



Founded 1987

# The Sherwood Institute

## Nottingham

### The in-house Magazine

## 2010 Spring Edition

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#### Retirement of Rosemary Langford-Bellaby

**Don't simply retire *from* something; have something to retire *to***

These words have been in my mind a lot over the last year. It has been as if the *to* has been calling to me more and more. The training and work that we are involved in as Psychotherapists is built on a tenet of increasing awareness and the centrality of listening to ourselves. So I know the importance of paying attention to thoughts and feelings that continue to come into my thoughts and wanted to share some of this with you as I prepare for a large change in my life.

"Termination", says Samuel Johnson, "doth marvelously focus the mind". I have been aware of the increasing number of "terminations" in my life that have occurred with increasing frequency over the past years – not deaths necessarily but life changes where we realize that what was, and that which we were, will no longer, can no longer be. These, I think, are grace moments helping us to prepare for the changes that will continue to occur until the final change of death itself.

I am lucky in that I live in a truly lovely place sur-

rounded by miles of wild open countryside over which we can roam easily. We are close in touch with the seasons and so with the changes to the plants and animals that are around us. Our grandchildren seem to change so quickly and it seems so short a time since our children were as young as they are now. This means that I am very in touch with the change process which makes me aware of what is what might be and of what was. As I reflect on change I think of where I am, where I have come from, and what might then lie before me. I feel as if I have had a life of many blessings and of many challenges. Deep in my heart I have always known I was wanted and loved and despite many difficulties that surrounded the lives of my parents felt that they did more than the best that they could. I have been blessed with a good marriage, lovely children and grandchildren. I have done the work I wanted to do first nursing, then training and working as a counselor, a psychotherapist, supervisor and trainer. Finally I took on an Assistant Directorship and then a Directorship at SPTI. Some of the work changes have been planned and worked for others I have taken on by default yet in all of them I have been so fortunate to be able to have worked alongside people I respect and trust and love. People who have become firm friends – not soft and fluffy friends but ones who have challenged, loved, fought, supported and overall honored the values we share together.

I have also been fortunate that I have overall had good health and been able to pursue the outdoor life that I have embraced with a passion. Together my husband and I have walked thousands of miles in many different countries. We have climbed rock, snow and ice. We have explored many areas that have not been recognized routes and challenged ourselves to manage fear, tiredness and discomfort (even much pain at times), We have learnt to orienteer, shi, scuba dive, wind surf (badly) been able to combine all we love with the work we have done and each has supported the other. With regard to this I have realized over the last few years that I can no longer do things with the energy and ability that I had, I tire a little more easily, it takes more effort to maintain fitness and I need to pace myself better.

This stage has been coupled with becoming a grandmother and these two experiences have opened my mind to the need to put down the directorship of SPTI and to take a different role here.

Becoming a grandparent heightened my awareness that my role now was to support my children to be parents – I was still their parent but now they needed to be

parented in a way that helped them parent. This is what I also think about my role at SPTI, that it is time for me to back down and to support others to take on the role of developing the Institute.

It has been so exciting to have been in the roles that I have at SPTI and to see students train and then graduate, to see some then continue training as supervisors. Some of these have gone onto train as trainers and to then join the staff team. Others have taken their careers forward in different ways- in private practice, in the different helping professions and in organizations. Some have chosen to use their training to develop and support their current roles at work and develop their abilities in these settings. There are some great people who have come through and others who have joined us and as I think about them I feel so proud to know them and so supported in knowing their ability to take the Institute and the profession of psychotherapy forward.

So I aim to retire *to* rather than *from*: This does not mean giving up work entirely, in leaving as a Director I want to make a place for new energy (whoever joins them) to support Ali and Michelle as Directors themselves, along with the great Staff team that we have to take the Institute forward. I shall use some of my time to work as a Consultant to SPTI – possibly for a year, to do some training and to also do some supervision and mentoring. I will keep the role with HIPs and UKCP along with giving time to the issues that arise in respect of regulation of the profession (more about this in a different letter). In order to give the necessary time and energy to SPTI as Director, and in order to maintain boundaries, I have needed to greatly reduce my clinical input. So now I can move back to what I love the most – being a practitioner – but only in a limited capacity. My plans are to come down to Nottingham approximately once per month for about six days to fit this in. It will also give me/us time to see friends in Nottingham and enjoy time with members of our family who live in the area. After a year the Consultant role will be reviewed but the supervision and training will remain.

