

# **Northern Guild Workshop Brochure**



**NORTHERN GUILD**  
PSYCHOTHERAPY AND COUNSELLING

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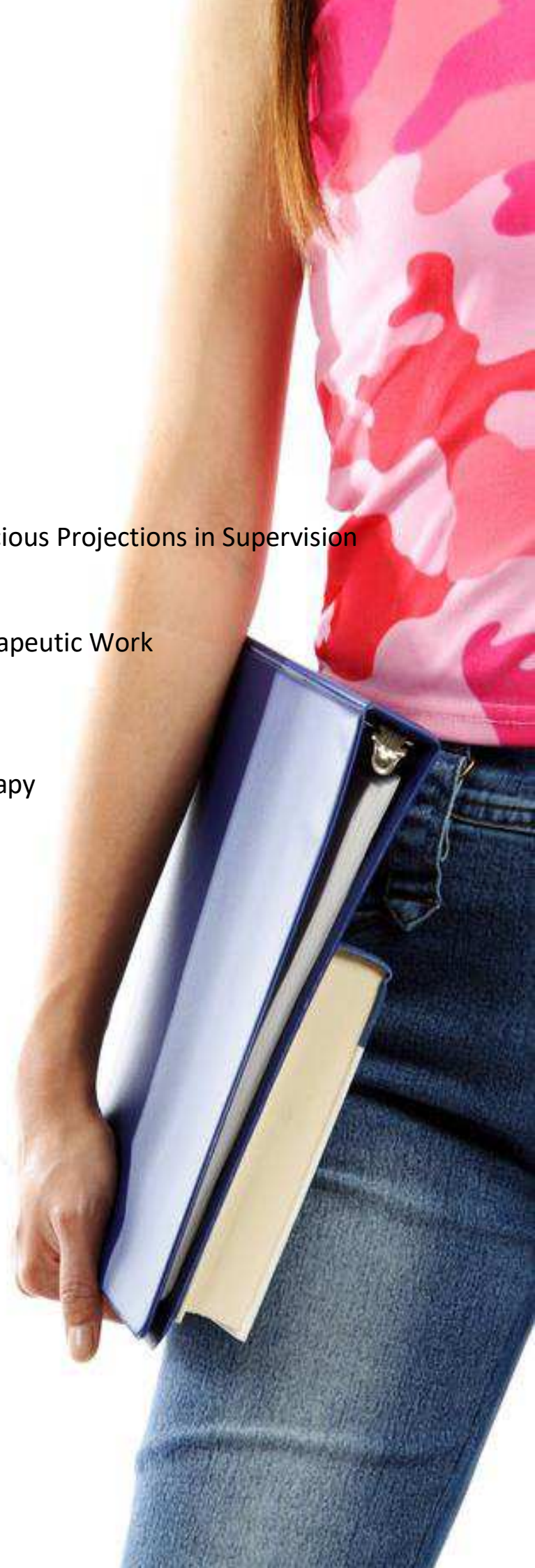
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# Introduction to Transactional Analysis

The TA '101' will provide you with an Introduction to the key concepts of this dynamic theory of personality, relationships, communication and personal development.

- TA is a practical model that helps improve communication and enhance relationships
- Concepts covered include Ego States, Transactions, Games and Script
- Uses real-life scenarios to facilitate learning
- We demonstrate TA as applied to both everyday life and to a variety of work place scenarios

<b>Tutor</b>	Christine Lister-Ford
<b>Dates and Times</b>	<ul style="list-style-type: none"> <li>• 21<sup>st</sup>, 22<sup>nd</sup> &amp; 23<sup>rd</sup> September 2018 10:00am-4:30pm</li> </ul>
<b>Award</b>	Certificate of Attendance
<b>CPD</b>	Counts as one Year 1 training module (18 hours)
<b>Venue</b>	Newcastle Centre: 83 Jesmond Road, Newcastle upon Tyne, NE2 1NH
<b>Cost</b>	Non Members: £375 Members: £330
<b>More</b>	<ul style="list-style-type: none"> <li>• PDF course booklet</li> </ul>
<b>How to Book</b> Fill out the Workshop registration form and return alongside payment or <a href="#">book online.</a>	



This workshop uses real-life scenarios to facilitate experiential learning – demonstrating the logic, methods and formulae of TA as applied to both everyday life and to a variety of work place scenarios.

The TA '101' will provide you with an Introduction to the key concepts of this dynamic theory of communication, personality, relationships and development.

TA is a practical model that helps improve communication and enhance relationships. All the main concepts are covered including Ego States, Transactions Games and Script.

Whether you are looking for an introduction to the study of TA as a theoretical model, or for an opportunity to explore relationships - or you are simply interested in TA - this course is sure to provide you with an engaging and comprehensive introduction.

