



UNIVERSITY
of
ABERTAY DUNDEE

Division of Nursing and Counselling

***Counselling & Mental Health
Practitioner Workshops Programme***

Spring/Summer 2012

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.

Working Effectively with Self-Injury and Self-Harm
Friday 20th January 10.00am-4.00pm

Facilitator: Andrew Reeves

Counsellors and psychotherapists will often work with clients whose presentation may include self-injury or self-harm. Some will wish to explore their harming behaviour specifically, looking for understanding and alternatives, while for others self-harming will be part of their wider experience. Either way, working effectively with self-injury and self-harm demands empathy, understanding and a willingness on behalf of the therapist to explore their own coping strategies.

This workshop will provide participants with an opportunity to consider definitions of self-injury and self-harm, explanations from research and theory as well as from the experience of those who self-harm, and how self-injury and self-harm can be incorporated appropriately into the therapeutic process.

Dr Andrew Reeves is a counsellor and supervisor at the University of Liverpool Counselling Service, who has worked for many years in secondary mental health settings with people who self-injure and self-harm. He is Editor of the *Counselling and Psychotherapy Research* journal, author of *Counselling Suicidal Clients* (SAGE, 2010), other books and is a regular contributor to *Therapy Today*. He co-authored the BACP Information Sheet, '*Considerations for Working with Clients Who Self-Harm*' (with Jules Howdin).

Cost: £70

Counselling and Long Term Health Conditions
Saturday 4th February 10.00am-4.00pm

Facilitator: Dot Weaks

Coming to terms with a Long Term Condition is essential for living life to the full post-diagnostically. This workshop will explore the issues for clients and counsellors and will introduce a theory which gives evidence of the potential value that counselling can have for people with a Long Term Condition and their families and/or carers. The workshop will draw on research and theory in the field of dementia to illustrate a counselling model that can be utilized and transferred to other Long Term Conditions. This model of counselling practice includes a set of 9 key therapeutic tasks that can influence how counsellors can assist in the shaping of a valued social identity. This workshop will focus mainly on counseling people with a new diagnosis of a Long Term Condition although counseling along the trajectory of an illness will also be considered. The day will be interspersed with short periods of teaching input along with whole group interactive sessions, experiential exercises and group discussions.

Dot Weaks has extensive experience of working with people with Long Term Conditions in different settings, both within NHS and voluntary sector. Her research has been focused on how a model of counselling can facilitate 'coming to terms' with and enabling and empowering someone with a diagnosis of a Long Term Condition to live well with their condition.

Prior to recent retirement from the NHS, Dot Weaks was a Nurse Consultant, and now works in her private counselling and supervision practice.

Cost: £65

An Introduction to Cognitive Behavioural Therapy (CBT)

Tuesday 28th February-Friday 2nd March 9.30am-5pm (4 days)

Facilitators: Joe Armstrong and Mhairi Selkirk

This course provides an introduction to the principles and methods of cognitive behaviour therapy, and an appreciation of how they can be applied in practice in relation to common mental health problems such as anxiety and depression. This introductory course forms part of the University of Abertay Dundee Postgraduate Certificate in Cognitive-Behavioural Therapy. Participants who successfully complete the course have the option of entering module 2, *CBT Interventions for Anxiety Disorders*, and module 3, *CBT Interventions for Depression*, should they wish to complete the full programme.

Cognitive-behavioural therapy (CBT) is a talking therapy based on the idea that our emotional responses are very much influenced by our thoughts and beliefs, and also, that behaviour can have a powerful impact on our thoughts and emotions. The key principles of CBT are:

- Focus on resolving or alleviating the client's present difficulties
- Emphasis on a collaborative approach between client and therapist
- Helps clients to develop self-help skills
- Short-term and flexible
- An evidence-based treatment of choice for a range of common mental health problems according to NICE guidelines (National Institute of Health and Clinical Excellence).

An Introduction to Cognitive Behavioural Therapy (CBT) will be of interest to counsellors and psychotherapists, and also to other healthcare professionals and practitioners working in NHS, voluntary, private or educational settings or within social services. The aim of this introductory course is to provide participants with an opportunity to develop a basic understanding of cognitive behavioural therapy, and to explore the ethical, professional and personal issues arising from the application of CBT theory and methods in practice. Participants will have opportunities to develop basic CBT skills and an understanding of how to apply them in practice.