Retirement *to* also means time to paint more, walk more, climb more, spend time with my family more, think more, be more, play more, garden more, study different things more, photograph more, ski more (we have a ski slope on the fell at the back of us). Most of all I want to have time to put more memories in the bank, memories and with this to be more. Abe Lemon once said that “the trouble with retirement is that you never get a day off” – I shall watch out that being in all that I do remains at the top of the list.

### **Appointment of Lorraine Price as Integrative Programme Leader**

We are delighted to let you know that Lorraine Price has been appointed as the new Programme Leader for the Integrative MSc Programme. Throughout the time we have known Lorraine we have been impressed with her academic and clinical ability. She is an excellent clinician and trainer and brings much to the field. We are all looking forward to working with her as part of the Programme Leader Team at SPTI.

### **Other Staff Announcements**

As some of you are already aware both Pat Bryant and Stephanie Pugsley have decided not to continue with us as trainers in the forthcoming academic year.

Both will be missed and we extend our thanks to each for their dedicated contributions to the Masters Programmes over many years.

### **Retirement of Maggie Senior**

I know that the majority of you have been informed through various sources that Maggie decided some months ago to retire this July as Programme leader of the Integrative MSc. Maggie has been a key player in the development of SPTI and has held a number of roles here, the latest of which has been that of Programme Leader for the MSc Integrative programme. Maggie has been recently initiated into becoming a grandmother with a second grandchild imminently due (two in four weeks - fantastic) and she wants to spend time with her daughters and new grandchildren.

Maggie was hoping to write something about her experiences as a practitioner and trainer for this edition of the Contact magazine but events have overtaken her so we will need to wait until the next issue to include this.

In the meantime we really understand and respect her decision and will all miss her here as programme leader. She will be a hard act to follow!

### **Workshop & Seminars Reviews**

#### **Energy Awareness Workshop**

Nottingham Women's Counselling Service provides an exciting training programme which is relevant to all trainees and qualified therapists particularly those interested in the person-centred approach. I had read some of Rose Cameron writing and had long been interested in her ideas about subtle energy and psychological contact and so was delighted last August to participate in an Energy Awareness Workshop facilitated by Rose at the NWCS.

The venue and facilities were great (home made soup for lunch!) and the group was relaxed and friendly. We began by experimenting with how we automatically withdraw or extend our energy in certain situations (usually out of awareness) and the impact this has on our relating. The day was spent in experiential exercises, usually in pairs, with lots of time for questions and discussion. It seems to me that subtle energy encompasses psychological contact, embodied empathy, acceptance, congruence and defensiveness but is also worth considering as a separate entity; certainly my increased understanding has been helpful to me in understanding how I and others are relating. Rose Cameron is an inspiring facilitator and I would certainly recommend any training she provides.

## Finding a Placement

It was with some trepidation that I started to look for a placement before embarking on year 2 of the Person-Centred MSc. In our introductory year we had enjoyed a talk by two senior students who had not found it that easy to find a suitable placement. So I gave a lot of thought to what kind of placement I wanted – for example generalist, such as MIND or specialist, such as working with children (Casy or Place2be), with Women, (Womens Centres), survivors of sexual abuse, (ISAS) or bereavement, (Cruise).

I decided I wanted to forge a relationship with my local MIND branch, I made an appointment to speak to the Service Manager to have a chat and joined members and users in their coffee lounge to get to know a bit about the people who came to the day centre. I also browsed their policies and procedures to ensure that, if I were to work with them, that they had a suitable framework for covering confidentiality, health and safety, child protection. After a couple of visits, I then spoke to the Service Manager about establishing a placement. A counselling placement had not operated from this particular branch of MIND before, but I saw it as an opportunity to establish practice which would model what I would do when a qualified practitioner. It was agreed that the MIND Service Manager would screen suitable clients for referral to me. Once I had received the referral, all the contact and paperwork was handled by me, (within the overall policies of MIND and within the ethical framework of BACP and SPTI).