# Dreams Workshop

## 3 Day Workshop

<b>Tutor</b>	Jennie McNamara
<b>Dates and Times</b>	TBC
<b>Award</b>	Certificate of Attendance
<b>CPD Hours</b>	18
<b>Venue</b>	Teesside Centre: 77 Acklam Road, Thornaby-on-Tees TS17 7BD
<b>Cost</b>	£400 ( <i>Can be paid in two instalments of £200 each</i> )
<b>How to Book</b>	Please send in a completed booking form along with a short covering letter explaining your reasons for applying to <a href="mailto:info@northernguild.org">info@northernguild.org</a>

**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. When the therapist enquires about a dream the client has the opportunity to speak of the dream and express its content in a new dynamic way. This can be a rich experience, which deepens our understanding of ourselves.

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.



## Diploma in Supervision Part 2: Containing Malicious Projections in Supervision

### 3 Day Workshop

<b>Tutor</b>	Christine Lister-Ford
<b>Dates and Times</b>	2 <sup>nd</sup> – 4 <sup>th</sup> July 2018 10:00am – 4:00pm
<b>Award</b>	Certificate of Attendance
<b>CPD Hours</b>	6 hours per day
<b>Venue</b>	Newcastle Centre: 83 Jesmond Road, Newcastle upon Tyne, NE2 1NH
<b>Cost</b>	Supervisors: £360 Supervisees: (Day three - 04.07.18 only) £50
<b>How to Book</b>	Fill out the Workshop registration form and return alongside payment or <a href="#">book online</a> .

Malicious projects are an attack on moral goodness. They contain “...wicked or mischievous intentions or motives; are wrongful and done intentionally without just cause or excuse..”

This workshop will focus on understanding what happens to the supervisee when they are the focus of this kind of attack and approaches to working with the projections in order to understand the energy driving them and how to work with that energy.

The first two days of this course will explore theoretical input, group discussion and experiential exercise. Day three will focus on supervised supervision.



