



# The Sherwood Institute

## Nottingham

### The In-house Magazine

## 2009/10 Edition 1

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#### Course News - Generic

We are currently busy with the new academic year which has included an extensive review of the handbooks related to the University of Birmingham Programmes and the compiling of new handbooks for those registered with Coventry University. The student handbook and programme specific handbooks are in process of being issued to all and we hope you will find these accessible and informative. We want to extend our thanks to all tutors and Office Staff who have worked hard to ensure all the courses are supported academically and administratively throughout the academic year.

*Michelle J Cooke and Maggie Senior*

#### Humanistic & Person-Centred Course News

The last year saw us simultaneously running the 'Humanistic Person-Centred' and 'Person-Centred' Psychotherapy & Counselling courses. It has been a challenge to run two programmes side by side but we, as a team, remain committed to the success of students in each programme. The new first year students are due to attend their first workshop and we wish them well as they begin their new venture.

We are delighted to welcome Michelle Oldale to the team and are excited by the variety she adds. We are pleased that Penny Silverman will be continuing to deliver training on both programmes. Michelle Cooke remains as Programme Leader and tutor and is looking forward to recruiting an additional team member in the forthcoming year as the programme continues to develop.

It was great to see several students and graduates at the 2<sup>nd</sup> Relational Depth Conference held at the School of Trauma, Resilience and Growth at the University of Nottingham in July. We are proud that Ambika Erin Connelly presented her interesting research findings on Trainee Psychotherapists and Relational Depth. This is both an important personal achievement and represents a valuable contribution by a member of the Sherwood community to the contemporary Person-Centred Research evidence base. We are keen to expand this contribution and plan to keep you updated of any forthcoming calls for papers, presentations or journal articles.

The first Person-Centred Forum met in June and this is already generating lots of ideas about how we can create an ongoing sense of community within the Programme. This feels really important to keep at the heart of what is essentially a relationally based course. If you have any ideas, or would like to be involved please contact your student representatives. All person-centred students are invited to these meetings.

*Michelle J Cooke, Programme Leader and Director of Business Continuity & Development*

## BACP accredited BSc (Hons) in Counselling and Psychotherapy

Since I became Programme Leader of the Diploma in Counselling and Psychotherapy in 2007, my colleague, Debbie Mendham and I have been involved in an on-going process of change and development to the course. These changes have led to the recent validation of the BSc (Hons) in Counselling and Psychotherapy by Coventry University and will mean that those third year students who choose to APEL onto the degree course this Autumn, could be the first graduates of the programme in 2010. I would particularly like to thank all our students on the Diploma programme for their tolerance in embracing the necessary changes and re-structuring for the degree course.

During the last year, Elaine Wiley has provided supervision for our large first year group and I would like to thank her for her contribution to the programme. Our plans for next year involve the introduction of a number of 'special topic' days for our 3<sup>rd</sup> year group and we are looking forward to the input from other trainers on these days.

*Catherine Austin, Programme Leader, BSc (Hons) in Counselling & Psychotherapy & Foundation Access*

## BSc (Hons) in Counselling and Psychotherapy Course Designation

After a lengthy application process we are very pleased to have received verbal notification that course designation for the BSc (Hons) in Counselling & Psychotherapy has been awarded by the student loans company.

This means that students who meet the eligibility criteria will be able to apply and access student grants via Student Finance England for the BSc programme.

Any students requiring further information should contact:

**Alison Fookes on 0115 959 9565 or [alison.fookes@spti.eu](mailto:alison.fookes@spti.eu)**

*Alison Fookes, Finance Director*

## Integrative Programme News

The Integrative programme has successfully recruited another first year onto the Coventry University MSc and the upgrading of the programme is complete.

The current 3<sup>rd</sup> year are the last students to complete the University of Birmingham MA and we have every confidence that these students will go forward to successfully complete their studies.