Current face-to-face client work is not required for participation in this introductory course. However, for those who subsequently register for the remaining modules on the Postgraduate Certificate in CBT, there is a requirement to work with a minimum of 5 clients experiencing anxiety and/or depression during the period of registration on the programme.

Dr Joe Armstrong and *Dr Mhairi Selkirk* are Lecturers in Counselling at the University of Abertay Dundee and are practicing CBT therapists with experience in working with a wide range of client groups in NHS and voluntary sector contexts.

For further information about this course, or Postgraduate Certificate in Cognitive Behavioural Therapy programme, contact Dr Joe Armstrong at j.armstrong@abertay.ac.uk.

Cost: £566.67

Family Therapy: Integrating Bowen's Family Systems Theory and Emotion Focused Therapy

Saturday 24th March 10.00am-4.00pm

Facilitator: Denis O'Hara

This workshop provides an introduction to working with families. Key themes from both Bowen's Family Systems Theory and Greenberg & Elliott's Emotion Focused Therapy are combined into an integrated system of family therapy. Some of Bowen's fundamental concepts like the differentiation of self, emotional triangles, and multigenerational transmission processes will be discussed. Key concepts and ways of approaching the

therapy process from within an Emotion Focused Therapy framework will form the applied aspect of the workshop.

Dr Denis O'Hara is a Lecturer in Psychology and Counselling at the University of Abertay. He is an experienced therapist, teacher and researcher and regular presenter of seminars on counselling and psychotherapy.

Cost: £65

The TA101: An introduction to Transactional Analysis. 2-day workshop: Thursday 19th April 10.00am-5.00pm and Friday 20th April 10.00am-4.00pm.

Facilitator: Mark Widdowson

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 1950's 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 humanistic psychotherapy with broad application in counselling, education and organisations.

These four areas constitute the recognised specialities 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

The course is facilitated by Mark Widdowson, who 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 Athens in TA and Integrative Psychotherapy Synthesis Centre in Athens. Mark is currently carrying out research into the effectiveness of TA psychotherapy in depression.

Cost: £140

**Developing Hope-based Strategies in Counselling and Psychotherapy
Saturday 5th May 10.00am-4.00pm**

Facilitator: Denis O'Hara

Hope has consistently been recognised as one of the common factors in therapeutic change. However, apart from acknowledging its significance, little has been developed within the psychotherapeutic literature about how to facilitate hope within therapy. This workshop highlights the importance of hope as a feature of the change process and identifies a range of approaches to fostering its development in both the therapist and the client.

Dr Denis O'Hara is a lecturer in psychology and counselling at the University of Abertay. He is an experienced therapist, teacher and researcher and regular presenter of seminars on counselling and psychotherapy. Dr O'Hara is also author of the forthcoming book *Hope In Counselling and Psychotherapy*, Sage, 2012.

Cost: £65

Working with Mindfulness in Therapy
Thursday 7th June 10.00am-4.00pm

Facilitator: Alison Shoemark

In this workshop, there will be an opportunity to discover something about mindful meditation practice, how it works and how it can be used. There will be some time to practice a relaxing and sitting meditation and a walking meditation as well as one or two other short 'mindful' activities. There will also be time for discussion together about the tensions and stresses that can lead to ill health with some time to explore mindful ways of 'managing' them.

What is Mindfulness? Mindfulness or being mindful is being aware of your present moment... You are simply observing the moment in which you find yourself. Moments are like a breath. Each breath is replaced by the next breath. You are there with no other purpose than being awake and aware of that moment.

How does it work? Learning mindfulness is learning a type of meditative practice, in which you develop ways of being more in the present moment. In essence, this is about developing an inner resource. It is about developing a skill; the skill of listening to ourselves compassionately and with a receptive heart, of being fully awake in the present moment. It is about finding new ways and rediscovering old ways, of mindfully dealing with stressful situations, difficult emotions, thoughts and, sometimes, physical feelings.

