.uk](mailto:jan.bissett@strath.ac.uk)

# Emotion-Focused Psychotherapy

*Robert Elliott & Lorna Carrick*

Emotion-Focused Therapy (EFT) – also known as Process-Experiential Therapy – is a humanistic, evidence-based form of psychotherapy/ counselling that integrates person-centred and gestalt therapies, with particular relevance to working with depression, trauma, and anxiety difficulties. It has gained international recognition through the work of Les Greenberg, Robert Elliott, Jeanne Watson, Rhonda Goldman, Sandra Paivio and others. The Counselling Unit at the University of Strathclyde is again pleased to offer Level One professional training in this approach to qualified counsellors and psychotherapists (Diploma level or above).

Now in its sixth year at the University of Strathclyde, this successful, four-day Level One EFT training programme will provide participants with a solid grounding in the theory and skills required to work more directly with emotion in psychotherapy. Participants will receive an in-depth skills training through a combination of brief



## Date

Tuesday 30th August to Friday 2nd September 2011

## Time

9.30am - 4.30pm each day

## Cost

£445 or **early bird fee of £395** if this payment is received by us in full before Friday 1st July 2011. Please send a non-returnable deposit of £50 to secure a place.

lectures, video demonstrations, live modelling, case discussions, and extensive supervised role-playing practice. The workshop will begin with an overview of EFT Emotion Theory, including basic principles and the role of emotion and emotional awareness in function and dysfunction; this will be illustrated by Focusing-oriented exercises. Differential intervention based on specific process markers will be demonstrated. Videotaped examples of evidence based methods for evoking and exploring emotion schemes, and for dealing with overwhelming emotions, puzzling emotional reactions, painful self-criticism, and emotional injuries from past relationships will be presented.

Participants will be trained in the skills of moment-by-moment attunement to affect, and the use of methods of dialoguing with parts or configurations of self and imagined significant others in an empty chair. This training will provide therapists from person-centred, psychodynamic, cognitive-behavioural and related backgrounds with an opportunity to develop their therapeutic skills and interests.

## Educational Objectives

Participants on the training programme will learn:

1. To implement the basic principles of EFT
2. To identify different types of emotional response;
3. When to help clients contain and when to access emotion;
4. How to help clients reprocess difficult emotions;
5. To facilitate emotional processing to resolve self-critical splits and unfinished business.



# Developing a Relational Approach to Group Supervision

*Val Wosket, Morna Rutherford and Lucia Berdondini*



This final module of our current professional training in the supervision of counsellors and psychotherapists is endorsed by BACP under its new endorsement scheme. The course is offered for all supervisors who have experience and training in supervising individual counsellors and who are interested in developing and evaluating their practice as supervisors of groups of counsellors.

We will explore together as a group, contracts, boundaries, roles and responsibilities, group facilitation, parallel responsibility, facilitator style, creative ways of working within a group and group supervision process within context.

The course is designed to support experiential learning and practice. The structure is two workshop days followed by an eight week gap followed by two workshop days followed by eight weeks in which an assignment can be submitted and responded to with feedback. This assignment is linked to BACP's supervision accreditation process.

The workshop days will involve input, discussion and experience of facilitating a small group and receiving feedback. During the 16 weeks of the course, there is space to work with a contracted group for practice and meet with a peer group for supervision of group supervision practice.

## **MODULE 3 STRUCTURE:**

Mon 12 <sup>th</sup> Sept 2011	9.30am – 6.30pm
Tues 13 <sup>th</sup> Sept 2011	9.30am – 1.30pm
Mon 7 <sup>th</sup> Nov 2011	9.30am – 6.30pm
Tues 8 <sup>th</sup> Nov 2011	9.30am – 1.30pm

## Entry Requirements

In order to apply for BACP Accreditation as a supervisor under the current BACP Supervisor Accreditation Scheme, a minimum of 600 hours of supervised practice as a *counsellor* over a minimum of 5 years must be achieved. For this reason we set the entry qualifications below as a minimum to reflect the need for experience as a counsellor before practising as a supervisor.

- Successful completion of module 1 or equivalent entry requirements (see p11 ).
- At least sixteen hours of current supervised supervision practice either with individuals or with groups of counsellors/psychotherapists.
- An arrangement in place to work as a supervisor of a group of counsellors/psychotherapists.

Application for BACP Accreditation as a Supervisor may be made when a minimum of 90 hours supervised practice as a *supervisor* is gained over a minimum of 2 years and not more than 6 years (under the new BACP Supervisor Accreditation Scheme).

The training is designed to be comprehensive, flexible and self-directed.

## Cost

£400 or **early bird fee of £375** if this payment is received by us in full before Monday 18<sup>th</sup> July 2011. Please send a non-returnable deposit of £50 to secure a place.