The Independent Studies Stage students have attended their first study day and workshop on trauma and dissociation and are working towards the completion of final written work.

We welcome Lorraine Price as a tutor on the programme. She will be leading several workshops this year and we look forward to her continuing as part of the Integrative team.

## Relational Depth - Conference Review (1 July 2009)

The second relational depth conference took place earlier this month hosted by The University of Nottingham. The day provided delegates with opportunities to attend both research presentations and workshops related to the growing field of relational depth in a welcoming environment filled with people keen to connect both relationally and intellectually.

The reading of a letter from Dave Mearns and Mick Cooper's keynote address set the scene and tone of the day. The essential interplay between theory building and research grounded firmly within direct observation and experience of the personal and professional were central themes evident in each presentation and workshop.

Presentations covered a variety of areas including defining relational depth; love; hard to reach clients (in this instance, those with 'learning disabilities'); end of life care and relational depth as experienced by clients, qualified and trainee psychotherapists/counsellors. Experienced and student researchers presented findings, offering a rich mix of knowledge and expertise. I was pleased to see numerous graduate and student members of The Institute among the delegates. I am particularly proud of Ambika Erin Connelly who presented her recently completed research which considers Trainee Psychotherapists and Relational Depth. Ambika's presentation was very well attended and was the highlight for many delegates. Her research offers a valuable contribution by a member of the 'Sherwood' community to the contemporary person-centred research evidence base (those of you interested in finding out more about this research can access Ambika's dissertation in the resource room).

Several of you were kind enough to send comments regarding the day and some of these together with Ambika's reflections are included in the Members Contributions section.

I was wondering how to sum up and decided to refer to the final words of Dave Mearns letter as these captured something of the essence of my personal experience of the Conference; he suggested that '...to learn best in scientific conferences, egos should be left at the door and collected when leaving'!

Whether in or out of awareness, this recommendation appeared to have been embraced and consequently the day was rich and enriching, with thought-provoking material packed to bursting point. The rewards were both intellectual and relational and the context free of rigidity, dogma and the insistence of only one-truth. The multi-faceted experience of relational depth affords ample opportunity for further research and hopefully future Conferences will see more of our Graduates sharing findings which add to the field and influence future practitioners of psychotherapy and counselling.

*Michelle J Cooke, Programme Leader and Director of Business Continuity & Development*

## Supervision Training

If you have not already done the Diploma in Supervision training with SPTI, may we seriously recommend that you consider doing this.

Supervision training and the need for properly trained supervisors is on the political agenda and that of Health Practitioners Counsel (HPC) and UKCP.

We need more supervisors! So I am writing to you to ask you to seriously think about doing this in the forthcoming year. Within the next couple of years the requirements for the training is likely to change so it will save you work if you do it sooner rather than later.

I would like the opportunity of working with you.

We have a very good course here, and our supervisors are recognised and respected by other training and statutory providers. Do consider this, and if you would like to arrange time to talk to me about this, please email me on: [rosemary.langford-bellaby@spti.net](mailto:rosemary.langford-bellaby@spti.net)

## UKAGP (United Kingdom Association for Gestalt Practitioners)

UKAGP (United Kingdom Association for Gestalt Practitioners) is a new body that started up last year to provide a supportive community for ALL gestalt practitioners and trainees in the UK. It was also created to provide a national voice for gestaltists, particularly in the present regulatory climate, by bridging past divides. As a member of EAGT (European Association of Gestalt Therapists) it also provides access to European Certification in Psychotherapy for those who may want to work in Europe.

In June UKAGP had its first residential conference that was sold out and last month started up an online discussion group for all members. Membership is just £20 a year or £10 for trainees.