Mindfulness is about paying attention to an experience from moment to moment-without drifting into thoughts of the past or concerns about the future, or getting caught up in judgments or opinions about what is going on. One way to practice mindfulness is through meditation. Thich Nhat Hahn (an exiled Vietnamese monk) has stated that: "Meditation has the capacity to nourish, heal, cope with and reduce stress, worry, depression and fear...". A poem, also by Thich Nhat Hahn illustrates that mindfulness and mediation are not necessarily things to take us away into some kind of weird world but are about here, and now, whatever we happen to be doing:

Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves
Slowly, evenly, without rushing toward the future;
Live the actual moment
Only this moment is life.

Alison Shoemark was Director of the counsellor training programme in the School of Education, University of Aberdeen, and currently works in private practice as a trainer, supervisor and therapist. Meditation and mindfulness are interests that she has had for many years.

Cost: £65

Pluralism 101: An Introduction to a pluralistic framework for counselling and psychotherapy practice
Monday 11th & Tuesday 12th June both days 10.00am-4.00pm

Facilitator: John McLeod

There is an increasing acknowledgment, across the field of counselling and psychotherapy, that no single model of therapy provides all the answers. Many counsellors and psychotherapists describe themselves as integrationist, combining different ways of working from different therapeutic orientations. However, there are few guidelines available regarding how best to combine ideas and methods, in the interest of the client. The pluralistic framework for counselling and psychotherapy practice specifies a set of strategies for creatively drawing on a multiple therapeutic practices and theories, in a way that maximises the client's involvement in the therapy process. This course provides an introduction to these ideas, and will be interesting and relevant both to experienced practitioners, and students in training.

The programme will focus on:

- Providing an outline of a pluralistic framework for practice
- Practical ways of involving clients in the process of therapy

Learning activities will include lecture inputs, experiential work, and discussion of case material.

John McLeod is Emeritus Professor of Counselling at University of Abertay Dundee. He is author of many books and articles, including *An Introduction to counselling* (Open University Press, 4th edition, 2009), *Counselling Skills* (with Julia McLeod, Open University Press, 2nd edition, 2011), and *Pluralistic counselling and psychotherapy* (with Mick Cooper, Sage, 2011) and was the founding editor of the *Counselling and Psychotherapy Research* journal.

Cost: £120

The Art of Counselling: the place of 'creativity' in our work
Tuesday 21st August 10.00am-4.00pm

Facilitator: Alison Rouse

'Creativity' is a central force in human life and is fundamental to the therapeutic process. Just as 'art' takes experience, re-visioning it and integrates different elements to present it anew, therapy too is often about helping the client to make sense of (and order) their experience to allow for new future possibilities. Creativity is present in our moment-by-moment interactions with our clients; in the 'style' and 'form' in which we work; as well as when we recognise that 'words may not be enough' and that a client may benefit from other modes of exploration and expression. We know personally the potential that a particular song, painting or poem has to touch us at the core of our experience and affect us deeply. We use words from the 'arts' to describe emotional connections and aspects of therapeutic processes, examples include resonance, harmony and discord, attunement, the frame, drawing out. The more we can understand what is involved in such artistry, and the relevance it has for our therapeutic work, the more we have the potential to connect deeply with our clients and for therapeutic work to be effective. Similarly the more we can tap into our own creative potential the more we will be able to enable this in our clients.

The aim of this workshop is to take what we can learn from understanding the creative process into enhancing our ways of working and deeply connecting with our clients. It will involve experiential exercises individually; in pairs and in small groups, as well as linking these with different theories. This workshop is suitable for any counsellors, regardless of level of confidence about their 'creative capacities', who wish to explore these links further. Please wear clothing that will enable you to participate comfortably in these exercises.

You will have the opportunity to:

- Explore and reflect upon your relationship with your own creativity
- Examine 'creativity' as viewed by different counselling approaches
- Link these understandings with findings from creativity research
- Engage in creative ways of working that can be used with clients in counselling
- Add to the resources in your 'therapeutic tool box'
- Gain an understanding of putting an 'artistic perspective' into practice in counselling

Alison Rouse is a BACP Senior Accredited Counsellor, with extensive experience working in different settings with a variety of client groups. Her professional initiation into using expressive arts ways of working with clients was in the rich learning ground of a therapeutic community resource for clients with mental health problems. Since then she has worked as a counsellor in a young people's counselling agency (voluntary sector); as a counsellor with people with learning disabilities and over the last 12 years within student counselling in HE. She is also a Part-time Lecturer in Counselling at the University of Abertay, and is trained and practices as an artist. She is currently researching how counsellors relate to their own creativity and how it impacts on their work with clients.