**Please note that places on this module are limited because of current recruitment.**

## Course Booklet / Application Form

Please note there is a more detailed application form for this course. For further details and to request an application form, please contact Morna Rutherford on Email: [morna.rutherford@gmail.com](mailto:morna.rutherford@gmail.com) or Jan Bissett on Tel: 0141 548 3418, Email: [jan.bissett@strath.ac.uk](mailto:jan.bissett@strath.ac.uk)



**DISCLAIMER—see page 23**

# Emotion-Focused Therapy: Level 2

## *Robert Elliott*

The Counselling Unit at the University of Strathclyde is offering further training in Emotion-Focused Therapy (EFT) for counsellors and psychotherapists (Diploma level or above) who have completed Level One training in EFT or the equivalent. This series has been restructured from its previous evening format and will now meet on seven Saturdays throughout the 2011-12 academic year, beginning in October. The format will be a mixture of brief lectures, videos or demonstrations, experiential practice exercises in small groups, supervision of cases seen by course members, and discussion.

The specific topics to be covered will feature material not covered in the Level 1 course, including:

- Therapist experiential response modes
- Client modes of engagement
- Narrative Retelling of difficult/traumatic experiences
- Relational Dialogue for Alliance difficulties
- Creation of Meaning for meaning protests

In addition, the Focusing and different forms of Chairwork will be particularly emphasized:

- Focusing with difficult or painful experiences
- Clearing a Space for overwhelming or chaotic experiences
- Two chair enactment for Self-interruption splits
- Two chair conflict split work for depression, anxiety and self-harm behaviour
- Compassionate Self-soothing for painful self states
- Empty chair work for unfinished business

### **Date**

Saturdays 15th October 2011 - 19th May 2012

### **Time**

09.30 - 16.30

### **Cost**

Until 1 Oct 2011 £395, after 1 Oct 2011 £445. Please send a non-returnable deposit of £50 to secure a place if not paying the whole fee at time of booking.

This series is scheduled for the following dates:

### **Autumn 2011:**

15 October  
26 November

### **Winter-Spring 2012:**

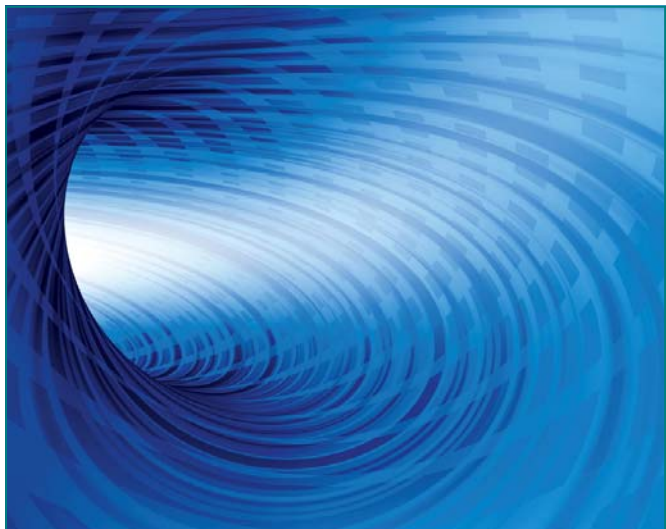
14 January  
18 February  
24 March  
21 April  
19 May

Enrolment is set for a minimum of 10 and a maximum of 20.

The course could be taken for continuing professional education credit.

# Vicarious Trauma and Secondary Traumatic Stress in Counselling

*Lucia Berdondini and Morna Rutherford*



As counsellors, we listen to our clients' stories, we encounter them as they experience and re-experience their pain, anguish, grief and search for their answers. Most of all, we ask ourselves to be intimately present to our clients in their most excruciating experiences moment-by-moment, session after session, day after day. What is it that throws our balance out? And how are our systems affected by therapeutic encounters?

This two-day workshop offers an opportunity to explore your experience of your work, to ask yourself some searching questions, and to define some important ways of supporting, enriching and re-energising yourself.

We will present to you our experiences of working with clients who have experienced trauma and violent, enduring and inescapable circumstances.

We will explore together our experiences, theories that offer some perspective and research that offers some insight. We will

## **Date**

18th & 19th November 2011

## **Time**

09.30 - 16.30

## **Cost**

£180 or **early bird fee of £160** if this payment is received by us in full before Friday 23rd September 2011 (please send a non-returnable deposit of £50 to secure a place)

offer some creative and experiential exercises to bring you the opportunity to be more in touch with what 'looking after yourself' really means for you.

This course is a repeat of our course in April earlier this year and is already nearly full with uptake from the waiting list from April. If you would like a place on the course, please apply quickly!

