

Psychological Therapies Knowledge Exchange Programme 2011-2012



Glasgow Caledonian University and the Counselling Unit, University of Strathclyde
in association with
Advanced Professional Training

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Introduction

After three successful years, Research and Knowledge Exchange at the University of Strathclyde, along with the Division of Psychology at Glasgow Caledonian University, are very pleased to be presenting our 2011-2012 Psychological Therapies Knowledge Exchange (PTKE) Programme. This PTKE Programme opens up many of the modules and units on our BPS-accredited Doctorate in Counselling Psychology to the wider professional community. As a participant you will join either our second or third year doctoral students. You will find here a wealth of opportunities for continuing professional development: from CBT to humanistic therapy, group work to counselling with children and young people.

The courses are designed to meet the ongoing training needs of psychologists, counsellors, psychotherapists and other professionals in mental health. We welcome practitioners of all orientations - embracing a pluralistic philosophy: that a wide diversity of therapies have much to offer, and that dialogue and shared learning across orientations benefits both us as practitioners and the field as a whole.

Morna Rutherford

PTKE Programme Co-ordinator
University of Strathclyde

Mick Cooper

Professor of Counselling
University of Strathclyde

Ewan Gillon

Professor of Counselling Psychology and Wellbeing
Glasgow Caledonian University

Richard Golsworthy

Lecturer in Counselling Psychology
Glasgow Caledonian University

Angela Harris

Lecturer in Counselling Psychology
Glasgow Caledonian University



Application

If you would like to apply for one of the courses listed in this booklet please see the contact details section.

Entry Requirements

Completion of a diploma in counselling, psychotherapy, counselling psychology or equivalent qualification in mental health.

Cancellation Policy & Payments

Payment of the deposit to book a place is non-returnable unless the course is cancelled. 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.

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/

Feedback

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

Contact

PTKE Programme Coordinator
Morna Rutherford
Email: morna.rutherford@gmail.com

To book a place on a course contact:
Jan Bissett
Tel: 0141 548 3148
Email: jan.bissett@strath.ac.uk

Psychotherapy and Counselling Research Methods Masterclasses

The Counselling Unit, University of Strathclyde, Glasgow, is expanding its Continued Professional Development programme by offering Research Methods Masterclasses through the University of Strathclyde's Research and Knowledge Exchange Team.

The three stand alone masterclasses can be combined to provide doctoral level research students and mental health professionals with an in-depth examination of the three main genres of counselling/psychotherapy research. Alternatively, each two-day course can be taken separately on its own to offer specific training within the area described. As a participant, you will be joining the third year Counselling Psychology students.

Learning Outcomes

- Analyse and articulate the larger philosophical context and assumptions of their and others' research
- Design and analyse systematic, rigorous qualitative research studies
- Design and test the psychometric quality of quantitative measurement instruments
- Design and analyse controlled group studies of therapy/counselling outcome
- Learn how to design and analyse systematic single case studies with one's own or others' cases
- Carry out careful, constructive reviews of counselling research articles

Qualitative Research

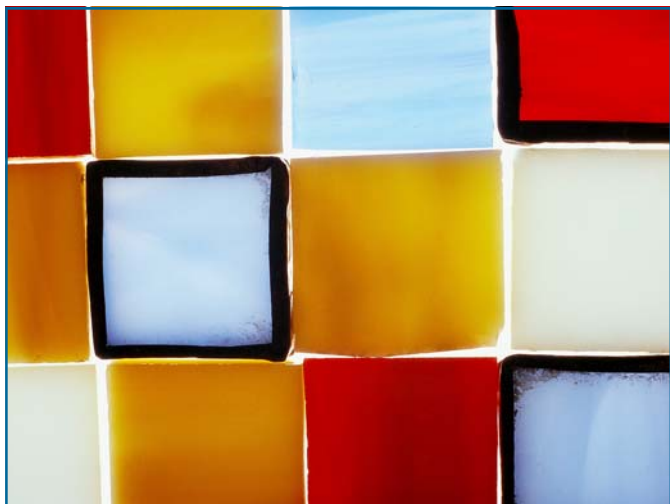
Monday 19th and Tuesday 20th September 2011

Quantitative Measure Development Research

Monday 10th and Tuesday 11th October 2011

Causal Research Design

Monday 23rd and Tuesday 24th January 2012



Qualitative Research

Tutor:

Prof Robert Elliott

Date:

Monday 19th & Tuesday 20th September 2011

Time:

9.30am - 4.30pm

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 Monday 25th July 2011.