## Imagery & Active Imagination

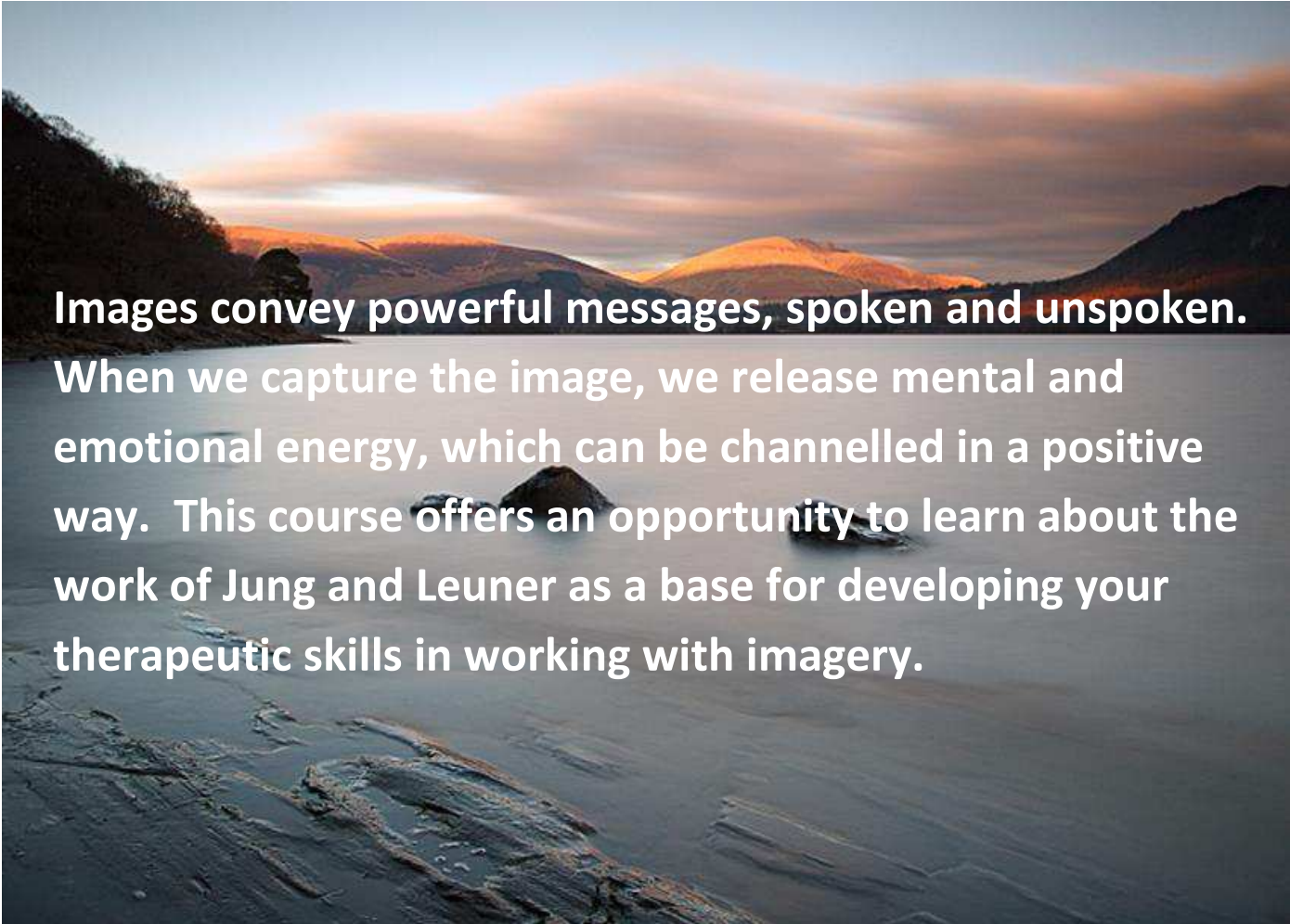
### 3 Day Workshop

- An introduction to the use of imagery in therapy
- An understanding of the theory of different imagery techniques
- An opportunity to experiment with imagery
- An exploration of the power of imagery to communicate at a deeper level

<b>Dates and Times</b>	• 23 <sup>rd</sup> , 24 <sup>th</sup> & 25 <sup>th</sup> June 2018 10am – 5pm
<b>Award</b>	Certificate of Attendance
<b>Tutor</b>	Vickie Provo
<b>CPD Hours</b>	18
<b>Venue</b>	Newcastle Centre: 83 Jesmond Road, Newcastle upon Tyne, NE2 1NH
<b>Cost</b>	Non-members £375 Members £330

#### How to Book

Fill out the Workshop registration form and return alongside payment or [book online](#).



**Images convey powerful messages, spoken and unspoken.**  
When we capture the image, we release mental and emotional energy, which can be channelled 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.

## In Search of the Primal Self

### 2 Day Workshop

- Explore the healthy quest for the relationships that begin before birth

<b>Tutor</b>	Beverley Finnigan
<b>Dates and Times</b>	24 <sup>th</sup> & 25 <sup>th</sup> February 2018 10am – 5pm
<b>Award</b>	Certificate of Attendance
<b>CPD Hours</b>	12
<b>Venue</b>	Newcastle Centre: 83 Jesmond Road, Newcastle upon Tyne, NE2 1NH
<b>Cost</b>	Non-members £250 Members £220

#### How to Book

Fill out the Workshop registration form and return alongside payment or [book online](#).

**These two days are intended for practitioners who are working with child or adult clients and who are keen to deepen their knowledge of the Primal Self.**

**During this workshop we will attempt to answer the question 'what is the Primal Self?'**

**We will explore the healthy quest for relationship that begins before birth which, known or unknown, is within us throughout our lives. We will learn from information, learned and experienced from your clinical practice, academic wisdom, and recent neuroscientific discovery and experientially from the infants within ourselves.**