In parallel with setting up the placement, it was important to identify a supervisor who would support me as a fledgling therapist. I remember how nervous I was going to my first supervision session with client material. However, there was no need to be worried as the whole experience was very affirming.

For my clients I drew up contracts which are discussed during initial assessments. The assessment process is important to understand the background of individuals, to understand their needs and goals and also to assess any risks, (including therapist competence issues!). The contracts identified what I would be offering as a Person-Centred trainee and covered philosophical approach, supervision, confidentiality, and professional accountability. Clients would be asked to sign two copies and retain one. The paperwork also included my contact details in case of emergency or should a therapy session need to be changed. After six months, my trust has never been abused, but understandably not every volunteer counsellor would wish to do this! I keep very brief professional records but also keep a personal journal to ensure I reflect on the processes within sessions which are as much about my feelings as those of the clients.

Having worked with MIND for four months, I wanted to expand my experience with an additional second placement and therefore explored options via internet searches and by tapping into my therapist's experience. I subsequently decided on a potential placement with ISAS, (Incest and Sexual Abuse Survivors charity). I wasn't sure to begin with, whether I would be able to support this client group. The excellent training for volunteers prior to being offered a placement soon convinced me otherwise!

I have learned a lot from my experiences so far. Setting up my own placement meant that I had to be clear what I was looking for and aimed to go about this in a person-centred way – forging a relationship first and then firming up a placement. It is important to factor in the time it can take to get a placement, (training requirements from the provider and clearance for working with vulnerable people or children through a Criminal Records check). From July 2010 volunteers will need to register with the Independent Safeguarding Authority, (ISA – see [www.isa.gov.org.uk](http://www.isa.gov.org.uk)).

The greatest joy from placements is, of course, the opportunity to work with clients. I have been privileged to work with a number of clients now whose diagnoses, (received from psychiatric services), have ranged from schizoid per-

## UKCP Annual random Audit for 2010 - Information for Graduates

As part of UKCP quality assurance process UKCP undertakes annual random audits of individual members on their register. Regarding the UKCP members Annual random Audit for 2010, please visit:

[http://www.psychotherapy.org.uk/ukcp\\_audit\\_statement.html](http://www.psychotherapy.org.uk/ukcp_audit_statement.html)

## Placement, Work & Project Opportunities

### Trainee Placement Opportunity at The University of Sheffield

The University of Sheffield Counselling Service welcomes application from second or later year students on a recognised counselling/psychotherapy course which is BACP accredited (or equivalent). The placement is available from October 2010 on Thursday evenings. Supervision will be provided by experienced counsellors at the Service. Trainees must attend fortnightly supervision which will be on another day of the week.

Contact the Placement Co-ordinator for an informal discussion and to request for an application form. Completed application forms must be received by **21 May 2010**.

**It is anticipated that the interview will take place on 11 June 2010.**

The University of Sheffield Counselling Service, 36 Wilkinson Street, Sheffield, S10 2GB

### School Counsellors Required at Leeds Counselling

Leeds Counselling provides accessible counselling services in the local community. Our work with schools is developing, and we are building our capacity in this area.

We would like to hear from you if:

- you are a counsellor or creative therapist with the training and experience to work with children and adolescents in schools in Leeds
- you are interested in freelance or fixed-term work opportunities.

If you are interested in being approached (without obligation) when opportunities arise for school counselling work, please submit your CV or a 1-2 page written statement, with the following details:

- Name, address, email, and phone number;
- Training undertaken (date, course provider, and qualifications gained);
- Your membership or registration with professional bodies;
- Relevant experience in the therapeutic, education or childcare fields;
- Your current role(s) incl. salary details;
- Your availability (i.e. when you could undertake work and how many hours per week).