This exciting course is designed to provide specialist research training in qualitative research, including extended coverage of relevant philosophy of science issues, current issues in qualitative interviewing and observation, and advanced qualitative data analysis.

Topics

- General issues: science as a value/ethical system; research & practice; appropriate methods framework
- Philosophy of science: epistemological perspectives: truth criteria; research paradigms; describing, understanding & explaining; foundations of qualitative measurement
- Qualitative data collection: sampling; interviewing and focus groups; observation and text-based methods
- Qualitative data analysis: generic approach; grounded theory; Nvivo; hermeneutical/interpretive methods
- Standards for evaluating qualitative research; cross-cultural issues

Quantitative Measure Development Research

Tutor:

Prof Robert Elliott

Date:

Monday 10th & Tuesday 11th October 2011

Time:

9.30am - 4.30pm

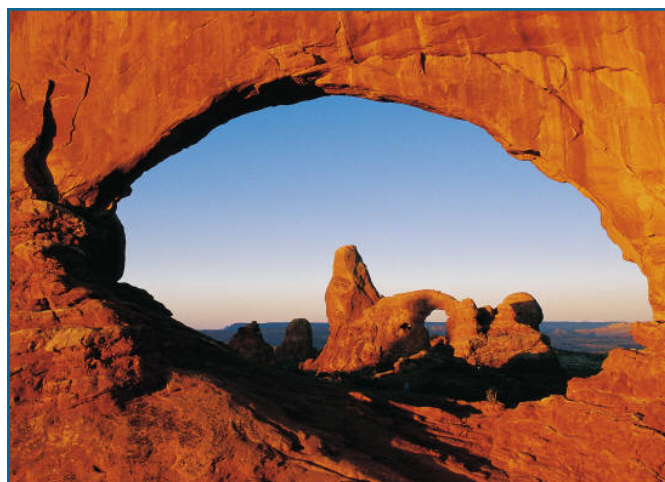
Cost

£180 (deposit of £50 to secure a place) or **early bird fee of £160** if this payment is received by us in full before Monday 15th August 2011.

This innovative course is designed to provide specialist training in quantitative measure development research. Participants will learn how to create and analyse standardised, quantitative surveys, questionnaires and rating scales for efficient data collection and analysis. It covers conceptualising what you are going to measure, evaluating the quality of the measure (reliability and validity), measure construction and design strategies and issues, and psychometric data analysis (reliability, factor analysis, Rasch analysis).

Topics

- Conceptual analysis of psychological constructs
- Psychometric theory: reliability, validity; generalisability theory
- Quantitative scale construction strategies; factor analysis; overview of item response theory
- Strategies for observing/measuring behaviour and interaction





Causal Research Design

Tutor:

Prof Robert Elliott

Date:

Monday 23rd and Tuesday 24th January 2012

Time:

9.30am - 4.30pm

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 Monday 28th November 2011.

To complete the series of research masterclasses, the Counselling Unit, University of Strathclyde are delighted to offer this course which covers an overlooked but essential aspect of counselling research: designing studies in order to make inferences about what caused what. This course is intended to offer an in-depth understanding of concepts of causality in Counselling Psychology and individual and group designs for assessing therapy outcome and process, and causal relationships between process and outcome.

Topics

- Principles of causal inference: modes of explanation; design validity criteria (statistical conclusion validity, internal validity, construct validity and external validity)
- Group designs: correlational, causal modeling; experimental & quasi-experimental; control groups; Evidence Based Practice criteria
- Single case designs: experimental & systematic single case
- Sampling strategies: traditional and alternative; sample size & power analysis
- Quantitative data analysis: exploratory; evaluation of effects; clinical significance, equivalence analysis

Practitioner Development in Cognitive Behavioural Psychotherapy

This training is offered in two separate courses which can be tailored to suit individual learning needs. The full training provides a thorough introduction to the principles, theoretical background and therapeutic practice of Cognitive-Behavioural Psychotherapy (CBT). As a participant, you will be joining the second year Counselling Psychology Practitioner Doctorate students.

The first two modules (6 days) comprise one course and provide the fundamentals of CBT theory and practice. Module 3 (2 days) builds on this introduction, focusing on work with deeper cognitive structures and processes, drawing on recent developments in CBT, notably the contributions of Christine Padesky. While we would recommend attending all three modules, attendance at the first two will provide a foundation from which to commence cognitive-behavioural practice under supervision. Module 3 may be taken separately for practitioners who have some prior training and experience of CBT supervised practice.