# Developing Supervision Practice

## Professional Training in the Individual and Group Supervision of Counsellors and Psychotherapists

*Val Wosket, Morna Rutherford and Lucia Berdondini*

The Counselling Unit, University of Strathclyde is delighted to offer again this Professional Training in the Individual and Group Supervision of Counsellors and Psychotherapists. This course is endorsed by BACP under its new endorsement scheme.

This flexible training is offered in separate modules which link together to form a comprehensive training for experienced counsellors in the Individual and Group Supervision of Counsellors and Psychotherapists. This training is likely to appeal both to counsellors new to the field of supervision practice and also to those who

have experience as supervisors. The modules may be taken separately as Continued Professional Development, giving an additional opportunity for those practitioners with some experience of offering supervision to further develop their practice. Our current 2011 course includes experienced counsellors from a range of training backgrounds, some brand new to supervision and some with experience of supervision. The group are rating the course highly as a sound training that is energising, engaging and fundamentally supportive of learning and development.

The course is designed to prepare participants to apply for Accreditation with the British Association for Counselling and Psychotherapy (BACP) as a Supervisor of Individual and/or Groups of Counsellors and Psychotherapists.

The training is based on values that aim to support the development of participants with respect of their chosen therapeutic orientation, to extend skills and prepare for supervision work within organisations, voluntary settings and private practice.

Offering a relational, humanistic and experiential approach, the training aims to embrace diversity and support research inquiry and evidence-based practice. This way, each participant can develop a personally integrated approach to supervision and become skilled in and open to working with supervisees from a variety of theoretical counselling perspectives. The expansive, open-minded, developmental and empirically informed nature of the training means that the course is open to application from practitioners from a broad range of counselling, psychotherapy and counselling psychology training, increasing the diversity of experience and dialogue within the course.



The training is provided by Advanced Professional Training in association with the Counselling Unit and Research and Knowledge Exchange, University of Strathclyde. The modules do not currently carry academic award, but are developed to support participants with relevant experience to apply for BACP Accreditation as an Individual and/or Group Supervisor. The modules are written at Level SCQF 11 and are designed to meet the training stipulated for supervisors to fulfil the Competence Framework for the Supervision of Psychological Therapies.

The three modules are:

- MODULE 1:** Developing a Relational Approach to Individual Supervision
- MODULE 2:** Developing, Advancing and Evaluating Personal Supervision Style
- MODULE 3:** Developing a Relational Approach to Group Supervision

#### MODULE 1:

Mon 23 <sup>rd</sup> January 2012	9.30am – 6.30pm
Tues 24 <sup>th</sup> January 2012	9.30am – 1.30pm
Mon 19 <sup>th</sup> March 2012	9.30am – 6.30pm
Tues 20 <sup>th</sup> March 2012	9.30am – 1.30pm

(Total 24 hours tutor contact)  
Practice and peer supervision will run throughout the modules

#### MODULE 2:

Mon 14 <sup>th</sup> May 2012	9.30am – 6.30pm
Tues 15 <sup>th</sup> May 2012	9.30am – 1.30pm
Mon 9 <sup>th</sup> July 2012	9.30am – 6.30pm
Tues 10 <sup>th</sup> July 2012	9.30am – 1.30pm

#### MODULE 3:

Mon 10 <sup>th</sup> Sept 2012	9.30am – 6.30pm
Tues 11 <sup>th</sup> Sept 2012	9.30am – 1.30pm
Mon 5 <sup>th</sup> Nov 2012	9.30am – 6.30pm
Tues 6 <sup>th</sup> Nov 2012	9.30am – 1.30pm

A Professional Certificate of Attendance will be provided by Research and Knowledge Exchange, University of Strathclyde on the completion of each module detailing the content and number of training hours achieved. Certification of completion of training will be provided by 'Advanced Professional Training' on fulfilling all training requirements at the end of Modules 1&2 for working with individuals or at the end of Module 3 for working with individuals and groups.

#### Entry Requirements

The entry qualifications below are a minimum to reflect the need for experience as a counsellor before practising as a supervisor.

#### Module 1

- Successful completion of a recognised Diploma in Counselling, Psychotherapy or Counselling Psychology.
- Applicants are usually expected to have at least two years post-qualifying supervised counselling practice with at least 450 hours of client contact or BACP/COSCA Counsellor Accreditation.
- A current supervised counselling practice.
- Applicants are expected to have had some experience of being a client in a counselling relationship.
- At least one individual supervisee (who is working as a counsellor) or a firm date for commencing with a supervisee by the starting date of the course.
- An arrangement in place to have this supervision practice supervised by an external supervisor for a minimum of one hour per month during the course.
- The support of one reference from their current counselling practice supervisor and one from their supervision practice supervisor, line manager or professional

peer. An interview either by telephone or in person may be requested by the trainers or the applicant.