# Legal, Ethical & Protection Issues in Therapeutic Work

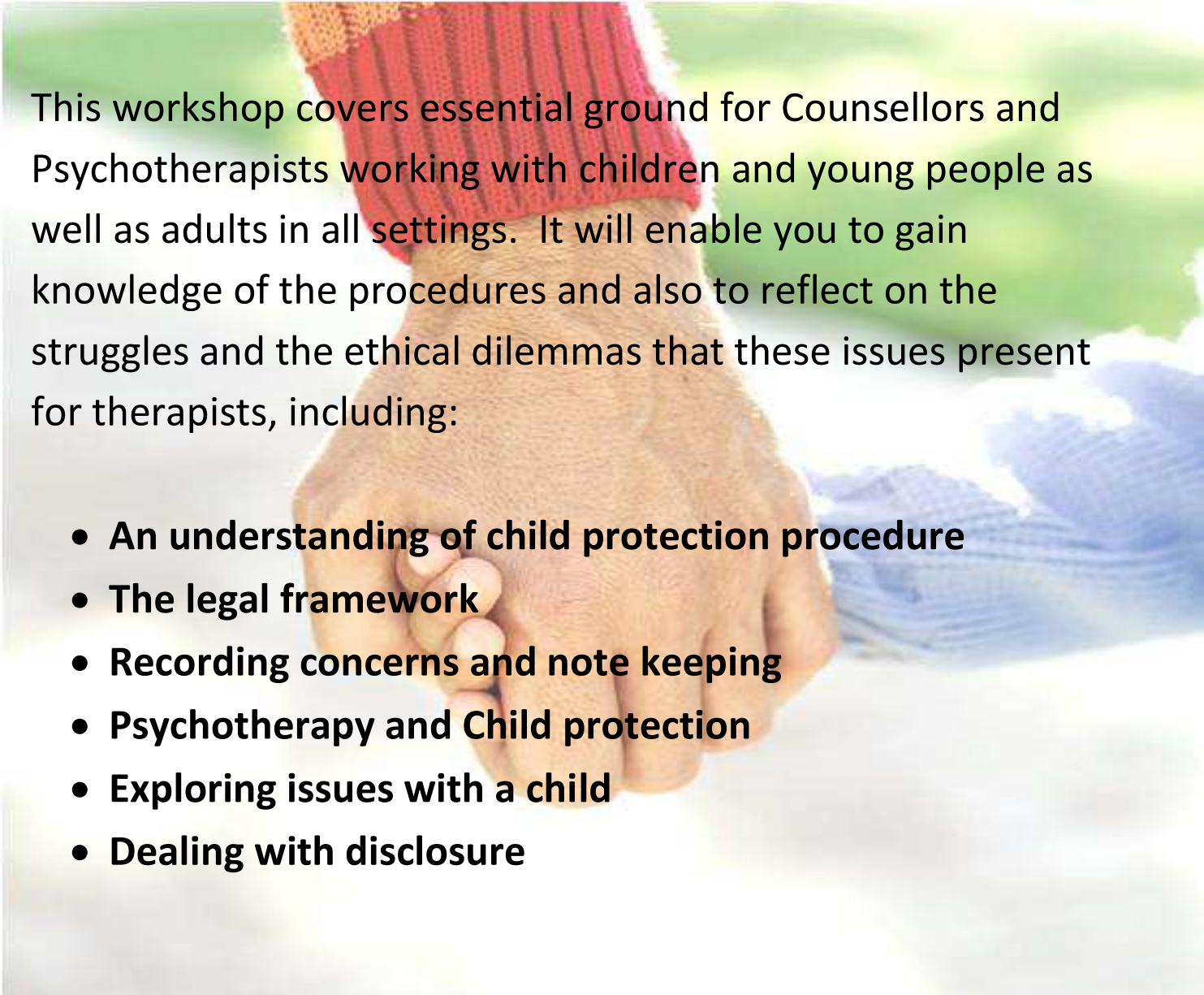
## 3 Day Workshops

- Gain an understanding of safeguarding procedures

<b>Dates and Times</b>	<ul style="list-style-type: none"><li>• 6<sup>th</sup>, 7<sup>th</sup> &amp; 8<sup>th</sup> July 2018 Friday 5pm - 9pm Saturday &amp; Sunday 10am – 5pm</li></ul>
<b>Award</b>	Certificate of Attendance
<b>CPD Hours</b>	16
<b>Venue</b>	Newcastle Centre: 83 Jesmond Road, Newcastle upon Tyne, NE2 1NH
<b>Cost</b>	Non-members £375 Members £330

### How to Book

Fill out the Workshop registration form and return alongside payment or [book online](#).



This workshop covers essential ground for Counsellors and Psychotherapists working with children and young people as well as adults in all settings. It will enable you to gain knowledge of the procedures and also to reflect on the struggles and the ethical dilemmas that these issues present for therapists, including:

- An understanding of child protection procedure
- The legal framework
- Recording concerns and note keeping
- Psychotherapy and Child protection
- Exploring issues with a child
- Dealing with disclosure



# Sand Tray

## 3 Day Workshop

- Step by step instructions on how to conduct spontaneous and directed sand tray therapy sessions
- The history and benefits of Sand Tray work

<b>Dates and Times</b>	<ul style="list-style-type: none"> <li>11<sup>th</sup>, 12<sup>th</sup> &amp; 13<sup>th</sup> February 2019 10am – 5pm</li> </ul>
<b>Tutor</b>	TBC
<b>Award</b>	Certificate of Attendance
<b>CPD Hours</b>	18
<b>Venue</b>	Newcastle Centre: 83 Jesmond Road, Newcastle upon Tyne, NE2 1NH
<b>Cost</b>	Non-members £375 Members £330

## How to Book

Fill out the Workshop registration form and return alongside payment or [book online](#).

A three part workshop designed for therapists interested in a) exploring the ways that sand play facilitates growth and healing and b) in expanding their repertoire of therapeutic tools incorporating sand play into their practices. This practical workshop is an invaluable source.

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.

# Story & Metaphor

## 3 Day Workshop

- Explore how to work with a client's own metaphor

<b>Dates and Times</b>	• 27 <sup>th</sup> , 28 <sup>th</sup> & 29 <sup>th</sup> April 2018 10am – 5pm
<b>Tutor</b>	Vickie Provo
<b>Award</b>	Certificate of Attendance
<b>CPD Hours</b>	18
<b>Venue</b>	Newcastle Centre: 83 Jesmond Road, Newcastle upon Tyne, NE2 1NH
<b>Cost</b>	Non-members £375 Members £330

### How to Book

Fill out the Workshop registration form and return alongside payment or [book online](#).