It is anticipated that participants undertaking all three modules will undertake some supervised practice in CBT in between modules 2 and 3.

The course instructors are:

- Dr Richard Golsworthy
- Angela Harris

Course 1 (Modules 1 & 2)

Wednesday 21st - Friday 23rd September
and Wednesday 12th - Friday 14th October
2011 (6-day course)

Course 2 (Module 3)

Thursday 26th - Friday 27th January 2012
(2-day course)



Course 1

Core theoretical knowledge and practice development for cognitive-behavioural therapy

Tutors:

Richard Golsworthy & Angela Harris

Dates:

Wednesday 21st - Friday 23rd September and Wednesday 12th - Friday 14th October 2011 (6-day course)

Time:

9.30am - 4.30pm

Cost

£540 (deposit of £50 to secure a place) or **early bird fee of £480** if this payment is received by us in full before Wednesday 27th July 2011.

- Making the shift: cognitive-behavioural therapy & other therapeutic models
- Introduction to cognitive and behavioural theoretical models of the person and therapy

Why use CBT?

- The CBT session
- Assessment: interview & psychometrics
- Introducing the cognitive model to clients: engagement, education & rationale
- Structuring the session

Key skills:

- Identifying & working with cognitions (automatic thoughts)
- Guided discovery & reframing: cognitive content & processes
- Identifying conditional assumptions and unconditional beliefs
- Behavioural experiments: the relationship of behaviour to cognitions and assumptions
- Behavioural strategies
- The therapeutic relationship & working alliance

Case-conceptualisation (formulation):

- Diagnostic categories and the role of manualized approaches
- Client-centred formulation
- Formulation and practice: anxiety, depression and obsessive-compulsive problems

Continuing professional development:

supervision; the cognitive therapy scale; content change and attitude change: mindfulness in cognitive therapy

Course 2

Developing CBT: Working with deep cognitive structures

Tutors:

Richard Golsworthy & Angela Harris

Date:

Thursday 26th and Friday 27th January 2012 (2-day course)

Time:

9.30am - 4.30pm

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 Thursday 1st December 2011.

- The role of early life experience
- Behaviour and the maintenance of unhelpful beliefs
- Working with conditional assumptions & core beliefs
- Developing new models for living
- Enhancing resilience and optimism
- The relational stance of the CBT therapist



Practitioner Development in Working with Family Members



This week's training is designed to develop practice in working with family members. Each day course may be taken separately or combined with each other to form an individual training that introduces participants to the fundamentals of practice. As a participant, you will be joining the third year Counselling Psychology Practitioner Doctorate students.

Family Therapy and Systemic Practice

Monday 17th October 2011

Working with Couples

Tuesday 18th October 2011

Working with Young People

Wednesday 19th October 2011

Working with Children

Thursday 20th October 2011

Working with Family as an Organism

Friday 21st October 2011



Family Therapy and Systemic Practice

Tutor:

Rosemary Mullan

Date:

Monday 17th October 2011

Time:

9.30am - 4.30pm

Cost

£90 (deposit of £50 to secure a place) or **early bird fee of £80** if this payment is received by us in full before Monday 22nd August 2011.

This one-day training will provide an introduction to contemporary systemic thinking and its application to practice including such concepts as 'safe-uncertainty', 'circularity' and 'hypothesising'. The therapist's stance in systemic thinking will be explored, focussing on the role of the therapist and the challenge of developing a position of 'neutrality' with a focus on 'curiosity' whilst striving to be fully involved. Participants will be encouraged to consider parallels with the work of O'Leary and the creation of 'multidirectional partiality'.

Some time will be given to reflect on the 'subsystems' which exist within a family and the importance of the 'boundaries' which exist between them.

Participants will be encouraged to consider the common goals of systemic therapy, including focusing on strengths and resources and attending to the therapeutic environment as a 'system'.

Working with Couples

Tutor:

Rosemary Mullan

Date:

Tuesday 18th October 2011

Time:

9.30am - 4.30pm

Cost

£90 (deposit of £50 to secure a place) or **early bird fee of £80** if this payment is received by us in full before Tuesday 23rd August 2011.

This one-day training aims to introduce practitioners to working with couples from different therapeutic perspectives.