### Module 2

- Successful completion of Module 1 or equivalent entry requirements.
- At least eight hours of current supervised supervision practice.

### Module 3

- Successful completion of module 1 or equivalent entry requirements.
- At least sixteen hours of current supervised supervision practice either with individuals or with groups of counsellors/psychotherapists.
- An arrangement in place to work as a supervisor of a group of counsellors/psychotherapists.



**DISCLAIMER—see page 23**

### Cost

£425 per module (deposit of £50 to secure a place) or **early bird fee of £375** if this payment is received by us before Monday 24th October 2011 for Module 1 and Monday 5th March 2012 for Module 2.

### Course Booklet/Application Form

Please note there is a more detailed application form for this course. For further details and to request an application form, please contact Morna Rutherford on Email: [morna.rutherford@gmail.com](mailto:morna.rutherford@gmail.com) or Jan Bissett on Tel: 0141 548 3418, Email: [jan.bissett@strath.ac.uk](mailto:jan.bissett@strath.ac.uk)

### Enquiries

E: [morna.rutherford@gmail.com](mailto:morna.rutherford@gmail.com)

### Apply Online

Web: [www.strath.ac.uk/forms/pdu/tscp](http://www.strath.ac.uk/forms/pdu/tscp)

# Working with Children and Young People: Nurturing Potential

*Susan McGinnis & Sandra Grieve*



Working with young people can be uniquely demanding and stimulating; in one day a counsellor may be called upon to use his or her knowledge of child development, give some thought to person-centred theory, work through an ethical issue and use good negotiating skills with an external agency, all with just one client and often with more than one.

By linking theory and experiential work throughout, this four-day course aims to enable participants to become confident, effective practitioners in counselling young people. We will answer the following questions and hope to raise several more:

- How does my own experience as an adolescent and an adult have an impact on my work with young people?
- Why do they act like that? How does their development and early childhood inform their behaviour?
- What are they like as clients? Is it really so different from counselling adults?
- What does person-centred theory have to say about working with young people and how can it support my practice?

## **Date**

Wednesday 15th - Saturday 18th February 2012

## **Time**

9.30am - 4.00pm each day

## **Cost**

£400 (deposit of £50 to secure a place) or **early bird fee of £350** if this payment is received by us in full before Wednesday 21st December 2011.

- How can I work creatively with young clients across a broad spectrum of ability?
- What does research tell me about working with young people and how can I incorporate it into my practice?
- How can I balance confidentiality with child protection?

# A Person-Centred Approach to Diagnosis and Case Formulation

*Lorna Carrick, Alison Cumming and Robert Elliott*

- Does Person-Centred counselling have a place within the health professions?
- Is there such a thing as “person-centred diagnosis”?
- What sets of concepts can I use to put together an approach to thinking systematically about my clients that works for me and my clients?
- Is there anything to be learned from traditional psychological diagnoses or structured diagnostic procedures?
- How can I productively address the questions my clients have about psychological diagnoses that they think might apply to them, or that have been applied to them by mental health professionals?
- What do I need to know to be able to work within an interdisciplinary mental health team?
- Is it possible to learn to speak the language of the Medical Model without losing your Person-Centred soul?

These are some of the questions that inevitably arise when Person-Centred counsellors and therapists encounter the mental health system. Often, we feel woefully unprepared to address our clients' concerns and to communicate effectively with traditional mental health professionals. At the same time, the Health Professions Council has moved significantly toward reframing counselling as a health care profession, leading to a situation in which many counsellors risk being left behind as their professional evolves.

## **Date**

Friday 30th & Saturday 31st March 2012

## **Time**

9.30am - 4.00pm each day

## **Cost**

£225 (deposit of £50 to secure a place) or **early bird fee of £175** if this payment is received by us in full before Friday 3rd February 2012.