**This course offers an opportunity to learn about using metaphor effectively.**

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

**This 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.





# The Inner Child: Depth Psychotherapy

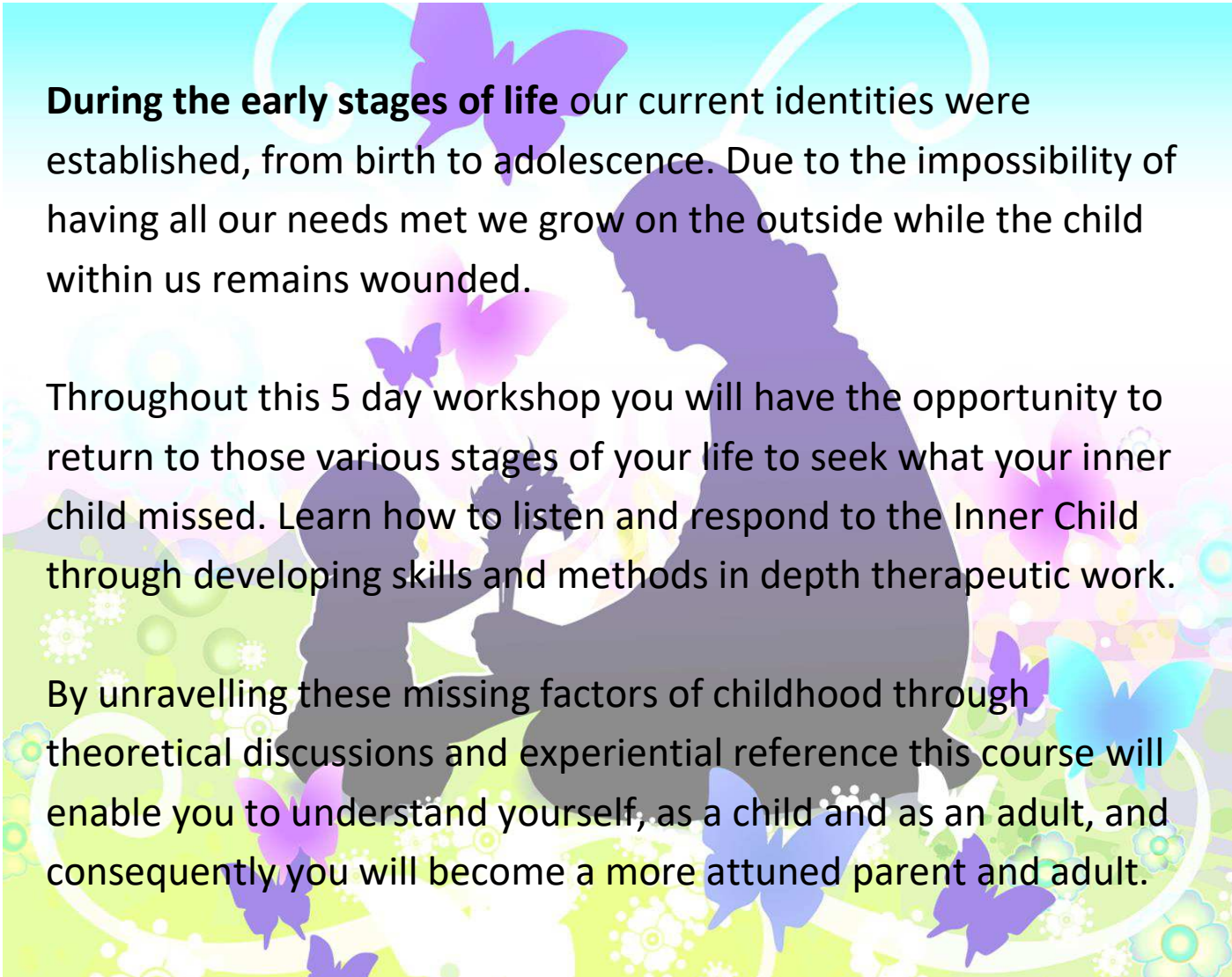
## 5 Day Workshop

- Understanding the frozen Child
- How to Communicate with the Inner Child
- Identifying Distress or Trauma in Childhood that emerges throughout life
- Non-verbal Communication and body language
- Helping the wounded child to heal

<b>Dates and Times</b>	19 <sup>th</sup> – 23 <sup>rd</sup> March 2018 10am – 5pm
<b>Tutors</b>	Julie Harding & Jan Garcha
<b>Award</b>	Certificate of Attendance
<b>CPD Hours</b>	30
<b>Venue</b>	Newcastle Centre: 83 Jesmond Road, Newcastle upon Tyne, NE2 1NH
<b>Cost</b>	Non-members £625 Members £550

### How to Book

Fill out the Workshop registration form and return alongside payment or [book online](#).



**During the early stages of life** our current identities were established, from birth to adolescence. Due to the impossibility of having all our needs met we grow on the outside while the child within us remains wounded.

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 unravelling 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.