Participants will have the opportunity to apply learning from family systems work to couple therapy, with the couple seen as the central and most influential submit of a larger family system (Fraenkel).

The day will also focus on 'multi-directional partiality,' or 'being on everyone's side at the same time' (O'Leary), through the creation of a collaborative relationship where spatial, moral and temporal symmetry is borne in mind.

Participants will be encouraged to reflect on how they can create a space where both clients learn that they can speak and be heard, and how this process impacts on the couple's relationship. Parallels will be explored between working with couples and working with configurations of self in individual work.





Working with Young People

Tutor:

Susan McGinnis

Date:

Wednesday 19th October 2011

Time:

9.30am - 4.30pm

Cost

£90 (deposit of £50 to secure a place) or **early bird fee of £80** if this payment is received by us in full before Wednesday 24th August 2011.

Counselling young people is challenging and stimulating, demanding an ability to engage with them in their world, at their level of development and in contexts in which therapeutic values must be balanced with sometimes complex legal and ethical issues. Working from, and expanding on, a core person-centred approach, we will focus on Rogers' theory of personality in tandem with input on physical, cognitive and emotional development in adolescence and explore how many of the common concerns about young people, such as behaviour, are conceptualised in a person-centred framework.

Participants should also finish the day with a confident understanding of basic legal concepts and a robust process for working through ethical dilemmas that underpin therapeutic work with this client group, as well as an awareness of research that tells us about what they find helpful.

Working with Children

Tutor:

Sandra Grieve

Date:

Thursday 20th October 2011

Time:

9.30am - 4.30pm

Cost

£90 (deposit of £50 to secure a place) or **early bird fee of £80** if this payment is received by us in full before Thursday 25th August 2011.

Working with Virginia Axline's Principles as a base, we will explore ways of engaging therapeutically with children and young people. Freedom for self expression is crucial for children in the therapeutic relationship. In this one-day workshop we will practice working permissively and playfully while attending to boundaries which provide sufficient safety for self exploration.

The day will serve as an introduction to working playfully and respectfully with children and help participants gain an insight into the qualities that children bring to the therapeutic relationship. We will work with mirror, metaphor and movement in ways that can anchor us in a child's world.



Working with Family as an Organism

Tutor:
Sandra Grieve

Date:
Friday 21st October 2011

Time:
9.30am - 4.30pm

Cost
£90 (deposit of £50 to secure a place) or **early bird fee of £80** if this payment is received by us in full before Friday 26th August 2011.

Drawing on theory we will explore ways of working with the family from an organismic perspective. The whole is greater than the sum of its parts. Drawing on our own experiences in groups, we will work to enhance our understanding of what might silence a group, scapegoating and taboos.



Groupwork - A Professional Training

This intensive five-day course focuses on two overlapping areas – the power and uniqueness of group therapy and the central importance of relationships in therapy and in our lives generally. As a participant, you will be joining the third year Counselling Psychology Practitioner Doctorate students.

Research shows that therapy in groups can be fully as effective as one-to-one work. Group therapy also has advantages over individual therapy in a number of areas – for example in use of therapist time and in the many ways that clients can learn from their interactions with each other. Unfortunately therapists frequently have not learned how to provide high quality group therapy. There are both professional and personal challenges in working with several people at once rather than just with each individually. This five day course will give participants experience both of participating in and also of facilitating two major forms of group work – skills training groups and interpersonal process groups. These two therapy forms demand some overlapping and some differing therapeutic skills and abilities.



Tutor:

James Hawkins

Date:

Monday 20th - Friday 24th February 2012

Time:

9.30am - 4.30pm

Cost

£450 (deposit of £50 to secure a place) or **early bird fee of £400** if this payment is received by us in full before Friday 16th December 2011.

Each day of the course will contain a section involving a classic stress management, cognitive behavioural style, skills group. This will provide updated knowledge on the importance of various personal and lifestyle factors for psychological health – including applied relaxation and mindfulness, therapeutic writing, diet, exercise, social support, implementation intentions and goal setting. Participants will have an opportunity both to consider the relevance of these areas for themselves personally and their one-to-one practice, and also to look at how we can best orientate clients and teach this material in group format. Everyone will have an opportunity to practise facilitating this type of psycho-educational and skills training group – and of receiving feedback on how this comes across to participants.

