



Northern Guild News



Winter 2014 In the News



To see Katie and the team with their award go to:
Nursing Times 2014 awards

Katie Coxon was part of a nursing team in North Tyneside who won a national award for their approach to helping children who self harm. "Our team triumphed in the 2014 Nursing Times Awards which represented true excellence in nursing and patient care". The nursing team worked in partnership to form a project team with schools, educational psychology, community learning disability service, public health school nurses, North Tyneside Council and the charity Young Minds. The group developed training for educational staff to enable them to spot the early signs that a young person may be at risk of self harm. The project led to the development of a standardised guild to managing self harm being implemented across all schools, Year 7 and above. The team won the nursing in mental health category of the awards which attracted nearly 800 entries from 306 different organisations.



In September, Elaine Hall took part in the Shine Night Walk for Cancer Research. Shine follows a beautiful route through central London for 26.2 miles, which- it turns out- is rather a long way. Fantastic support from the Cancer Research volunteers and her fellow walkers meant that she reached the finish in seven hours. The blisters healed quickly! Thanks to all those who supported her.

Exam Results November 2014

Abraham Benolie

Diploma in Therapeutic Counseling
Pass with Merit

Alison Marley

Diploma in Therapeutic Counseling
Pass with Distinction

Angela McArthur

Diploma in Therapeutic Counseling
Pass with Merit

Caroline Taylor

Diploma in Psychotherapeutic
Counselling Child & Adolescent
Pass with Distinction

Carol Carrington

Diploma in Therapeutic Counseling
Pass with Merit

Claire Limmer

Diploma in Therapeutic Counseling
Pass with Merit

Holly Lynn

Diploma in Therapeutic Counseling
Pass with Merit

Jeannie Davison

Diploma in Therapeutic Counseling
Pass with Distinction

Laura McGuinness

Diploma in Therapeutic Counseling
Pass with Distinction

Lauren Oyston

Diploma in Therapeutic Counseling
Pass

Paula Parker

Diploma in Therapeutic Counseling
Pass with Merit

Peter Sim

Diploma in Therapeutic Counseling
Pass

Susan Matthews

Diploma in Therapeutic Counseling
Pass with Distinction





Student Fun

By Alan Wildsmith



Towards the end of fourth year and as our taught course at Northern Guild was coming to an end, many of us wondered what would become of us all, and especially whether and how we would keep in touch.

Not having a regular slot each month to meet up with fellow students and friends was a bigger deal than many of us thought... that buzz in Freudz Café on a Saturday/Sunday morning, catching up on whether you've caught up with coursework, being there for each other in a way that can seem alien to the outside world, learning new theories and methods, doing presentations and skills practise, being tempted to indulge in, "just another of Clara's chocolate brownies...", and sometimes, just sitting in silence for a few minutes (with said brownie and a hot drink) by the windows in the comfy chairs with someone you really click with, watching the traffic and pedestrians go by.



It's tough to break away knowing that all of this contact will not be as frequent as before... at Northern Guild you really do develop some very strong bonds with the people you study with.

So, as a year group, we decided to make the effort and go camping together in the autumn time as a start to a continuation of making time for each other outside of Northern Guild.

Not everyone could make the first outing to Boe Rigg Campsite in Bellingham, so we went on two trips, the latter being in late September and this is the one I went on with four other post grad campers! - Holly Lynn, David Graham, Sophia Friedrich and Bianca Raabe.

Dave, Sophia and I squashed up in a little car with all our gear and set off... I had just come back from a lightweight cycling tour of the NE Highlands so brought my little stove, some whole wheat noodles and bags of miso soup which did me fine up there in Bonny Scotland... I thought that would be enough apart from some pub grub for our trip. How wrong was I! Unbeknown to me, we headed for a local supermarket and stuffed the car full of all sorts of food and drink from your basic white bbq baps, through to sausages stuffed with mature cheddar, black-pudding and apples!





After driving along the beautiful country lanes in Northumberland, the suspension nearly bottoming out at every pothole with the weight of our fodder and our spines stiffening at every jolt, we arrived safely at Boe Rigg and set up camp. The weather was warm and bright but there was a definite pinch in the air; September was being kind and cautioning at the same time... after all, the leaves were falling and October was just around the corner.

Holly arrived soon after and Bianca the next day.

The good thing about Boe Rigg is you can light fires and if you book it, there's a section by the stream that is almost secluded from the rest of the campers - that's where we stayed... there're plenty of cows and bulls in the field next to those pitches, so, if you prefer a bit of company, it's not too lonely.

When we were settled in, we lit a fire, sat down on some rugs and cracked open a couple of bottles of champagne! Yes, it was semi-glamping... I say semi, because we were all in tents... apart from Dave, who bought a deluxe tipi especially for the occasion! After lots of hilarity and plenty of barbecued food under the stars we hit the sack and decided to go for a walk the next day.

On the Saturday morning we got the fire going and had a cooked breakfast then headed off for a short walk around the surrounding area. We went to a lovely little pub called the Holly Bush Inn in Greenhaugh, met some inquisitive friendly regulars, had a pint with them by an open fire and then came back to the campsite and set up for another night of sparks, crackles, snaps and stars.