Please send your CV or statement to [info@leedscounselling.org.uk](mailto:info@leedscounselling.org.uk) or to **Caroline Gori, Administrator, Leeds**

### Wanted Therapists for Summer 2010 at Wellspring Camps

#### Graduate Students or Masters or Doctoral Therapists - summer-only positions

Must have cognitive-behaviour therapy knowledge and orientation and a personal commitment to healthy living. Excellent opportunity to:

- Join the world's leading provider of treatment services to overweight children, adolescents and their families.
- Work in a great setting with very talented and dedicated professionals - see [www.wellspringcamps.co.uk](http://www.wellspringcamps.co.uk)
- Receive £833 bi-weekly (total summer pay at an 8-9 wk program, plus 7-10 day staff training = approx. £3750 total) + room and board + training and supervision.

**If interested, send a resume to: Dan Kirschenbaum, Ph.D., ABPP: [dkirschenbaum@wellspringcamps.com](mailto:dkirschenbaum@wellspringcamps.com)**

### Student Counsellor Volunteer - Placement Opportunity Bilborough College, Nottingham

#### One day per week between 9.30 am and 3.30 pm - term time only

As a trainee counsellor, you will have some experience of counselling:

- with some knowledge of counselling young people
- Or you may have considerable experience of working with young people in a different capacity.
- Ideally you will be aware of the issues and challenges facing 16-19 year olds in a sixth form environment.

We particularly welcome applicants who are looking to commit to this placement for at least one year, preferably two.

**Further details and an online application form for the above post can be found at [www.bilborough.ac.uk](http://www.bilborough.ac.uk), Job Opportunities or call 0115 851 5000.**

## Research Requests

### Imagery in Psychotherapy

#### “How do Humanistic Person-Centred Therapists work with client’s use of imagery?”

My name is Michelle Beaver I am a student on the M.A. Humanistic Person-Centred Psychotherapy course at The Sherwood Psychotherapy Training Institute in Nottingham. I am defining imagery as the client’s expression of an imaginative mental picture of their experience. This may take shape in the form of poetry, metaphor or story telling. I would like to facilitate reflection on the process of working with the client’s image potentially acting as a vehicle for the therapist’s expression of the necessary and sufficient conditions of therapeutic personality change. I would like to talk to experienced and/or trainee therapists who are in supervision and have had the opportunity to work with client’s use of imagery and would be happy to explore this experience with me. The interview would take 30-60 minutes, in a mutually convenient time and place. It will be taped and transcribed. I adhere to the SPTI (2009/10), UKCP (1997) and BACP (2004) ethical guidelines for researching in psychotherapy. Every effort will be made to keep your identity confidential and you would be able to withdraw your input from the study if necessary up to the time of submission.

#### What Is The Female Bulimic Client’s Experience Of Being In Humanistic Person-Centred Psychotherapy?

Are you willing to share your experience of being a bulimic client in Humanistic Person Centered Therapy?  
I am a fourth year HPC student looking for qualified or training female psychotherapists who are bulimic and are currently or have previously been in Humanistic Person-Centred therapy.

If you are able to participate and wish to receive further details and arrange an interview at your convenience please contact me on:

**Sarit Winterburn, 0115 9527482, 07973 185642 or by email on [winterburn\\_s@yahoo.co.uk](mailto:winterburn_s@yahoo.co.uk)**

#### “The effects of therapist’s attachment styles and caregiving behaviours on the working alliance”

I am a Trainee Counselling Psychologist from the University of Surrey and looking for candidates to participate in my Doctoral (Psych.D Psychotherapeutic & Counselling Psychology) research involving the completion of a survey on the above topic.

This study involves only professionals who are working therapeutically with individual clients/patients. It is asked to complete 5 questionnaires and the whole process takes about 10 to 15 minutes. Please notice that NO CLIENT/PATIENT is recruited in this study, however therapists are advised to think one of their clients/patients when they complete the working alliance inventory. NO information is required about the CLIENT/PATIENT.