Additionally each day of the course will contain a section involving an interpersonal process group, based on Irvin Yalom's approach as described in his classic book *"The theory and practice of group psychotherapy"*. This therapy format uses interactions between group participants as a key source of learning and growth. The ways we relate to others in the outside world will tend to emerge also in our relationships in the group. An essential difference is that in



the group we can look at and help each other with these developing moment-to-moment emotions and interactions. This is fascinating, alive and fluid. It can be a tremendously helpful opportunity to learn about ourselves and the qualities we want to evolve as therapists and in our lives more generally. Again experience in this group format will both be practical and personal and will also give us an opportunity to explore the benefits and therapist skills involved in providing this very different form of group therapy.

As well as time in the group trainings, we will also discuss the rich research findings highlighting the crucial importance of relationships both for maintaining health and for promoting wellbeing. We'll look at our own interpersonal styles, our current relationship networks, and the effects of our past relationships and upbringing. We will explore how this experiential understanding can enrich our personal work in the groups, and also help us use these techniques better in therapeutic work with clients. We'll explore too when our reactions are likely to be healthy drivers of action in our lives and when our reactions distort and push us away from how we want to be.

This five day course will be facilitated by James Hawkins. James is a psychotherapist and a medical doctor. He has over thirty years experience of teaching both skills training and interpersonal groups. He is also highly aware of much of the relevant

developing research that helps us evolve our ability to be more helpful for our clients. For more background on James and the material the course will cover, go to the tag cloud at James's blog www.stressedtozest.com and

Humanistic Psychotherapies

The Humanistic Psychotherapies intensive week aims to deepen participants' understanding of a range of humanistic therapies and their application to psychotherapeutic practice. The course is an advanced practitioner training and assumes that participants have a solid foundation in one or more humanistic oriented psychotherapy model, and an ability to apply skills from this approach within a therapeutic setting. As a participant, you will be joining the third year Counselling Psychology Practitioner Doctorate students.

The Humanistic Psychotherapies intensive week provides an arena for participants to develop their understanding of humanistic theory and practice, including Gestalt Therapy, Emotion-Focused Therapy and Existential Therapy.

Participants will be reminded of and/or introduced to a range of theoretical principles including existentialism, humanism, phenomenology, eastern philosophies, and emotion theory for example. There will also be space to explore major areas of similarity and difference between Humanistic theories and other major psychotherapeutic orientations.

Advanced skills practice within the training group forms a major part of the learning and may include working in pairs, triads and within group exercises. In deepening their ability to utilise advanced therapeutic skills, participants are also required to integrate theory into practice at a more profound level. Experiential learning and live supervision are an integral part of the learning process, and are seen as having a key function in

Gestalt Therapy

Monday 14th & 15th May 2012

Emotion-Focused Therapy

Wednesday 16th & Thursday 17th May 2012

Existential Therapy

Friday 18th May 2012

developing participants' professional competence.

Each course may be taken separately or combined with each other to produce an individual advanced training. As a participant, you will be joining the third year Counselling Psychology students.



Gestalt Therapy

Tutor:

Lucia Berdondini

Date:

Monday 14th & Tuesday 15th May 2012

Time:

9.30am - 4.30pm

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 Monday 19th March 2012.

This course is aimed to offer participants an understanding and some experience of the theories and the practice of Gestalt psychotherapeutic approach. The modality of the workshop will be an integration of experiential training, group discussions and theoretical input.

Over the 2 days I would like to explore with you some of the main aims of Gestalt therapy, such as giving the chance to clients to experiment new experiences through techniques that allow the dialogue between polarities (psychodrama, the empty chair, body work, arts, etc), enhancing their awareness and responsibility and experimenting ways that may enable them to better meet their own needs. Through the experiential work and the other input, I would also like to overview the main theoretical principals underpinning this approach (existentialism, humanism, phenomenology and also some of the eastern philosophies that have influenced it) as well as the more recent reflections and researches of practitioners on the dialogic processes.



Emotion-Focused Therapy

Tutor:

Robert Elliott

Date:

Wednesday 16th & Thursday 17th May 2012

Time:

9.30am - 4.30pm

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 Wednesday 21st March 2012.