## Researching Counselling and Psychotherapy

### 3 Day Workshop

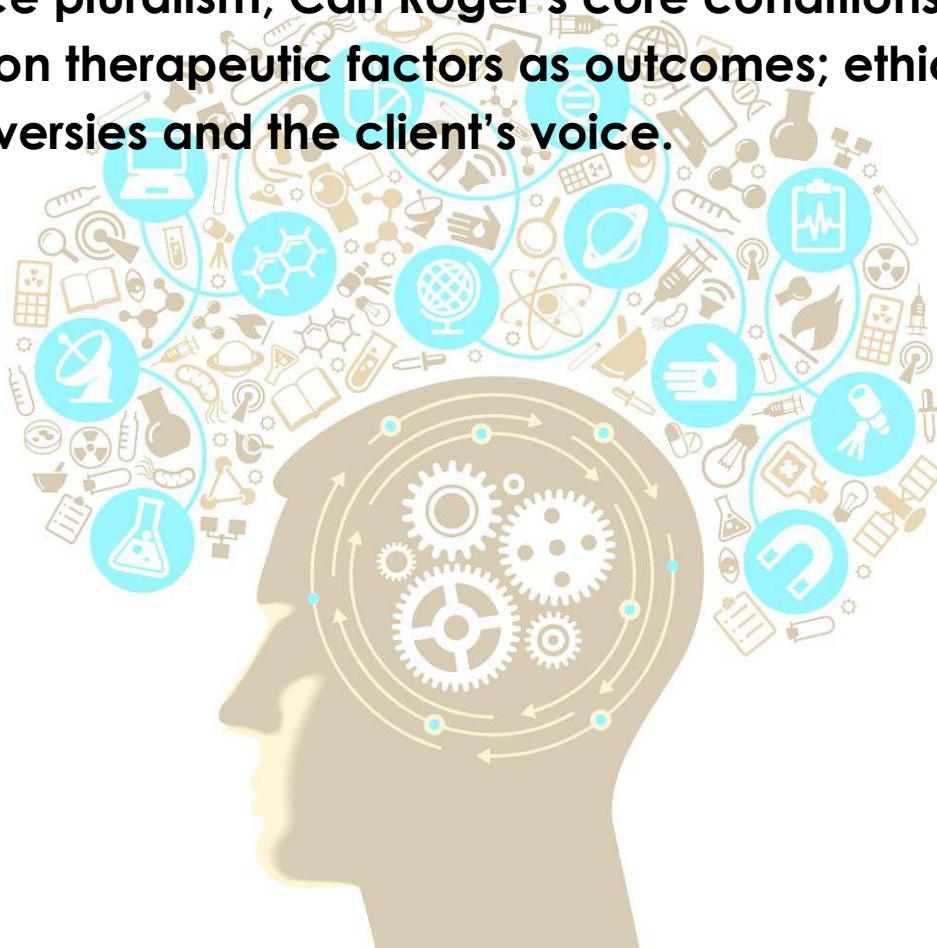
- This three day workshop looks at using narrative, numbers and new methodologies

<b>Dates and Times</b>	3 <sup>rd</sup> , 4 <sup>th</sup> , and 5 <sup>th</sup> August 2018 10am – 5pm
<b>Award</b>	Certificate of Attendance
<b>CPD Hours</b>	18
<b>Venue</b>	Newcastle Centre: 83 Jesmond Road, Newcastle upon Tyne, NE2 1NH
<b>Cost</b>	Non-members £375 Members £330

#### How to Book

Fill out the Workshop registration form and return alongside payment or [book online](#).

**Whether research is new or is already familiar to you, there is a place for you here! This three day workshop will look at narrative, numbers and new methodologies; how poems, process and positivism produce pluralism; Carl Roger's core conditions and common therapeutic factors as outcomes; ethics, controversies and the client's voice.**





## Statement of Equality and Diversity

The Northern Guild for Psychotherapy and Counselling respects the dignity and individuality of all our stakeholders, these include:

- service users
- teaching professionals
- clinical team
- administrative and clerical team
- cleaning team
- partner agencies
- employed staff and self-employed professionals
- applicants
- visitors

At the heart of our ethos, is our respect for the integrity of the individual. Mindful of the psychological impact of social exclusion, and to ensure that practically we '*do what we say*', the Northern Guild seeks to be aware of addressing the needs of all employed and self employed workers, service users, applicants, partners and visitors, and show due regard to those with protected characteristics including race, sexual orientation, religion or belief, marriage and civil partnership, pregnancy and maternity, age, disability, gender reassignment, and gender. We aim to promote an inclusive community, which enables access for all to personal development and growth. In accordance with the Equality Act 2010 we will not tolerate direct discrimination on the grounds of one or more protected characteristics or discrimination by association or perception. We also take measures to identify and eliminate instances of indirect discrimination from our policies, procedures and practices.

We condemn any form of harassment of individuals, including those with protected characteristics.

We will actively prevent victimisation of any individual who chooses to exert their legal rights in line with The Equality Act 2010.

This statement is actively supported through our admissions policy, qualifications procedures, operational policy, committee infrastructure, training materials, handbook, client evaluation and community meetings for students where we positively encourage feedback and implement recommendations in the spirit of continuous improvement.