This study has gained scientific and ethical approval from the University of Surrey Ethics Committee and is supervised by **Dr Riccardo Draghi-Lorenz** (Email: [r.draghi-lorenz@surrey.ac.uk](mailto:r.draghi-lorenz@surrey.ac.uk)). If you are interested in taking part, please click on the hyperlink below for more information and to access the survey:

<http://www.fahs.surrey.ac.uk/survey/attachment-styles/>

For more information contact: Panagiotis Parpottas, Counselling Psychologist "In Training",  
PsychD (cand.) Psychotherapeutic & Counselling Psychology Department of Psychology University of Surrey

## Therapy & Supervision Providers

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)

## Supervision, Mentoring and Consultancy with Rosemary Langford-Bellaby

From September 2010 I will be in Nottingham once per month and will be offering Supervision, Mentoring and Consultancy for individuals/groups in Nottingham on Wednesdays and Thursdays of each month.

Dates will be confirmed by mid April. For further details please contact me on:

01158 447875 or [rosemary.langford-bellaby@spti.net](mailto:rosemary.langford-bellaby@spti.net)

## Continued Professional Development Workshops & Seminars

### Creative Workshops with Peter Orlandi-Fantini

**Saturday 27th March 2010 (9.30 - 16.30)**

A series of creative workshops over the year we will be exploring creative process, painting, poetry and prose, modelling/spatial dynamics and rhythm as expressions of deeper spiritual aspects of psychotherapy. We will meet on a roughly 4/6 week cycle giving us eight sessions in the year.

The cost is £80 for each Saturday and everyone would sign up for the full year. The group will be closed with no more than eight people.

Dates: March 27th, April 24th, May 29th, July 3rd, August 14th, September 18th.

### SPRING RESIDENTIAL WORKSHOP at The Northern School model of Psychodrama 10th – 14th May 2010 Monday 11am to Friday 3pm

NSP have opened their five-day training residential in May to people who wish to access this excellent psychodrama training opportunity. This training is experiential with opportunities to reflect on theory and practice during processing sessions. The week will offer 50 hours CPD/training.

**FEES:**

External applicants: £445.00

Registered NSP Certificate trainees: £295.00

**Location:** at WHITCHESTER HOUSE, near Hawick in the Scottish Borders.

**For more information or to apply please contact:** Lindsay Billsborrow, 13 Old Coppice Side, Heanor, Derbyshire, DE75 7DH, admin@psychodramansp.co.uk Tel: 07948404698

[www.psychodramansp.co.uk](http://www.psychodramansp.co.uk)

### Training in Supervision of Counselling & Psychotherapy with Graham Colbourne

This is a 10-day course for experienced counsellors and psychotherapists from all modalities, run over five weekends.

**Dates:** 30-31 January 2010; 13-14 March 2010; 29-30 May 2010; 11-12 September 2010; 6-7 November 2010

**Cost:** £1250.00, including a non-refundable deposit of £200.00

**Venue:** Edinburgh Gestalt Institute

Edinburgh Gestalt Institute, 0131-228-384, egi@edinburgh-gestalt-institute.co.uk.

### Working with Learning Disabilities: Age Specific Approaches *presented by Dr. Jeremy Tudway and Dr. Elizabeth Gillett*

**May 14th 2010 at the Stratford Manor Hotel, 9.30am to 4.30pm.**

Both internationally regarded Clinical Psychologists, Dr. Tudway and Dr. Gillett will share their expertise in the specific approach and skills needed whilst working with this client group; they will also include age-specific considerations, from childhood through to adulthood

All refreshments, a buffet-style lunch and delegate information pack are included in the price. A certificate of attendance will be awarded at the end (5 hours CPD).

Please see the attached flyer for details of all our other 2010/11 seminars. If you require further information or wish to book, please visit our website [www.therapychallenges.com](http://www.therapychallenges.com) to secure a place via our PayPal booking system. The cost of the day is £75 (or £70 if booked 6 weeks prior to the event). There are concessions for full-time under-

## Ethnicity and Use of the Mental Health Act 24th May 2010 / London Conference

**This one day event will focus on the exploration of the following questions:**

- How should we interpret these findings?
- Is racism the main issue behind the fact that some BME groups are over represented in terms of admission and detention rates and also the increased use of certain diagnostic categories such as schizophrenia?
- Should we be focusing on understanding and learning why certain BME groups are not over represented?
- Have the changes to the Mental Health Act been detrimental or helpful? To whom?
- What alternatives are available and seen as useful to people from BME communities who have been, or who are currently at risk of being detained?
- Where do the solutions lie? Should we be focusing on tackling racism in society? Should we be making stronger efforts to address institutional racism within mental health services?