Emotion-Focused Therapy (EFT, also known as Process-Experiential psychotherapy) is a neo-humanistic, empirically-supported approach that integrates elements of client-centered, gestalt and existential therapies around core emotional change processes, represented by a set of therapeutic tasks. This two-day workshop provides an review of EFT emotion theory, including mini-lectures, video demonstrations and small group experiential practice of selected therapeutic tasks, including systematic evocative unfolding, two chair work, and empty chair work. EFT has been described in several books, including Greenberg, Rice and Elliott's *Facilitating Emotional Change* (1993) and Elliott, Watson, Goldman and Greenberg's *Learning Emotion-Focused Therapy* (2004), among others.

Existential Therapy

Tutor:

Mick Cooper

Date:

Friday 18th May 2012

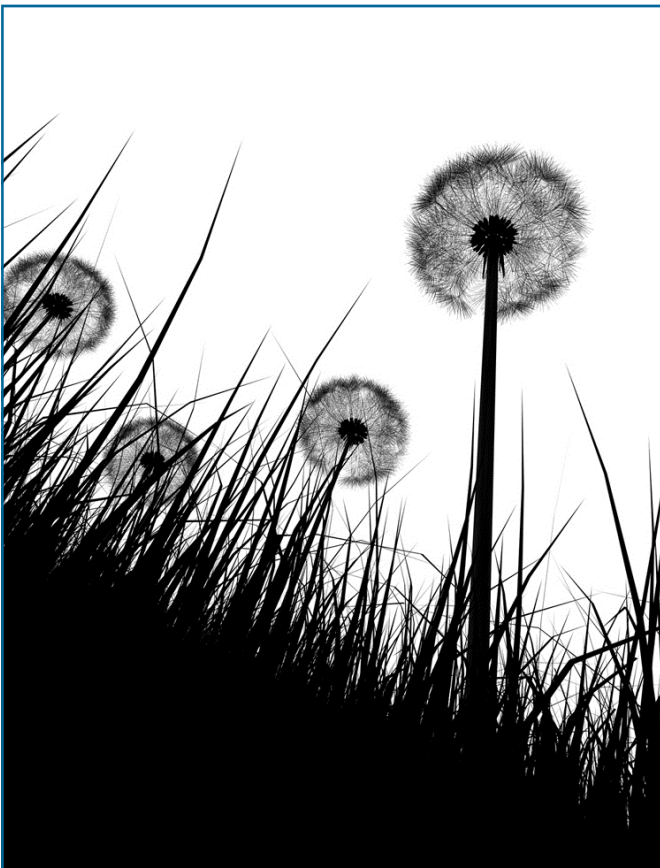
Time:

9.30am - 4.30pm

Cost

£90 (deposit of £50 to secure a place) or **early bird fee of £80** if this payment is received by us in full before Friday 23rd March 2012.

This workshop offers participants an opportunity to develop their understanding of existential philosophy and therapeutic approaches, and to look at ways in which it may help them to enhance their therapeutic practice. The workshop will involve a combination of theoretical input, discussion and exercises; and will focus on key aspects of existential thinking and practice, including the exploration of freedom and choice, coming to terms with the limitations of existence, and the need for meaning.



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.

Mick Cooper

Mick Cooper DPhil CPsychol is a leading international authority in the fields of person-centred, humanistic and existential approaches to counselling and psychotherapy. He is a Chartered Counselling Psychologist, co-Director of the Doctorate in Counselling Psychology and editor of *Person-Centred and Experiential Psychotherapies*. Mick is the author of several leading texts in the field, including *Existential Therapies* (Sage, 2003), *Working at relational depth in counselling and psychotherapy* (Sage, 2005, co-authored with Dave Mearns), *Essential Research Findings in Counselling and Psychotherapy* (Sage, 2008) and *Pluralistic Counselling and Psychotherapy* (Sage, 2005, co-authored with John McLeod). Mick is also recognised for his research into humanistic school-based counselling.

Robert Elliott

Robert Elliott, Ph.D., is Professor of Counselling in the Counselling Unit at the University of Strathclyde, Glasgow, Scotland, where he directs its research clinic and teaches counselling research and emotion-focused therapy. A professor Emeritus of Psychology at the University of Toledo (Ohio), he is co-author of *Facilitating emotional change* (1993), *Learning process-experiential psychotherapy* (2004), *Research methods in clinical psychology* (2002), and *Developing and Enhancing Research Capacity in Counselling and Psychotherapy* (2010), as well as more than 120 journal articles and book chapters. He is past president of the Society for Psychotherapy Research, and previously co-edited the journals *Psychotherapy Research*, and *Person-Centered Counseling and Psychotherapies*. He is a Fellow in the Divisions of Psychotherapy and Humanistic Psychology of the American Psychological Association. In 2008 he received both the Distinguished Research Career Award of the Society for Psychotherapy Research, and the Carl Rogers Award from the Division of Humanistic Psychology of the American Psychological Association.