### Mental Health Workshops for 2009/10

#### Mental Health workshops with Peter Orlandi-Fantini

The dates have been set as follows:

24-28th February 2010

25-29th August 2010

To book a place please contact the office on:

Tel: +44 (0) 115 844 7904 or [enquiries@spti.net](mailto:enquiries@spti.net)

### UKCP & YOU

There have been many very positive changes in respect of Statutory Regulations, to lengthy to mention is this Contact Magazine other than to say the future is very positive. I will send letter to each one of you outlining these at the beginning of next week.

*Rosemary Langford-Bellaby, Director of Training*

## Placement, Work & Project Opportunities

### TREETOPS HOSPICE TRUST

Required Volunteer Counsellors for Bereavement Support Service in Southern Derbyshire and Nottinghamshire.

For more information or application please contact **Karen Cook** or **Penny Lockwood** on:

Derby Road, Risley, Derbyshire, DE72 3SS

Tel: 0115 949 1264. Email: [info@treetopshospice.org.uk](mailto:info@treetopshospice.org.uk)

**SEXUAL ABUSE AND INCEST LINE**  
**Is looking for**  
**FEMALE COUNSELLING VOLUNTEERS**  
**Closing date October 16th 2009**

Based in Chesterfield, SAIL is a charity that provides free confidential counselling and support to women survivors of child sexual abuse in North Derbyshire.

Entry level for applicants is the completion of the first year of a diploma course, recognised by SAIL.

**Ring 01246 556114 or e-mail: [email@sail1.freeserve.co.uk](mailto:email@sail1.freeserve.co.uk)  
for more information and an application pack.**

**Sheffield Women's Counselling and Therapy Service (SWCTS)**

We are currently recruiting to the post of:

**Counsellor/Psychotherapist (female)**  
**16 hours per week, salary £31,585 pro rata**  
**Closing date for applications 9<sup>th</sup> November, interviews 27<sup>th</sup> November 2009**

You must be UKCP or BACP accredited and have experience of working with women who have experienced trauma or abuse.

**Associate counsellors/psychotherapist**

We would like to add to our pool of associate therapists. If you are UKCP or BACP accredited, an established independent practitioner in Sheffield with substantial experience of working with women who have experienced trauma or abuse, we would like to hear from you.

For further details or an application pack for either post contact SWCTS on 0114 275 2157, email [office@swcts.org.uk](mailto:office@swcts.org.uk) or write to us at 44 Daniel Hill, Sheffield S6 3JF.

*SWCTS is committed to achieving equality of access to its services and employment. Section 7 (2)(e) of the Sex Discrimination Act applies. Registered Charity No 1010129. Company Reg No 2443288.*

**Research Requests**

**How do Gestalt Psychotherapists experience movement in psychotherapy?**

I am in my final year on the Gestalt Psychotherapy masters programme and I am conducting a phenomenological research study on therapist's experience of using movement in their practice.

I have an interest in finding out how movement is used in Gestalt psychotherapy and would be interested in any feedback of your experiences. If you would like to take part in an interview please feel free to contact me too. I adhere to Sherwoods Ethical Code of Practice and UKCP.

**Tracey Wild on 07941 366990 or email [traceywild@hotmail.co.uk](mailto:traceywild@hotmail.co.uk)**

**Are you a Humanistic Person-Centred Therapist?**

I am interested in humanistic person-centred therapists experiences of their work, personal and professional development and how this may affect their relationship with their partner. I hope to gain an insight into whether this has any impact on their therapeutic practice. The research will be conducted by taped interview which will take approximately 1 hour and a half, plus time for debriefing and clarification.

If you would like to participate or wish to discuss the research further, please contact **Pippa Minors** on: [pippa.minors@sky.com](mailto:pippa.minors@sky.com) or 07794 552241.

**How do female Humanistic Person-Centred Psychotherapists experience 'Empty Nest Syndrome' when their daughters leave home and what impact if any does this have on their work with female clients?**

I am interested in women's experiences of 'Empty Nest Syndrome' when their daughter left home and explore if this has any impact on therapy work with female clients. I hope to gain an insight into whether this life transition is a positive or negative experience and how it can affect a women's well being.