### **Who Should attend?**

This conference will be relevant to anyone in the field of mental health and social care. Also, officers from local authorities and NHS trusts across the UK, mental health professionals and practitioners, including Approved Mental Health Professionals, charities, third sector, educational establishments, the legal profession, academics and policy makers. Limited free places are available to service users and carers.

Venue: Friends House, 173 Euston Road, London NW1 2BJ, Tel: 020 7663 1094/1095.

## **Anger, Rage and Relationship: An Empathic Approach to Anger Management**

presented by **Sue Parker Hall**

**Saturday 24th & Sunday 25th April 2010**

Difficulties in acknowledging, processing and being with others' anger abound in our society generally and can be experienced by practitioners. I believe that these difficulties originate from a range of misunderstandings about its nature.

I present theoretical models which invite personal exploration and dialogue, supporting practitioners to deepen their understanding of their own anger and rage processes which in turn support their work with clients. A sense of community is fostered which helps to dissolve cultural, familial and professional shame about these issues.

**Venue:** on **sumptuous sofas** in the beautiful garden room at **Green Lawns Hotel**, Western Terrace, Falmouth, Cornwall, TR11 4QT, UK.

**Sue Parker Hall** is author of '*Anger, Rage & Relationship: An Empathic Approach to Anger Management*' (published by Routledge, 2008), a BACP Snr. accredited therapist, supervisor, freelance trainer and an HE lecturer. She has presented her work at national conferences across the UK and internationally, in Ireland and Malta.

To book your place on the Cornwall training, send a cheque for £135 made payable to 'Sue Parker Hall' to Eason Cottage, 1 Blacksmith Lane, Connor Downs, Hayle, TR27 5DR, UK or £140 by Paypal via [www.empathic-anger-management.co.uk](http://www.empathic-anger-management.co.uk) or to reserve your place (payment in full secures your place) contact me at:

## **The Prince's Foundation for Integrated Health**

Student Network is a new initiative to provide a forum for medical and complementary medicine students to explore integrated health.

**Membership is FREE and entitles you to regular newsletters, events and the chance to win our prestigious £500 ESSAY PRIZE:**

Essay prize question:

*'Describe an integrated approach to one area of patient care, and explain how it might still be changing the health and wellbeing of patients it serves in ten years' time.'*

**Closing date May 1st 2010**

Maximum 3,000 words (excluding references and title). Shortlist will be announced in July 2010. Winner will be announced at the Foundation's 2010 Annual Conference in September, and will be invited to read his/her essay.

**The Art of Listening, Led by Gill Wyatt**  
**Friday 9 April 6pm to Sunday 11 April ending with lunch.**

Cost: Residential £185 Non-Residential £123

For further information please contact: The Ammerdown Centre, Radstock, Bath BA3 5SW, 01761 433709.

Email: [centre@ammerdown.org](mailto:centre@ammerdown.org)

**BAPPS SPRING CONFERENCE**

SATURDAY 15<sup>th</sup> MAY 2010

A WORKSHOP WITH THE BAPPS ETHICS COMMITTEE

Back to basics: What contracts (conscious and unconscious) do we make with ourselves and our supervisees, and why? Does our conscious contract facilitate or hinder the creative work of supervision? What effects do our unconscious fantasies about what we are contracting to offer have on the work?

