



Northern Guild News



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Northern Guild Re-launches at Thornaby

by Sarah Bell



Northern Guild's centre at Thornaby, near Stockton has undergone refurbishment this year and we are very pleased to announce the expansion of some of our courses to our growing second training centre.

With increasing interest in our Thornaby-based courses, we have expanded our Diploma in Psychotherapeutic Counselling for both Adult and Child specialisms to our Teesside branch. The Northern Guild prides itself on offering training that fits around our students' busy schedules, enabling everyone to find a way achieve their desired qualification. We hope that the increase in courses available at Thornaby proves our commitment to our students' needs and it is certainly testament to the growth and development of the Guild.

Jan Garcha, a member of the Guild's training team, added, "It's very exciting to be back at Stockton now as a trainer and supervisor, teaching students and seeing new energy breathed into the building'.

With the addition of these programmes, Northern Guild's Teesside location now offers evening training for a Foundation Year and Diploma in Psychotherapeutic Counselling (Adult or Child specialism).

To add to the development of the Thornaby centre and along with the increase in courses offered there, we have recently invested in the building itself. You'll notice new windows and a fresh lick of paint on the original front door, in keeping with the character of the property. This is encouraging for the future and growth of the Northern Guild going forward.



A message from our Final Assessment Co-ordinator

I would like to send my warmest congratulations to all students who completed their Final Assessment in November.

I hope you had a wonderful time with your friends and family celebrating your achievements. All your hard work and dedication has paid off, well done on your well-deserved success.

Thank you to supervisors, examiners, markers and the administration staff in the office for all your hard work and support in the preparation of the assessments.

A list of students who have completed the process of completing their assessment and submitting their final portfolio to the accreditation committee is published below.

All my good wishes for your bright future,

Judith Humphreys

Final Assessment Co-ordinator



Winter 2015

In the News



After several cancellations due to the weather and a rather nervous wait Karen Fitzsimons jumped out of a plane at 15,000ft to raise money for the [Yorkshire Terrier & Toy Breed Rescue](#).

A massive Thank You to everyone who supported her and offered her words of wisdom in the run up to the event.

Karen raised a fantastic £343.

Exam Results November 2015



Diploma in Psychotherapeutic Counselling

Beverley Finnigan

Diploma in Child & Adolescent Psychotherapeutic Counselling
Pass with Distinction

Debra Johnson

Diploma in Adult Psychotherapeutic Counselling
Pass with Merit

Edward Hillier

Diploma in Adult Psychotherapeutic Counselling
Pass with Merit

Emma Hunt

Diploma in Adult Psychotherapeutic Counselling
Pass with Distinction

Helen Reynolds

Diploma in Child & Adolescent Psychotherapeutic Counselling
Pass

Diploma in Psychotherapeutic Counselling

Kate Rochford

Diploma in Adult Psychotherapeutic Counselling
Pass with Distinction

Kerry Rundle

Diploma in Adult Psychotherapeutic Counselling
Pass with Merit

Kirsty Anderson

Diploma in Adult Psychotherapeutic Counselling
Pass with Distinction

Louise Hodgson

Diploma in Adult Psychotherapeutic Counselling
Pass with Merit

Marie Clark

Diploma in Child & Adolescent Psychotherapeutic Counselling
Pass with Merit

Diploma in Psychotherapeutic Counselling

Paul Woodhouse

Diploma in Adult Psychotherapeutic Counselling
Pass

Rachel Cowey

Diploma in Adult Psychotherapeutic Counselling
Pass with Merit

Shaun Cook

Diploma in Adult Psychotherapeutic Counselling
Pass

Susan Holdsworth

Diploma in Adult Psychotherapeutic Counselling
Pass with Distinction

Diploma in Therapeutic Counselling

Jacqueline Walton

Diploma in Adult Therapeutic Counselling
Pass with Distinction

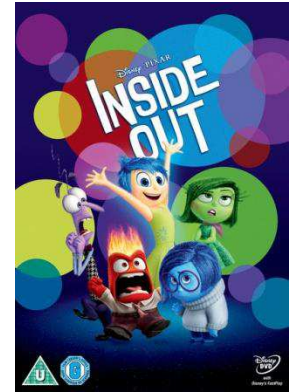
Congratulations!



“We all need someone to lava”

A review of Disney Pixar’s Inside Out

By Sarah Taylor




“You knew *exactly* what this was about, didn’t you?” asked my bemused partner, half-way through watching this delightful, funny and moving film. It’s true that I had heard that Pixar’s latest film is about the workings of the human mind... but I hadn’t anticipated how beautifully illustrative of psychotherapeutic values the film would be.