If you would like to participate or wish to discuss the research further, please contact **Sharon Vesty** on: **07824448210 or email [Sharon.vesty@btinternet.com](mailto:Sharon.vesty@btinternet.com).**

## What is the experience of being a Person-Centred therapist with a Christian faith?

I am looking for practitioners or students in the 2<sup>nd</sup> year or above who are Christian and working within the Person-Centred Approach and who are willing to explore how they have experienced the combination of their faith and their practice. If you would like to participate or wish to discuss the research further please contact me.

**Deborah Herbert - 4th Year Humanistic Person Centred MA Student at SPTI.**

**Mobile: 07904 172 616. Email: [Deborah.herbert@gmail.com](mailto:Deborah.herbert@gmail.com)**

## How Do Gestalt Psychotherapists Use Movement in Psychotherapy?

I am in my final year on the Gestalt Psychotherapy masters programme and I am conducting a phenomenological research study on therapist's experience of using movement in their practice. I have an interest in finding out how movement is used in Gestalt psychotherapy and would be interested in any feedback of your experiences. I adhere to Sherwoods Ethical Code of Practice and UKCP.

If you would like to take part in an interview please fill free to contact Tracey Wild on:

**07941 366990 or email [traceywild@hotmail.co.uk](mailto:traceywild@hotmail.co.uk)**

## Who do you take into the room ?

I am a trainee humanistic person centred psychotherapist conducting qualitative research aimed at exploring the use of self within therapeutic relationships. The aim of the research is to gain an insight from practising therapists of how they understand, experience and make use of their self in their work with their clients.

The self or person of the therapist may be the vital ingredient that enhances effective psychotherapy and warrants further investigation. I am seeking to interview humanistic therapists or trainees who are willing to share their experience. The interview will be kept confidential and will last between 45 minutes to 1 hour.

I will adhere to the UKCP, SPTI and BACP ethic frameworks throughout. If you are interested in being involved in this study or for further

information please contact me by email:

**[samhershon@hotmail.com](mailto:samhershon@hotmail.com) or by text/phone on 07917 044334**

## An invitation to take part in research

I am a 4<sup>th</sup> year Humanistic Person-Centred psychotherapy student at the SPTI and I am conducting a phenomenological research study into the therapist's experience of the **menopause**.

**My specific research question is: [How do female Humanistic Person Centred \(HPC\) Psychotherapists experience and understand the menopause and what impact if any does going through the menopause have on their work with clients?](#)**

Participation will consist of a recorded interview (lasting approximately 1 hour) with time afterwards for debriefing, arranged at a mutually convenient time and place. *As a therapist at the SPTI I agree to work within UKCP/SPTI/BACP ethical guidelines in order to ensure I work safely within my level of competence.*

**Eileen Foster, mobile: 07934421451, email: [eileenanne.foster@btinternet.com](mailto:eileenanne.foster@btinternet.com)**

## Humanistic Person-Centred Research Participants Required for a Masters Dissertation Research Project

### 'An Exploration of Dream Work Within the Person-Centred Psychotherapy Community'

If you are interested in participating in the project I look forward to hearing from you. Please contact Fiona Digby-Ovens on:

[mailto:fionado@talktalk.net](mailto:mailto:fionado@talktalk.net)

**Tel: 0115 960 7019. Mobile: 07931 247 649.**

**Address: 1 The Cedars, Mansfield Road, Nottingham, NG5 3FP.**

## HOW DO PERSON-CENTRED THERAPISTS EXPERIENCE AND WORK WITH CLIENT RESISTANCE?

If you are a person-centred therapist either qualified or in training, and have experience of working with clients who presented as or became resistant to therapy, I would like to hear from you.