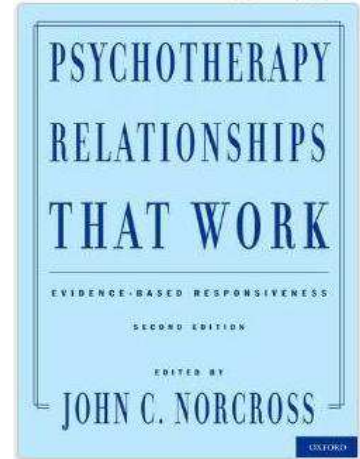
We stayed until Sunday afternoon and whilst driving home to our beds, full from the food, tired from the fresh country air and happy that we made the time to come together again... we all had a glow from the warmth that only a fire, food and friends can foster. Before leaving the Rigg, we made a commitment to meet up again when the shoots and leaves begin to emerge and the season reminds us of the winter past and the warmth ahead.





A review of **Psychotherapy Relationships that Work: Evidence-Based Responsiveness**

By Sarah Taylor



The back cover of this book is covered with reviews written by dignitaries and luminaries of the psychotherapy field. Arnold Lazarus enthuses “this book is a MUST READ”. It is a book whose title promises much – and it does deliver. However, it is a 400+ page heavy textbook and the pages have a dense academic layout: this is not one to take to the beach.

John Norcross aims to identify the truly effective elements of the therapy relationship. It seems generally accepted now that the relationship which matters most for therapy outcomes. But what *kind* of relationship? Not all relationships are therapeutic.

Although the book is edited by John Norcross, it is in fact produced by an ‘Interdivisional Task Force’ – a long list of contributors who have researched, read and meta-analysed huge amounts of available data on the therapy relationship. Broadly, the book has two parts: ‘What works in general?’ and ‘What works in particular?’ the latter focusing on specific differences such as culture, attachment style and religion.

To begin, the therapy relationship is defined as “The relationship is the feelings and attitudes that the therapist and client have towards one another, and the manner in which these are expressed”. They then divided up the therapy relationship into different elements. Each chapter is on a specific relationship element: for example, alliance, empathy, congruence, client feedback, goal consensus, positive regard and affirmation. They make transparent in the book the passionate debates which led to the definitions of the therapy relationship, and also how difficult it was to ‘divide’ it up into component parts.

Once written, these chapters on specific elements of the therapy relationship were peer-reviewed and revised. A panel then considered the evidence in these chapters and decided whether each relationship element was ‘demonstrably effective’, ‘probably effective’, or ‘promising but insufficient research to judge’. For those of us who like lists – there is one!

At £45.00, this is not a cheap textbook. Some people will find it too dense, it’s language off-putting. Many might disagree with the basic principle of the book, in dividing up the complexity and interconnectedness of the therapy relationship into separate ‘bits’. However, if you are seeking to understand better the basis for the relational approach in psychotherapy, I think it is a book whose usefulness would last throughout the duration of training.



People in Focus



Susan Cairns



I love sport and dance!

When I was younger I learned Ballroom and Latin American dancing, I took some exams and have medals for this. I also used to be part of a gymnastics club, played netball and enjoyed athletics and aerobics.



I was particularly good at the 200m sprint and the high jump. I have recently been thinking about tap dancing lessons, but have not found the time to do anything about this yet. I am watching Strictly Come Dancing at the moment, feeling rather envious; I'd love to have a go. I think I'd like Kevin for my dance partner.

I still enjoy keeping fit with Pilates. I started taking surfing lessons these were great fun; the photograph is from my first lesson. I also like to ski but hate those moguls and definitely no black runs for me.

I love to cook; I find this very relaxing but have to admit that I love to eat! I have about 50 cookery books from around the world and love trying out new recipes. I am pretty good at making cakes and pastries and used to make birthday cakes for my friends and family, the best challenge I had was a request for dinosaur cake. I have added another two cookery books to my Christmas Wish List; hopefully I will be trying out some new recipes over the holiday period.



I am not fond of shopping unless it is buying shoes! In fact my big secret that I am sharing only with you, dear reader, is that I have over 100 pairs and of course no pair of shoes is complete without a matching handbag. I'll let you do the sums

Oh and at the end of these winter evenings the best way to relax is sitting in front of the fire with a good book, a cup of tea and lots of chocolate or marshmallow cake.



Susan's Marshmallow Cake

Ingredients

300 g Fine Dark Chocolate
125 g Unsalted Butter (4 1/2 oz) cut into small pieces
200 g Shortbread Biscuits (broken into pieces)
200 g Mini Marshmallows
5 ml Madagascan Vanilla Extract (1 tsp)

1. Grease and line a 20cm square cake tin. Break the Chocolate into pieces and place in a saucepan. Add the butter and put over a very low heat, stirring occasionally, until melted. Remove from heat and transfer to a heatproof bowl and leave to cool for 10 minutes.

2. Stir in the biscuits, Mini Marshmallows and Vanilla Extract. Mix well and spoon into a cake tin, press the top down gently. Cool and then chill for about an hour until set.