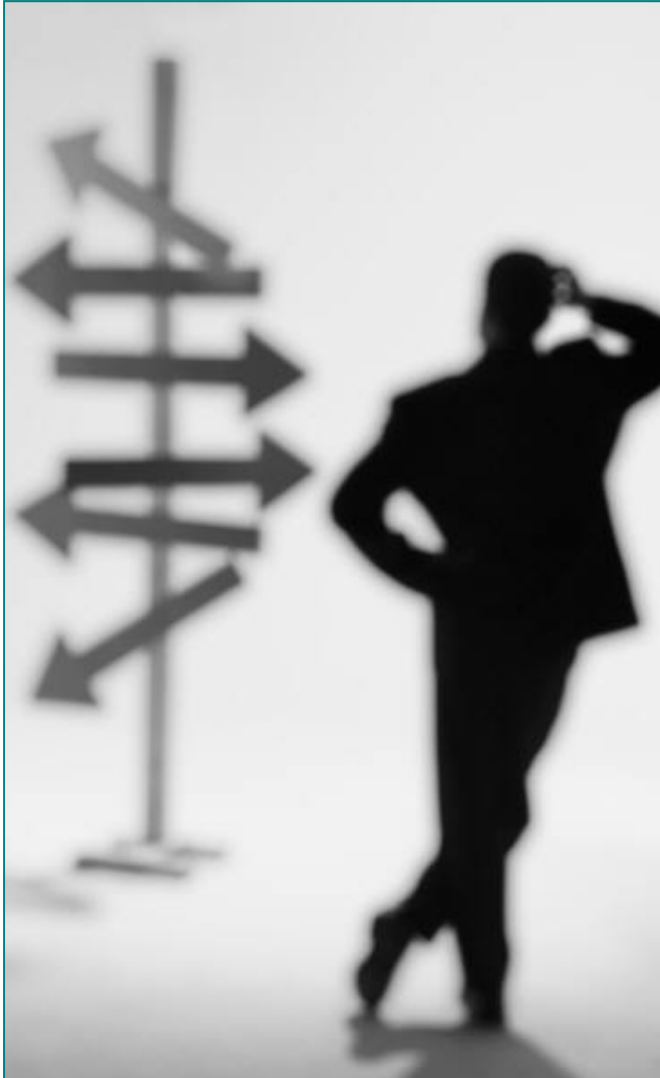
This two-day workshop is an experiment in imagining how Person-Centred counsellors might be able to find a place in the mental health field without losing what is most precious to it. The three facilitators have each worked this difficult crossing in different ways, and will contribute different perspectives on how and in what ways it might be possible. Our goal will be to help workshop participants begin to develop their own approach to doing this for themselves.

To do this, we will need to go significantly beyond what is usually covered at the postgraduate diploma level. Although there will be some taught input and videos, much of the time will be spent in experiential learning via exercises.

We will focus on topics such as:

### **Day 1: Person-Centred Points of Departure**

- Introductions and overview
- Conceptualising extreme or severe processes such as psychosis
- Client-centred perspectives and critiques of contemporary diagnostic systems and methods



- Different forms of Person-Centred therapy for different types of clients?
- Exercise: Reflect on and talk about a client whose process you find frightening

### **Into the Belly of the Dragon**

- Contemporary diagnostic category systems like DSM-IV/V and ICD-10
- Current, scientifically valid diagnostic methods such as the SCID or CIDI
- Exercise: Practice the use of a structured diagnostic tool (SCID) in small groups

### **Day 2: Person-Centred Client Case Formulation**

- The contemporary person-centred-experiential conceptual repertoire (that is, useful ways of thinking about a wide range of clients)
- Developing your own approach to client case formulation
- Exercise: Practice developing a person-centred case formulation of a challenging client

### **On Being Person-Centred in Mental Health Settings**

- Holding the tension between interdisciplinary team working within the medical model and the Person-centred approach
- Exercise: Practice presenting a client in a medical setting
- Processing and carrying forward

# Governance in Counselling

*Gwyneth MacDonald and Tosh Lynch*

This two day workshop considers the width and breadth of clinical governance within the health and social care setting. Through examples of ethical dilemmas, we will consider together the clinical, non-clinical and corporate dimensions of clinical governance in relation to clinical practice within a statutory, voluntary or in private practice setting.

Course participants will be supported to demonstrate and articulate a critical understanding of the key dimensions of governance and how these may influence practice as an individual and within a wider context particular to the listening therapies.

## Learning Outcomes

- Consider the wider societal, political, professional and economical and cultural issues that may influence clinical governance on a personal and organisational level.
- Demonstrate a wide and critical understanding of the theories and concepts in relation to a clinical governance framework.
- Demonstrate how the clinical governance framework is applied in practice.
- Apply new learning and critically evaluate the effectiveness of this in your practice as an individual, as a member of a team and within the organisation.

## Learning Objectives

- The participant will be able to identify the origins of governance.
- Explain clinical governance as a concept within the NHS across the UK.
- Be able to give a definition of clinical governance.

## Date

Friday 13th and Saturday 14th April 2012

## Time

9.30am - 4.00pm each day

## Cost

£180 (deposit of £50 to secure a place) or **early bird fee of £160** if this payment is received by us in full before Friday 17th February 2012.