We follow the story of a little girl whose family move house to a new city. She is distressed about leaving her friends, school and home but she hides her feelings to help her stressed parents feel OK. We see anger, joy, sadness, fear and disgust emerge, and these different feelings are beautifully illustrated as five characters who live in her head. The five characters Fear, Joy, Sadness, Disgust and Anger interact moment-by-moment to guide the little girl through her life and relationships.

The film illustrates a great deal of theory: the importance of affect, the formation of Racket systems, the destruction and loss of Script beliefs, processing of short-term and long-term memories and activation of the little girl’s attachment strategies as she struggles to make sense of her new life.

Perhaps, you may be wondering, not obvious Saturday night entertainment?

In fact, I left the cinema feeling elated. The film is a celebration of human experience: we are reminded of the equal importance of all of our feelings, of the grief on losing treasured childhood memories and of the beauty and richness of connection between people. The film is serious and irreverent, funny and sad and I recommend it to everyone (so does my non-psychotherapist partner!).



People in Focus


Jackie Redhead




"Great food is like a great family, the more you have the more of it you want"

After a 5 year hiatus I returned to the Guild in March this year. I was greeted warmly by old and new faces alike and it felt like no time has passed at all - I did get quite a few double takes from some therapists and students who probably didn't expect to ever see me again!


During my time away I travelled around Europe and enjoyed the heat (and food) for as long as possible.



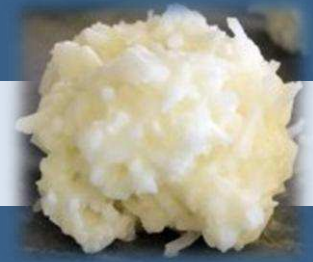

When I returned to Newcastle I worked in finance for a couple of small businesses including a sports manufacturer and a driving school which is ironic as I still haven't learned to drive! I gained some really valuable experience during this time and some lifelong friends but somehow I always knew that I'd come back to the Northern Guild family one day.



Unlike the other daredevils in the office I currently have no plans to throw myself from a plane or bungee jump from something terrifying. Outside of work I spend most of my time with friends and family. I also love to cook and I'm a keen swimmer although in the darker months it is always more of a challenge to force myself to the pool.



In recent months my free time has been taken up with helping my sister plan her wedding. As Maid of Honour the most important job for me was to pre-empt any forthcoming disasters and protect the bride from as much stress as possible. I also handmade all of her table decorations and invitations utilising Newcastle's main reserves of glitter and glue. After months of planning she finally said "I do" in late November. It was a fantastic day of family togetherness which thankfully went without a hitch and was topped off by a lovely snow shower at midnight - a wonderfully romantic way to end the day.



Jackie's Jolly Snowballs

Equipment

Mixing bowl
Baking tray
Grease proof paper

Ingredients

2 Cups Shredded sweetened coconut
2 cups Condensed milk
½ Cup coconut oil
White cooking chocolate for serving

1. Mix the shredded coconut, oil and condensed milk together in a mixing bowl. Once combined cover & refrigerate for 20 minutes.
2. Remove mix from refrigerator & roll into equal sized balls.
3. Place your balls onto a wax lined baking tray & freeze for 20 minutes.
4. About half way into the freezing process melt the white chocolate.
5. Remove snowballs from freezer & allow to cool to room temperature. Pour melted chocolate into a bowl.

Dip snowballs into chocolate and enjoy!



Northern Guild Workshops 2016

Introductory Events and Workshops



Open Evenings *Thursday 7th March 2016*

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".

Introduction to Transactional Analysis TA'101' *Saturday 23rd – Monday 25th January 2016* (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.

CPD Workshops

Story & Metaphor *Saturday 13th – Monday 15th February 2016*

This course offers an opportunity to learn about using metaphor effectively and will explore how to work with the client's own metaphors, as well as creating and reading metaphoric stories appropriate for a client's needs.

Using Metaphor in therapy can harness creative and imaginative energy and lead to integration and resolution of even deeply seated difficulties.

Early Bird Discount: Book & pay for Story & Metaphor in full by Friday 19th December 2015 and receive a 10% discount.

Dream *Tuesday 1st – Thursday 3rd March 2016*

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.

Early Bird Discount: Book and pay for Dreams in full by Tuesday 5th January 2016 and receive a 10% discount.





Inner Child *Monday 4th – Friday 8th April 2016*

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.

Early Bird Discount: Book and pay for Inner Child in full by Monday 8th February 2016 and receive a 10% discount.

Certificate in Clinical Supervision *Monday 4th – Friday 8th July 2016*

This course is designed for those whose work involves the supervision of others within the helping professions. Increasingly, governing bodies are moving towards supervisors undertaking professional training in supervision. This course will appeal to Psychologists, Psychotherapists, Counsellors and staff from the Care Sector, the Mental Health Sector, and Social Services. It is suitable for beginning supervisors as well as those with experience in the field who are looking to consolidate their learning and gain a qualification.

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

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