Richard Golsworthy

Dr Richard Golsworthy is a Chartered Counselling Psychologist working in private practice and as a Lecturer at Glasgow Caledonian University. Over the last 15 years he has worked within the NHS, both in psychiatric and primary care services, and, from 2002, set up and delivered the psychological service of the Glasgow Maggie's Centre, working with people diagnosed with cancer and their families. Richard has particular interests in the therapeutic relationship in cognitive-behavioural psychotherapy, mindfulness approaches and relationships between the body, movement and emotion.

Sandra Grieve

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.

Angela Harris

Angela Harris is based at NHS Lothian Older Adults Psychology Service in Edinburgh and Glasgow Caledonian University. She also works in private practice as a Chartered Counselling Psychologist. Her interest is in helping elderly clients, their families and carers find ways to use cognitive-behavioural techniques as a positive force for change. She has earned a reputation for providing skilled and inspirational training. Prior to training in counselling psychology, she previously worked with multinational companies in a range of roles in career development and human resources.

James Hawkins

Dr James Hawkins is a psychotherapist and a medical doctor. He has over thirty years experience of teaching both skills training and interpersonal groups. He is also highly aware of much of the relevant developing research that helps us evolve our ability to be more helpful for our clients. For more background on James and the material the courses will cover, go to the tag cloud at James's blog www.stressedtozest.com and click on group work, mindfulness, emotions, relationships, positive psychology, positive emotions, self-determination, compassion and other relevant terms.

Susan McGinnis

Susan McGinnis is the founder of the University of Strathclyde Counselling Unit's Counselling in Schools Projects and manager of the service in the Glasgow schools. She has also developed - and co-facilitates with Sandra Grieve - the Unit's course on working with young people. She has been editor of the journal *Counselling Children and Young People* and is author and editor of the BACP *Good Practice Guidance for Counselling in Schools* documents in addition to contributing chapters to *How We Feel: An Insight Into the Emotional World of Teenagers* (Jessica Kingsley, 1997) and *Safeguarding Children in Schools* (Jessica Kingsley, 2008). A long-time advocate of counselling provision for children and young , she has an interest in policy making and is a member of the COSCA Children and people in Scotland Young People Standing Policy Group. Most importantly, she continues to work therapeutically with young people as a counsellor in a school.

Rosemary Mullan

Rosemary works part time in private practice as a Counsellor, Supervisor and Trainer, and part time with Choose Life, where she delivers training on responding appropriately to those who are suicidal, or utilising self harm as a coping strategy. After 15 years of working in education and youthwork, Rosemary trained as a couple counsellor with York St John University using the Egan Model. In 2000, she gained the Postgraduate Diploma in Counselling at the University of Strathclyde and completed training in CBT work in 2008. She has extensive experience of working in both the voluntary sector and the NHS as a counsellor and trainer, including managing a community based counselling service. Rosemary strives to work from a person centred perspective, whilst being open to integrating other models whenever it might contribute to the empowerment of her client. In her work with couples, Rosemary is interested in how she can be facilitative of each client's freedom to grow and be understood and make their own choices, while permitting the other to be safe and connected in their presence.

Application Details



To apply for any of the courses please complete the application form on the next page, or apply online at:

www.strath.ac.uk/forms/pdu/ptkeapplicationform

Please photocopy application form as required.

Further Information

For further information about the courses included in this booklet along with details about forthcoming conferences please visit the Counselling Unit website (CPD):

www.strath.ac.uk/humanities/counsellingunit

Application Form

Course Title:

Name:

Address:

Email:

Tel No. (home/mobile):

Professional Qualifications:

Institution:

Date Qualified:

Current Professional Practice:

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 reduced 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:

.....

Signed:

Date:

Source Questionnaire

The information provided on this questionnaire is used to determine whether a suitable advertising media has been used for this booklet. It would be helpful if you could take time to complete this, as it provides important information for our future marketing.

Where did you hear about our programme of PTKE courses?

[Please tick relevant box(es)]

Counselling Unit Website

Unit Mailing

Advert (please specify journal)

PCT Scotland Website

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Thank you for your cooperation

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