- Within the context of a clinical governance framework the participant will be able to define and provide examples of:
  - Clinical effectiveness
  - Managing risk
  - Involving patients
  - Patient safety
  - Incident reporting
  - Using evidence

Participants will be able to demonstrate an understanding of clinical governance alongside other structures:

- Corporate governance
- Healthcare governance
- Health and social care governance
- Explore and demonstrate where governance is seen within the context of



# Person Centred Groupwork - An Organismic Approach

*Lucia Berdondini and Sandra Grieve*



This course will explore the organismic nature of groups and group process. We will look at the relationships between and amongst the members of the group and what it is that means that they are more than a collection of individuals. Attending to the here and now we will enhance our understanding of what silences a group, why scapegoating can happen and how to work with forbidden agendas.

There's never nothing happening in a group and it can be helpful to work with what is in the background as well as what is in the forefront. Some groups are reluctant to engage with anger, others with intimacy, others with conflict. There can be many elephants in the room.

Drawing on group theory and practice we will weave together an understanding of what goes on in groups. We will work creatively and experientially in a way that attends to what goes on for us in groups and how we might facilitate all of that more effectively.

## **Date**

Wednesday 23rd - Saturday 26th May 2012

## **Time**

9.30am - 4.00pm each day

## **Cost**

£400 (deposit of £50 to secure a place) or **early bird fee of £350** if this payment is received by us in full before Wednesday 28th March 2012.

## **Day 1**

Working with the group to agree a framework for the course and ways in which learning outcomes will be met  
- Processing the day

## **Day 2**

Working creatively within agreed framework  
- Processing the day

## **Day 3**

Working creatively within agreed framework  
- Processing the day

## **Day 4**

Opportunities for group members to practice group facilitation  
- Processing the group

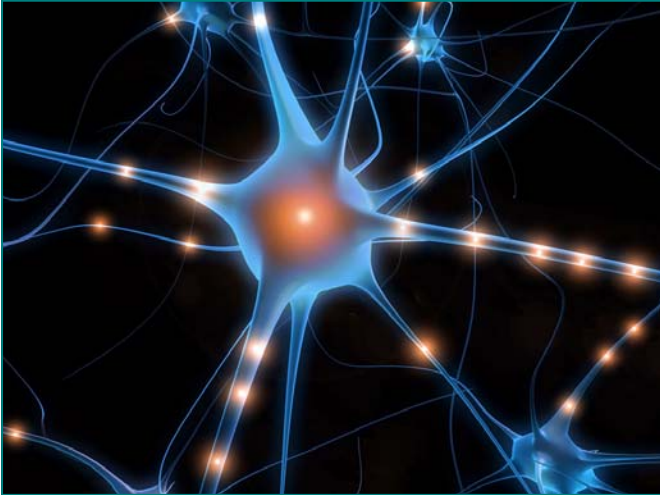
## **Learning Outcomes**

Participants on the training programme will learn:

- nature of organismic groups
- ways of working and being with groups;
- ways of facilitating what's happening in the here and now
- observing and sharing the unspoken
- current research on group process

# Brain, Body and Beyond: Linking Neuroscience and Counselling

*Alison Cumming and Kathleen Rankin*



In this 4 day workshop we will examine questions like: Why is trauma 'traumatic'? ....Why does love hurt?.....and why does therapy work?....,

Increasingly neuroscientific research offers us an explanation of "why".... Why empathy is so important, why unconditional positive regard essential and why congruence makes a difference. It links the world of scientific research to the core conditions and counselling and expands our understanding of "why we do what we do", and how counselling and psychotherapy work.

As practitioners, this allows us a profound understanding of the origin of client's difficulties, and what might be required of us to help the client heal. Neuroscience can also remove the stigma often associated with "diagnoses" of the medical model through gaining an understanding of clients' ways of being and how these have developed.

In this workshop we will examine recent advances in neuroscience that shed light on the development of the brain: the impact of early relationships, trauma, therapy and other remedial experiences, particularly,

## Date

Wednesday 6th - Saturday 9th June 2012

## Time

9.30am - 4.00pm

## Cost

£400 (deposit of £50 to secure a place) or **early bird fee of £350** if this payment is received by us in full before Wednesday 11th April 2012.

mindfulness. This workshop will also include an input on drugs and medications that affect the emotions and the functioning of the brain, and how these may impact the therapeutic relationship.

Learning Objectives are:

- 1.To understand the anatomy and physiology of the brain which is of particular importance to therapists, with particular emphasis on the autonomic nervous system, memory and functions of the brain.
- 2.To be able to link current neuroscientific findings with therapeutic practice in particular: the nature of the therapeutic relationship, empathy, affect regulation, resilience.
3. To understand the impact of both early life and adult trauma on the brain and body, and gain insight into the relevance of different therapeutic interventions.
4. To learn about the effects of trauma on mind and body and how to recognise them in our clients, about the importance of safety and containment and of understanding the concept of resilience.

5. To gain confidence in applying theory from a psychophysiological perspective to therapeutic practice with different clients.