For more information call **Bernadette Owen** on **0771 281 6317** or email on **[Bernadette.owen@leicester.gov.uk](mailto:Bernadette.owen@leicester.gov.uk)**

## Continued Professional Development Workshops & Seminars

### LEED'S COUNSELLING'S CPD PROGRAMME 2009 - 13 November 2009

Reflecting on Grief and Loss in Childhood and Adolescence – a Practical & Experiential Approach

Venue - LAF Training Suite, Munro House, Duke Street, Leeds.

Contact **Lisa Ellis**, Leeds Counselling, Leeds Bridge House, Hunslet Road, Leeds, LS10 1JN.

TEL: **0113 243 3400**. EMAIL: [lisa.ellis@leedscounselling.org.uk](mailto:lisa.ellis@leedscounselling.org.uk). [www.leedscounselling.org.uk/training](http://www.leedscounselling.org.uk/training).

### “Freud Reconsidered: Reading Seminars for Child and Adolescent Psychotherapists“ The Tavistock and Portman NHS Foundation Trust, Tavistock Centre, London on 10<sup>th</sup> November.

For more information contact Joshua Leedale on [JLeedale@tavi-port.nhs.uk](mailto:JLeedale@tavi-port.nhs.uk). Tel: 020 8938 2548.  
Conference, Events and Marketing Unit, Tavistock Centre, 120 Belsize Lane, London NW3 5BA.

### Contemporary Psychotherapy

New publication available on-line: open access – no subscription fee

<http://contemporarypsychotherapy.org/journals/>

We hope you enjoy this new voice for psychotherapists and look forward to receiving your comments and suggestions for articles; send these to: [editor@contemporarypsychotherapy.org](mailto:editor@contemporarypsychotherapy.org).

### Sexual Orientation, Salting and the Changing Field

2 Day workshop  
28<sup>th</sup> & 29<sup>th</sup> Nov 2009

Venue: Manchester Gestalt Centre

Cost: £140

Limited spaces available

This workshop explores how heterosexism and internalised / institutionalised homophobia impact on our presence as clients, therapists, supervisors and trainers (whatever our sexual orientation).

To book your place or for more information contact Veronica Lac  
[veronicalac@hotmail.com](mailto:veronicalac@hotmail.com) or 07985 247 296

### Affect Regulation, The Use & Abuse of Self. Working with Complex Trauma & Dissociation.

A 4 day course in blocks of 2 at  
The Pottergate Centre for Dissociation & Trauma, 26 Princes Street, Norwich NR3 1AE.

Thursdays and Fridays January 15<sup>th</sup> & 16<sup>th</sup>, and February 5<sup>th</sup> & 6<sup>th</sup>, 2010.

Cost: £490 to include food/drinks during the day but not accommodation. One bursary will be offered.

Please contact **Remy Aquarone** on [remyaquarone@dissociation.co.uk](mailto:remyaquarone@dissociation.co.uk) or Tel: 01603660029

### ‘The Drama of Shame’

31<sup>st</sup> October 2009 Nottingham (revised date)

7<sup>th</sup> November 2009 London

21<sup>st</sup> November 2009 Totnes/Dartington Devon

10am – 5pm

For Nottingham Booking please post to:

Sarah Mann Shaw: 61, Caledon Road, Sherwood, Nottingham NG5 2NF. [sarah.drama@ntlworld.com](mailto:sarah.drama@ntlworld.com)

For London & Devon Booking please post to:

Di Gammage: 52 Churchfields Drive, Bovey Tracey, Devon TQ13 9QU

## 'INTRODUCTION TO PERSON-CENTRED ART THERAPY WORKSHOP'

Facilitated by Pamela Fletcher

**24 October 2009**

This workshop will have an emphasis on the experience. The theoretical part will be tied specifically to the experience of image and how to have that as a third element in the counsellor/client scenario. There will be a demonstration and introduction of skills, so that participants could get a feel of working with an image.

This workshop is open to all counsellors, student counsellors, social workers, health workers and anyone requiring Continuing Professional Development.