Cost £65

Counselling skills: an introductory taster day
Friday 24th August 10.00am-4.00pm

Facilitators: Julia McLeod and Mhairi Thurston

The Certificate in Counselling Skills, validated by COSCA (Counselling Scotland) has for many years represented a highly valued training opportunity for anyone interested in developing counselling skills that they can use in their work setting, or who is considering entering professional training as a counsellor or psychotherapist. The Certificate in Counselling Skills consists of four modules, and is organized around an integrated approach to learning about theory, practice and personal development in an enjoyable and supportive environment. This one-day event is designed to provide a taste of the Certificate experience. Participants will be invited to try different kinds of learning activities, and will have a chance to ask questions about what is involved in being a student on the Certificate programme, and where it can lead in terms of further training in counselling.

Mhairi Thurston is a Lecturer in Counselling at the University of Abertay Dundee. Her research interests, 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. In 2011 Mhairi was elected to the Board of Governors of BACP.

Julia McLeod is a Lecturer in Counselling at the University of Abertay Dundee and also works in a private practice as a psychotherapist and supervisor. Trained in person-centred counselling and Transactional Analysis psychotherapy, she is a BACP accredited counsellor and COSCA accredited trainer. Julia is co-author of *Counselling Skills: a Practical Guide for Counsellor and Health Professionals* (Open University Press, 2011) and is Programme Tutor for the Abertay Graduate Certificate in Counselling Skills programme.

Cost £25

Becoming an Effective Supervisor

Tuesday 28th August 10.00am-5.00pm and Wednesday 29th August 9.00am-4.00pm.

Facilitator: Michael Carroll

Bringing clarity and understanding to the role of supervision, this course helps new supervisors set up, maintain and use a supervisory arrangement effectively with one or more supervisees. While concentrating on individual supervision, it will provide insights into group and team supervision work. Highly acclaimed, this course is designed for counsellor, psychotherapists, treatment managers, psychologists, probation officers, social services personnel, and managers – and all who supervise the work of others in the helping profession.

The two days will use a variety of learning interventions: input from the tutor, exercises, demonstrations, live supervision and the opportunity to practice skills.

Feedback from people who have previously participated in this course:

“Insightful, motivational & practice” Drug Worker

“Really good and interesting” Forensic Psychologist

“Good and thought provoking” Psychologist

“Really helpful to clinical work and service delivery” Clinical Psychologist

“Very well structured and most helpful” Psychotherapist

Dr. Michael Carroll is a Chartered Counselling Psychologist and a BACP Senior Registered Practitioner. He works as a counsellor, supervisor, trainer and consultant to organisations in both public and private sectors, specialising in the area of employee well-being. He has lectured and trained both nationally and internationally. Michael is a visiting Industrial Professor in the Graduate School of Education, University of Bristol and winner of the 2001 British Psychological Society Award for Distinguished Contributions to Professional Psychology. He has written or edited 9 books, including *Counselling Supervision in Context* (with Elizabeth Holloway, Sage Publications, 1999), *Integrative Approaches to Supervision* (with Margaret Thostrup, Jessica Kingsley, 2001), and *On Being a Supervisee: Creating Learning Partnerships* (with Maria Gilbert, 2nd edition, Vukani Publishing, 2011).

Cost: £300

Information about booking a place on a workshop

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

To register for a workshop, contact Laura Jeffrey, CPD Administrator, School of Social & Health Sciences on 01382 308722 or at l.jeffrey@abertay.ac.uk. To talk to someone about what is involved in any of the workshops, contact, Julia McLeod on 01382 308507 or at julia.mcleod@abertay.ac.uk.

Places are limited – early booking is recommended – fees must be paid in advance through our online store at the following link: <http://onlinestore.abertay.ac.uk/>. Participants receive a CPD certificate on completion of each course/workshop.