6. To have an understanding of medications used by our clients: why they have been prescribed, how they work on the brain, their common side effects and how they might impact the therapeutic relationship.

This exciting new 4- day workshop is designed for both newly qualified and more experienced counsellors and psychotherapists of different theoretical backgrounds to gain an in-depth understanding of recent developments in neuroscientific research. It aims to update and reinforce knowledge already acquired through other learning. As well as having theoretical inputs, the workshop will also be practice based with case studies from participants and facilitators, experiential exercises and practice triads.



# Facilitator Biographies

## *Lucia Berdondini*

Lucia is a Gestalt and a Person Centred psychotherapist and counsellor. She has been working for the past 15 years both in Italy and in UK and has a specific experience in working with groups of various nature and culture. She is the Course Director of the PG Diploma in Counselling at the Strathclyde University. Over the past 4 years she has developed a passion for working in situations of emergency and disasters and has been involved in international projects with the Red Cross and international NGOs, in particular in Afghanistan, where she works with groups of women, children and volunteers of local and international organizations.

## *Lorna Carrick*

Lorna is a lecturer in the Counselling Unit at the University of Strathclyde. She is the course director for the Postgraduate Certificate in Counselling Skills and teaches on the Postgraduate Diploma in Counselling courses. Lorna's background is in mental health and project development and as a founder member of the first Health Board-funded person-centred counselling service in Scotland, Lorna has over sixteen years experience in counselling, supervision and service development within the field of counselling and psychotherapy. Lorna is currently the director of the Glasgow Counselling in Schools Project and Chair of the Counselling Unit's management group. Lorna's research has focused on working with clients in crisis within the Person-Centred-Experiential approach and the use of counselling and Pre-therapy skills in the field of autism services. She has been practicing EFT within a broadly Person-Centred relational approach since 2006, and has also participated as an EFT therapist in the Social Anxiety research protocol of the Counselling Unit's research clinic. She is committed to helping counsellors/therapists bridge the perceived gap between EFT and nondirective Person-Centred ways of working with clients.

## *Alison Cumming*

Alison is a counsellor who has worked in private practice and a variety of healthcare settings over the past 13 years. She is also a tutor on one of the Diploma Courses at University of Strathclyde. Alison has a background in medicine where she was a GP for many years before leaving to focus on counselling full time. She is currently completing an MSc in Psychotherapy and as a result of the influences in her life this far, has an interest in the integration of neuroscience, developmental psychotherapy and the person centred approach.

## *Robert Elliott*

Robert is professor in the Counselling Unit at the University of Strathclyde, where he teaches on the postgraduate diploma and MSc courses in Person-Centred Counselling. He taught at the University of Toledo 1978-2006, where he was Professor of Psychology, Director of Clinical Training and Director of the Center for the Study of Experiential Psychotherapy. He has also been a guest professor at Katholieke Universiteit Leuven, Belgium, University of Sheffield, UK, and La Trobe University, Australia. He is co-author of *Facilitating Emotional Change* (1993), *Learning Emotion-focused Therapy* (2004), and *Research Methods for Clinical Psychology* (2003), as well as more than 100 published scientific articles or book chapters. In 2008 he received both the Carl Rogers Award, Division of Humanistic Psychology of the American Psychological Association, and the Distinguished Research Career Award, Society for Psychotherapy Research. He is editor emeritus of the journal, *Person-Centered Counseling and Psychotherapies* and directs the Scottish Consortium for Psychotherapy and Counselling Research and the Strathclyde Centre for Psychotherapy and Counselling Research.

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## Sandra Grieve

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**Sandra Grieve** is a Person Centred Therapist, Psychodramatist, Supervisor and Trainer. She is an accredited senior trainer with the Northern School of Psychodrama, teaches on the post graduate Diploma in Counselling at Strathclyde University, and has a private practice as a therapist, supervisor and trainer. She has a background in working in criminal justice and with children and young people. She works nationally and internationally and is currently involved in ongoing projects in Portugal and Afghanistan.

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## Tosh Lynch

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Tosh is currently the clinical governance co-ordinator for NHS Sexual health services in Glasgow, and also a BACP accredited Person Centred Counsellor.

He trained to become a Registered Nurse in 1993 and after a year working in trauma orthopaedics shifted specialty to HIV/AIDS working in an AIDS initially prior the advancement in new HIV medicines. In 1996 he moved to sexual health first as a health adviser then Clinical Governance Co-ordinator.

Tosh qualified as a counsellor in 2001 and then supervisor in 2005 gaining experience in areas such as bereavement, student counselling and sexual health. He is currently working in private practice in Glasgow.

Tosh has interests are in the area of sexuality and spirituality. As his present job title in the NHS would suggest, he is interested in the person centred approach and quality care provided to patients.