**Cost £75.00 which includes a lunch. Times: 10am till 4pm**

This workshop is hosted by NWCS/Counselling Xtra and held at 65-67 Radford Road, Nottingham, NG7 5DR. To book or for more information contact: 0115 9782040 or 0796764497

### **NEXT MONTHS WORKSHOP - ASPECTS OF LOSS 21 November 09**

### **Giving and Receiving: Exploring The Landscape of the Mind using Pesso Boyden System.**

I HAVE TWO ONGOING CLOSED GROUPS FOR PESSO BOYDEN WORK STARTING. One will be based in Exeter and cost £600 - £800. Start in November 2009. The other will move about, doing a session in London, Lewes (Sussex), Oxfordshire, Bristol (Gloucestershire) and will cost £800 - £1000.

**For more on Pesso Boyden system go to [www.therapyandcounselling.co.uk/pbspinfo.htm](http://www.therapyandcounselling.co.uk/pbspinfo.htm) or call Juliet on: 01291 638805.**

### **Manchester Gestalt Centre: 4<sup>th</sup> Year Open Workshops 2009-10**

**Workshops on: Shame, Brief Therapy, Touch, Trauma & PTSD, Fragile Process, Anger.**

**Eligibility:** Each workshop is open to accredited Gestalt Therapists, or those on accredited Gestalt training courses and who are members of an associated professional body stipulating a Code of Ethics e.g. GPTI, UCKP, BACP, BPS.

**For bookings** contact Catherine Havard via [catherinehavard@btinternet.com](mailto:catherinehavard@btinternet.com)

**Manchester Gestalt Centre, 7 Norman Road, Manchester, M14 5LF, 0161 257 2202, [www.mgc.org.uk](http://www.mgc.org.uk)**

### **Living With Heart**

Led By Gill Wyatt

**Friday 20 November 6pm to Sunday 22 November ending with Lunch**

How the 'heart' encompasses so much more than simply our emotional life as it is referred to by those who speak of drawing together the head, the heart and the hand. The heart is central in so many spiritual practices e.g. Buddhism, Sufism, Christianity and the scientific research from the Heartmath Institute in America provides a growing body of research to support that when our personal coherence is heart based we are released from limiting past patterns and become free to expand into our life's purpose.

**The Ammerdown Centre, Ammerdown Park, Radstock, BA3 5SW .**

**[www.ammerdown.org](http://www.ammerdown.org) [centre@ammerdown.org](mailto:centre@ammerdown.org), 01761 433709**

## **Therapy & Supervision Providers**

### **Supervision and Personal Therapy for Graduates**

Spaces available for group/individual supervision and personal therapy for graduate and trainee members of SPTI.

**Michelle Oldale - MA Humanistic/Person-Centred Psychotherapy**

Please contact: 07956 083995 (Voice or SMS). Email [info@abstractheart.co.uk](mailto:info@abstractheart.co.uk)

## Members' Contributions Relational Depth - Conference Review Person-Centred Forum

It was organised enough to have a rich range of presentations and workshops to choose from, as well as casual enough to speak with everyone in breaks or during the BBQ lunch. I was very excited and nervous, as I was presenting my MA research -- it was the first time I had been to a research conference, or used Power Point, or given this kind of presentation! It was great to see familiar faces from Sherwood, all of whom were enthusiastically supportive. The steering committee members, and the host Stephen Joseph, were kindly attentive and helped enormously too. The feedback was great, and it has inspired me. It has given me a great deal of encouragement as a researcher and it also gave me a feeling of belonging to a wider professional community, which is important to me since completing the course.

If you are interested in finding out more about relational depth and its research, you can sign on as a member of the google group, Relational Depth Research, or go to the University of Strathclyde's Counselling Unit website.

*Ambika Connelly, Graduate Member*

For me the day was great, celebrating and basking within a well represented person centred community, meeting and sharing with many people old and new acquaintances.