Following developments in equality legislation nationally, we are guided by models of best practice and through our accrediting organisations, UKCP and BACP.

## Our Training Team

Jennie McNamara and Christine Lister-Ford are the company founders and directors; both are UKCP registered Psychotherapists and UKCP Honorary Fellows. Christine is author of the acclaimed **'Skills in Transactional Analysis Counselling & Psychotherapy'**, is former vice chair of the UKCP, and for over twenty years has sat on numerous national and international committees, leading developments within the profession.

Jennie is Head of Child Psychotherapy & Counselling Training at the Northern Guild. She is the former Chairperson of the **UKCP College for Child & Adolescent Psychotherapies (C-CAP)** and is also the former President of the European Association for Counselling (EAC). Jennie is very active on standards boards across the profession. Jennie is also the former Chair of the UKCP Faculty for the Psychological Health of Children.

**Both Jennie McNamara and Christine Lister-Ford are also Independent Consultant Psychotherapists, and act as independent experts to the Child & Family Courts as well as continuing to maintain their respective clinical practices for over thirty-five years.**

Sarah Hamlyn is Northern Guild's co-ordinator of Psychotherapy Training and is a specialist in Standards, Professional Registration and Accreditation. Involved in the development of training standards at a national level, Sarah is Vice-Chair of the UKCP Psychotherapeutic Counselling Assessment Training Board. Alongside the Directors she developed the Northern Guild's MSc programme and maintains links with the Newman University, the Humanistic and Integrative Psychotherapy College of UKCP and the BACP to both influence and respond to professional and academic requirements relating to training and registration. She also oversees student's clinical supervision process.

The considerable experience of these three professionals is brought to life in the training sessions. They teach alongside an excellent and diverse team of highly qualified, specialist and knowledgeable tutors – most of whom are UKCP Registered Psychotherapists – and together they clock an impressive number of years in practice.

The training team also includes the Guild's supervisors, who are qualified Psychotherapists, and who will each contribute a great deal to your clinical experience over the course of your training.



## Training Centre

Training normally takes place at our Newcastle Centre, where we have two large, stylish training rooms, which accommodate groups of up to 20 people.

During training sessions students will also use a number of our smaller consulting rooms as 'breakout' rooms for activities such as group work and skills practice sessions.



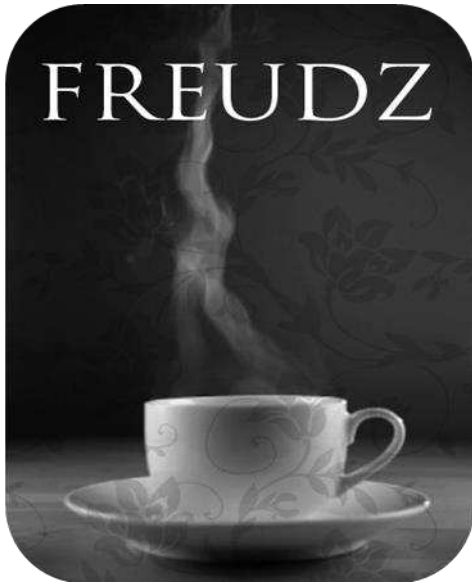
## Therapy & Supervision Centers

We have established therapy and supervision practices at both our Newcastle and Teesside centres.

A warm, professional and calm atmosphere is provided for both private clients and students undergoing training therapy alike.

It is usually possible for our students from Teesside and surrounding areas to arrange their personal therapy or supervision at our Teesside centre.