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## Gwyneth MacDonald

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Gwyneth qualified as Person Centred Counsellor in 1998 and as a supervisor and trainer a few years later.

Having trained as a registered nurse and midwife in 1983 she has a clinical background in sexual health services spanning 20 years. For the last 2 years she has divided her week between her roles as a counselling team leader, co-ordinating a large NHS counselling provision within sexual health services in Glasgow. In this role she has a particular interest in governance in counselling. Gwyneth is also a director of GMG Associates Ltd, a small company providing counselling and training services across Scotland, and spends the remainder of her week in private practice either training or with clients and her role as a tutor on the part time diploma in counselling course at Strathclyde University.

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## Susan McGinnis

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**Susan McGinnis** is manager of the Counselling Unit's Glasgow Counselling in Schools Project. She is also author of the BACP *Good Practice Guidance for Counselling in Schools*, a former editor of the journal *Counselling Children and Young People* and a member of the COSCA Working Group on Counselling for Children and Young People.

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## **Kathleen Rankin**

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Kathleen Rankin is currently a counsellor within NHS and in private practice and has a wide range of experience in different settings for over 10 years. She is also a tutor on the Post Graduate Diploma in Counselling at Strathclyde University. She has completed training in Somatic Trauma with Babette Rothschild. She originally trained as a research chemist (PhD) and has a keen interest in linking therapeutic practice to other ways of knowing particularly science and body psychotherapy.

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## **Morna Rutherford**

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**Morna Rutherford** has worked as a supervisor of individual counsellors and groups of counsellors since 1992. Prior to and during this time, she also supervised health care workers in her role as Clinical Nurse Specialist and Nursing Consultant. Since joining the training team on the Post-Graduate Diploma in Counselling at the University of Strathclyde in 1993, Morna has been involved in supervising trainee counsellors individually and in groups and has continued in her Private Practice working with experienced individual counsellors from various approaches and groups of counsellors in statutory and voluntary organisations and those in private practice. Morna is also an external supervisor to students on the MSc in Integrative Psychotherapy and in Person-Centred Counselling at the Metanoia Institute, London. She is a BACP Senior Accredited Counsellor and Supervisor of Individuals and Groups. Morna's great interest is in co-creating a space with supervisees within which they have the freedom to learn and develop and challenge their practice.

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## **Val Wosket**

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Formerly senior lecturer in counselling at York St John University, Val now works in private practice at the York Clinic for Complementary Medicine. She regularly runs training workshops on supervision and teaches in Ireland on the Diploma in Supervision at the Dublin Counselling and Therapy Centre. Her publications include: *Supervising the Counsellor: A Cyclical Model* (with Steve Page), London: Routledge 2001; *Egan's Skilled Helper Model: Developments and Applications in Counselling*, London: Routledge 2006, and *The Therapeutic Use of Self: Counselling Practice, Research and Supervision*, London: Routledge 1999. Val is a BACP Senior Accredited counsellor/psychotherapist and supervisor. As a supervisor she works in University and College settings, for the NHS, the Police, a number of voluntary organisations and with counsellors and psychotherapists in private practice. She has a particular interest in enabling practitioners to develop their use of self in and through supervision.



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# Application Details



To apply for any of the courses in the booklet except Supervision Training, please complete the application form on the next page or apply online at:

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For Supervision Training apply online at:

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Or contact Jan Bissett to request a supervision booklet and application form on T: 0141 548 3418

Please photocopy application form as required.

## Further Information

For further information about the courses included in this booklet please visit the Counselling Unit website (CPD):

[www.strath.ac.uk/humanities/counsellingunit](http://www.strath.ac.uk/humanities/counsellingunit)

# Application Form

Course Title:

Name:

Address:

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Tel No. (home/mobile):

Counselling Qualification:

Institution:

Date Qualified:

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Please make a brief statement about your reasons for wanting to participate in this course and add any other information you feel is relevant to this application:

Do you require wheelchair access?

YES/NO

Do you require signage?

YES/NO

Do you have any other special requirements?

YES/NO

If so, please specify requirements:

Please return application form and payment (cheques made payable to **‘University of Strathclyde’**) to: Jan Bissett, Research and Knowledge Exchange Team, Faculty of Humanities and Social Sciences, University of Strathclyde, Livingstone Tower LT417, 26 Richmond Street, Glasgow, G1 1XH **before** the deadline indicated for each course.

(Please tick)

I enclose my deposit payment

I enclose full payment of early bird fee

I enclose full payment

I require a receipt for my payment

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Alternatively, please raise an invoice for the full amount to:

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Signed:

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<input type="checkbox"/>

Other (please specify) .....

**Thank you for your cooperation**



## Contact Details

### **Jan Bissett**

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