The conference itself was lively and engaging, I thoroughly enjoyed it. It was particularly pleasing to attend Ambika's presentation, to celebrate her achievement, and also to see a Sherwood graduate on the National stage! There should be..., and further I would support more involvement of graduates and their research/work as therapists and please bring back the graduation celebration. As a graduate I want to continue to grow my connection with SPTI and to invest in a sense of pride for the journey and the place which supported me.

*Carl Jones, Graduate Member*

"I found the Relational Depth Conference a fantastic opportunity to be around other psychotherapists and professionals with a shared interest in the Person-Centred modality as well as a great opportunity to learn more about their views, opinions, questions and suggestions around Relational Depth as well as discussing other important areas within the modality such as Culture, Race and Ethnicity which, is of great interest to me. As well as listening to the designated Speakers, there was also the chance to ask questions, put your own thoughts and opinions forward as well as explore the Person-Centred modality in a very nurturing, safe and comfortable environment. I was also fortunate to meet Mick Cooper and had a chat with him about my research which, he gave me some positive feedback around. The day was also a brilliant opportunity to do some very useful networking and it was also great to see fellow students and tutors at the Conference - including one of our very own graduate students presenting a piece. In addition to all this, there was also the opportunity to peruse and purchase books and collect fliers etc around the person-centred modality. All in all, I'd definitely recommend that all students attend any future Conferences, if they have the opportunity to, as it really is beneficial from the continuing professional development aspect right through to the networking aspect. I thoroughly enjoyed the whole day which was very well organised and structured. I found the whole day very refreshing, motivating and inspiring."

*Nicola Goode, Masters HPC (Year 5)*

I certainly enjoyed the day very much, and thought it was great value for money, and well presented, the BBQ was ace, as was the venue. It was great having access to the latest thinking and research finding, though I felt there was statical issues with most due to size of studies. I partook in the creative session on relational depth which was interesting; it also gave me access into my process from a different route. I loved the availability of the book stalls (I bought three) and it was very interesting to meet fellow colleagues in a different forum, I felt a great deal of warmth and support from them all.

*Eileen Foster, Masters HPC (Year 4)*

My overriding highlight of the conference was coming into contact with the strength of conversation amongst the person centred community around the subject of relational depth. It's an exciting relational phenomenon which seems to have the ability to really capture the imagination of practitioners, leaving vast areas available for further thinking and research. One of the most appealing aspects of being part of the person-centred community is the attitude towards development of research and theory. Rogers's vision for his theories and the person-centred movement to always be open to debate and progression was clearly evident at this conference. The day felt like a genuine 'event' that showed to me how lively the person-centred community is in Nottingham right now, with the SPTI very present within this.

*Dan Eastop, Masters HPC (Year 4)*

Relational Depth Conference. The only reason I knew about the Conference was because my friend and colleague was speaking at it. I went along primarily to support her. Having attended similar events in the past, it had occurred to me that the day might be rather tedious with one lecture after another, and the only excitement being witnessing and supporting my friend's accomplishment. However, I was very pleasantly surprised! The atmosphere had a buzz to it: I found myself in a throng of some 120 professionals, all engaged in pursuing, individually and collectively, a better understanding of deeply impactful moments in human relationships. Wow! I felt a sense of 'belonging', a sense of indentifying with my profession in a way that I had not experienced before. I found it fascinating listening to different researchers' investigations into relational depth, each approaching the phenomena from their own unique perspective. It seemed especially fascinating to hear authors whose work I have read, speaking themselves about their work. By the end of the conference I had an expanded, more solidified sense of 'knowing' relational depth for myself. I am very glad to have been able to attend this conference. I hope to be able to do so again, and I would thoroughly recommend it to other colleagues.

*Katherine Akroyd, Masters HPC (Year 5)*



The inaugural meeting of the forum for students/staff from the person centred courses took place last month. This was a great opportunity for staff and students to express opinions about how the course is delivered, share issues between year groups and explore ideas for how to improve and develop the student experience. And there was food on offer!