## Freudz Café



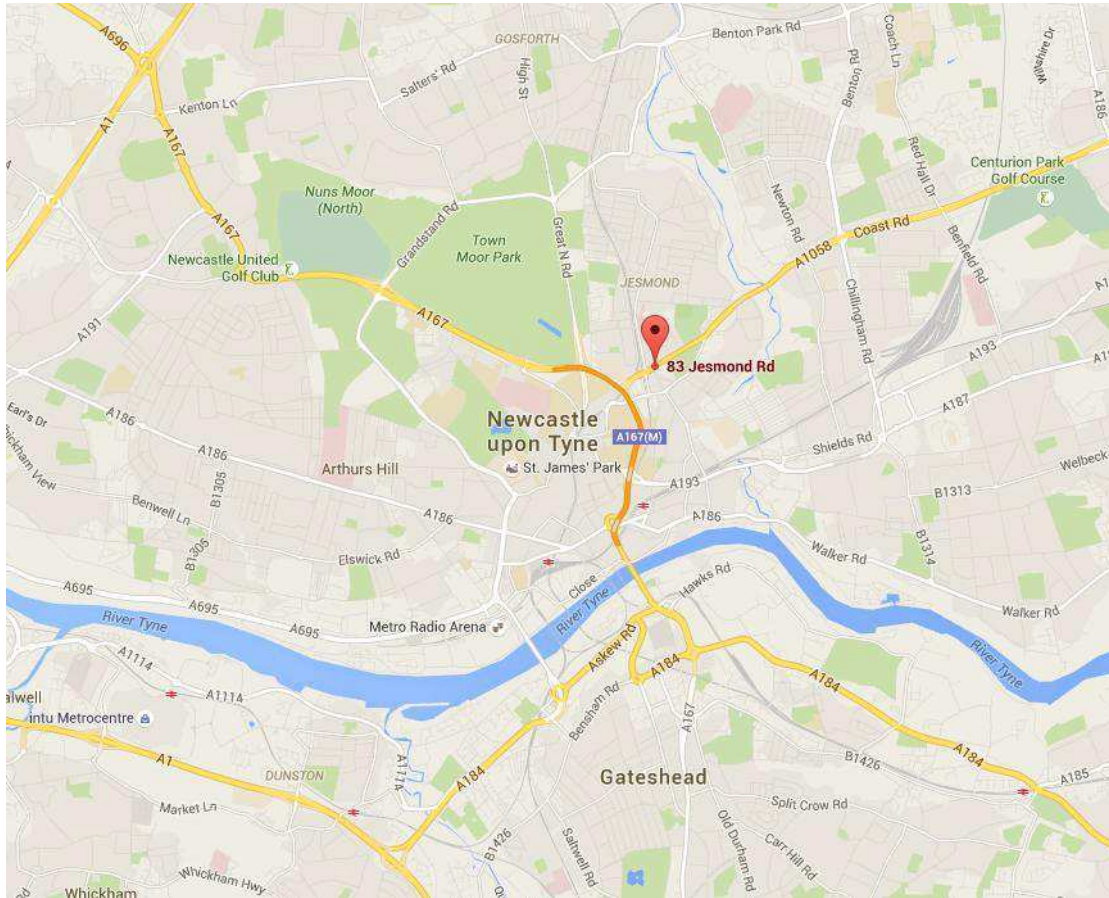
At the Northern Guild's training centre in Newcastle, we have an onsite café that offers good Illy coffee, specialty teas and a range of hot and cold food, drinks and snacks.

Known as “Jesmond's best kept secret” the café has been open for over 8 years and is now becoming a regular haunt for local professionals in addition to serving the needs of students and practitioners.

There are many period features in the café and it has an air of faded Victorian grandeur.



## How to Find Us



**FROM THE SOUTH (A1)** – Take the A184 (signed Gateshead and Newcastle). After one mile follow the A184 as it splits to the left and goes down to the Redheugh roundabout. Take the 3<sup>rd</sup> exit (right) towards Gateshead Town Centre, heading for the Tyne Bridge (A167M). Turn left onto the A167(M) and go over the Tyne Bridge. Follow this road until you reach the junction with A1058, signposted Jesmond and Tynemouth. Unusually you exit the A167(M) by bearing RIGHT onto the A1058. You then find yourself on Jesmond Road. Go straight over the traffic lights but keep in the left hand lane. Northern Guild is on the left before the Holiday Inn Hotel. You can turn left into a very small back road just before you see the Café Freudz sign in our window.

**FROM THE NORTH (A1)** – Take the A167 signed City Centre. Follow signs for A1058. After bearing left at the 4<sup>th</sup> roundabout you will pass exits to Gosforth before reaching A1058. Take the A1058: Northern Guild is on the left before the Holiday Inn Hotel.

### **FROM THE SOUTH (Tyne Tunnel A19)**

Leave the tunnel (A19). Take the A1058 following signs for Newcastle City Centre, A167 and Jesmond. Stay on the A1058. Northern Guild is on the right after the Holiday Inn Hotel on Jesmond Road.

### **FROM THE WEST (A69)**

Join the A1 going North then take the 2<sup>nd</sup> exit signed A167 City Centre. Follow directions as above (from North A1).



## **Parking**

We have some free parking available to the rear of the building. We are a short walk away from Osborne Terrace car park (NE2 1NE), and ten minutes walk away from Haymarket NCP car park. Restricted on street parking is also available in the locality.

## **Public Transport**

The Northern Guild is ideally placed for public transport links throughout the local and wider areas. We are very close to Jesmond Metro station - just a two minute walk - ideal for access to the Tyne & Wear Metro system which also provides direct access to transfers in the city centre, the central train station and the airport.

## **Accommodation**

The Osborne Road area of Jesmond is well known for its abundance of hotels, guest houses and B&Bs. We are just a few doors up from the Holiday Inn Hotel on Jesmond Road, and a little further from Newcastle Youth Hostel, so finding something to suit your budget should be reasonably straightforward.

## **Contact Us**

Northern Guild  
83 Jesmond Road  
Newcastle upon Tyne  
NE2 1NH

Telephone: 0191 209 8383

Email: [courses@northernguild.org](mailto:courses@northernguild.org)

Website: [www.northernguild.org](http://www.northernguild.org)