3. Cool at room temperature for about 15 minutes, cut into pieces and serve



Psychotherapy Research: Scary? Too Academic? Too medical? Not for me!

By Sarah Taylor

At the recent United Kingdom Council for Psychotherapy Multi-Modality Conference, therapists responded with these kinds of words when asked to share their thoughts and feelings about research. UKCP is aware that many of its' members view research in this way and wants to do something about it.

The UKCP Research Faculty say: *"In the NHS, but also in private practice, there is a growing demand for evidence based practice. This means that therapists take research results into consideration when they make decisions in their therapeutic work. Practice-oriented research can help to produce the best possible outcomes for the client in psychotherapy."*

The UKCP Practitioner Research Network (PRN) is a lively, interesting group of people who meet every few months in London to discuss projects and ways of engaging psychotherapists and counsellors. At the last couple of meetings, attendees included a co-developer of the CORE outcome measure, and a leading economist. Travel expenses are partially met and you can find out more here: <http://www.psychotherapy.org.uk/about-us/ukcp-faculties/research-faculty>

The focus at the PRN is on developing methods and projects appealing more to practitioners such as us: people with varying backgrounds, who are interested in what is really going on for our clients, and in our practice. One project involves exploring specific factors involved in an 'I-Thou' moment of intersubjective meeting. Another is focusing on how psychotherapists can engage meaningfully with outcome measures, while respecting and improving the therapeutic relationship.

Northern Guild will be hosting a UKCP PRN event on Saturday 30th May where you can try out some research methods, talk to some academics 1:1 about your own research ideas, and find out more about the PRN. Save the date!

If you would like to join in, let me know through the office info@northernguild.org



Northern Guild Workshops 2015

Introductory Events and Workshops

Open Evenings

What our visitors say...

"very informative" "all my questions were answered...the team was really helpful" "I got talking to one of the 2nd year students who has to fit in family, job and training..." "I wanted to know more about placements so Julie talked me through that"... "I nearly applied last year but the timing wasn't right. I came to an open evening anyway, but this time it's my second visit and I know it's the right time to start"...

"I've already done the Introduction to Counselling, so this is just to check out the costs and make sure I have all the up to date information".

To express your interest in or to register your place for our upcoming open evenings email courses@northernguild.org or call us on 0191 209 8383

Introduction to Transactional Analysis TA'101' counts towards foundation level training*

The 3-day TA '101' will provide you with an introduction to the key concepts of this dynamic theory of personality, relationships, communication and personal development. **Our next TA101 takes place between the 30th January – 1st February 2015.**

CPD Workshops

Dream

We all dream, we all talk about our dreams and they fascinate us. Dreams are a rich source of insight giving coded messages to help us make our way in the world. In this workshop we will explore the theoretical approaches and a range of methods for working with dreams. There will be an opportunity to work on your own dreams as well as skills practice.

Sandtray

Sand play utilises a tray of sand in which the client can rhythmically move, build, or create a scene using small objects – a non verbal communication of their internal and external worlds.

The course entails a history and benefits of Sandtray work, step by step instructions on how to conduct spontaneous and directed sand tray therapy sessions.

This workshop is a good foundation for integrating sand play which will also stimulate the creative process because like the client, who sees internal and interpersonal dynamics and dilemmas the participant will find this workshop a powerful experiential tool that will reveal insights information and paths to explore through experimenting and being part of their own and others in the workshop sand play creativity.





An Experiential Introduction to Creative Arts Therapy

This workshop is designed to introduce participants to a range of techniques, both verbal and non-verbal. The workshop is experiential as this is the best way to understand the power of the techniques, we will explore the use of miniatures, puppets, image creation, movement and sound. Please come prepared to be actively involved. No-one will be asked to do anything they do not feel comfortable doing but everyone will be encouraged to reflect on their inner responses.

Inner Child

Throughout this 5 day workshop you will have the opportunity to return to those various stages of your life to seek what your inner child missed. Learn how to listen and respond to the Inner Child through developing skills and methods in depth therapeutic work.



By unraveling these missing factors of childhood through theoretical discussions and experiential reference this course will enable you to understand yourself, as a child and as an adult, and consequently you will become a more attuned parent and adult.

Certificate in Couples Counselling Part 2

This workshop looks at how to work with couples effectively using a range of approaches including developmental frameworks, systems theory, psychodynamic principles and behavioral interventions.

Imagery & Active Imagination

Images convey powerful messages, spoken and unspoken. When we capture the image, we release mental and emotional energy, which can be channeled in a positive way. This course offers an opportunity to learn about the work of Jung and Leuner as a base for developing your therapeutic skills in working with imagery.

*On completion of the course you will be awarded a Northern Guild Certificate of Attendance which counts as 18 hours on your foundation level training (year 1) if you take any of our accredited Diplomas.

For full details of all our short courses, download our [Introductory Events & Workshop brochure](#) from our website, or email courses@northernguild.org to request a copy.

If you no longer wish to receive this newsletter, please email STOP to courses@northernguild.org and we will remove you from our mailing list.