I feel really proud to be a student at the Sherwood Institute. When I encounter other people in psychotherapy training/counselling, whether peers on placement or in supervision groups, I am amazed at how much I have learnt and marvel at the depth of this learning.

That said I have felt a nagging frustration, throughout my time as a student, with the Institute around a tension between being a customer and a student. In this time span I have come to realise that I have a voice and craved the opportunities to express this, yet often felt silenced by not really knowing how to get my voice heard.

The forum provided such an opportunity and is open to any student studying on Person centred course, not just reps. At the first meeting many ideas were discussed about how communication could be improved, how the needs of staff and students could be met and also how ideas for celebrating achievements could be effected. And there was much laughter!

Some of these ideas will be implemented sooner rather than later and will be focused around community forums via moodle (which all Person centred students will be able to access soon) and the internet.

And keep your eyes peeled for a party event in early 2010!!!

The next meeting will be sometime in the Autumn, the date will be circulated in advance. Have your say, get involved!!!!

*Sam Hershon, Masters HPC (Year 3)*

## Therapy Rooms To Let

### **THERAPY SPACE TO LET At the SPTI CLINICAL ANNEXE 30 PARK ROW, NOTTINGHAM**

**There are various rooms available (Monday—Thursday)**

**Attic Room 1 day a week = £84.34 per month  
Other rooms 1 day a week = £112.45 per month  
1 Week = £476.28 per month**

**For more information, and a copy of the Tenancy Agreement, please contact:  
Elaine Marren at Thiskney House or on 0115 924 3994, or [elaine.marren@spti.net](mailto:elaine.marren@spti.net).**

## Affordable Accommodation for Study Weekends



Beautiful, fully furnished room is available for short stays in a stylish, comfortable family home in the most desirable location of Nottingham, Mapperley Park. Close to City Centre, with easy bus route every 5 mins. Breakfast is included.

**£25 per night or £30 with dinner.**

**Contact Marina on 07958196263 or via [matrioshka2000@yahoo.com](mailto:matrioshka2000@yahoo.com)**

Accommodation for study weekends, 2.5 miles from both study room sites, 5 mins walk to Derby Road bus stop which is on very regular route so by bus about 30mins door to door or 40-45 mins walk, 7 minutes by car. Contact Judy Goodman 07828876589 or [judy.goodman@nottingham.ac.uk](mailto:judy.goodman@nottingham.ac.uk).

**Price: £25 per night.**

## Useful Information

**Office opening hours:**

**9.00am - 4.00pm**

**Tel: +44 (0)115 9243994**

**Email: [enquiries@spti.net](mailto:enquiries@spti.net)**

Rosemary Langford-Bellaby	0115 8447875 / <a href="mailto:rosemary.langford-bellaby@spti.net">rosemary.langford-bellaby@spti.net</a>
Alison Fookes	0115 9599565 / <a href="mailto:alison.fookes@spti.net">alison.fookes@spti.net</a>
Michelle J Cooke	0115 9599565 / <a href="mailto:michelle.cooke@spti.net">michelle.cooke@spti.net</a>
Maggie Senior	0115 8447876 / <a href="mailto:maggie.senior@spti.net">maggie.senior@spti.net</a>
Marian Crowley	0115 8414341 / <a href="mailto:marian.crowley@spti.net">marian.crowley@spti.net</a>
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Polina Frimerman	0115 8447904 / <a href="mailto:polina.frimerman@spti.net">polina.frimerman@spti.net</a>

## Library

Hilary, our librarian, can be contacted for any library enquiries on [hilary@spti.net](mailto:hilary@spti.net)

**Opening Hours:** Fridays: 1pm - 2pm; Saturdays: 12pm - 2pm  
**Journal Room opening hours:** Weekdays: 9am - 4pm, Saturdays: 12pm - 2pm