£45 Early Booking ticket for Non Members £30 Early Booking ticket for Members

Venue: The Lecture Theatre, 5th floor, 120 Belsize Lane, London NW3 5BA

**An Enquiry into the Practicalities of Field-Relational Gestalt**  
**with Gordon Wheeler PhD, Malcolm Parlett PhD, & Ty Francis PhD (cand)**

Inevitably, all who take part will be co-creating answers to the activating question:

**"What is fieldsmithing?"**

**Dates: 10th – 11th May 2010**

**Cost:** £400. VAT will be added to this figure only for those persons and companies who are VAT registered.

**Venue:** The Amadeus Centre, 50 Shirland Road, London W9 2JA, Tel: 020 72861686.

**Contact** *Sally Croft for further information, to reserve a place and for payment details.*

**Understanding Child and Adolescent**  
**At Scottish Adlerian Society in Association with the Adlerian Society of Wales**

**Saturday May 1st 2010**

9.30am-4pm - The Renfield Centre, Bath Street, Glasgow G2 4JP

Fee £80 (£65 concessionary) INCLUDING LUNCH.

Payments can be sent to send to: The Scottish Adlerian Society 47 Crow Rd, Lennoxton, Glasgow, G66 7HX

For all enquiries & to check eligibility for concession rates phone:

**An Enquiry into the Practicalities of Field-Relational Gestalt**  
**10th – 11th May 2010**

Those with some experience of the Gestalt approach, whether in therapeutic, organisational, or educational and social systems, soon learn that Field Theory is a central organising idea. But does understanding Field Theory lead to changes in practice? If not, there seems little point in teaching it. Assuming, however, that changes in practice do occur as a result of an immersion in Field Theory, what are the extra skills, perspectives, and methods of intervention that the practitioner has acquired?

Cost: £400

Venue: The Amadeus Centre, 50 Shirland Road, London W9 2JA. Tel: 020 72861686.

Sally Croft on 01803 840306 or email [sally-anne.croft@meusgroup.com](mailto:sally-anne.croft@meusgroup.com) to reserve your place.

**2010 UKAPI conference**  
**Loss and Grief: Nurturing Resilience**  
12 June 2010

More information can now be found on our website [www.ukapi.com](http://www.ukapi.com) along with the application form.

## UKCP Supervision Conference

Below are the details of forthcoming UKCP events which you may be interested in running a workshop, submitting a paper or simply attending.

### Supervising difference - 5 June 2010, London Call for workshops

The fourth annual UKCP supervision conference draws our attention to the notion of difference and the subtle and complex ways in which difference informs and shapes our work as therapists. This one-day conference aims to encourage participants, speakers and workshop leaders to explore and reflect upon how we can conceptualise difference in a way that is helpful and productive, and which can guide and inform our work in the supervision room and in the supervision of client work. We are keen to provide a range of interesting and topical workshops.

*If you are interested in running one, the deadline for submission of proposals is 16 April 2010. Please refer to the events page on the UKCP website [www.ukcp.org.uk](http://www.ukcp.org.uk) for further details.*

### Inaugural annual research conference - 10 July 2010, City University London Call for papers

The UKCP Research Faculty would like to invite proposals for presentations on recently completed research by UKCP members and students. These can be on one of the three streams of this conference (see below), or other topics:

**Common factors: enthusiasm v caution**

Key note addresses by: Professor Peter Fonagy (University College, London), Professor Larry Beutler (Palo Alto University, USA)

**Ways of evaluating effectiveness**

Key address by: Professor Michael Barkham (Sheffield University)

**Developments in Psychotherapeutic Research Training in UKCP Programmes**

Examples from UKCP Colleges (for which there is also a call for papers)

*The deadline for submission of proposals is 9 April 2010. Please refer to the events page on the UKCP website [www.ukcp.org.uk](http://www.ukcp.org.uk) for further details.*

### Self, other and society - 3-5 September 2010, York University Call for seminars / workshops

This conference explores dialogical tensions between self, other and society. In the 21<sup>st</sup> century, the psychotherapy profession needs to respond to societal issues and social phenomena beyond the traditional scope of our clinical practice.

Topics such as social responsibility, climate change, clinical work in transient spaces or with marginalisation and disability inevitably touch on deeper issues such as power, authority, identity, individuality and conformity.

*We welcome your proposals for seminars and workshops. The deadline for submission is 15 May 2010. Please refer to the events page on the UKCP website [www.ukcp.org.uk](http://www.ukcp.org.uk) for further details.*

## Therapy Rooms To Let

### THERAPY/GROUP WORK/CPD WORKSHOP SPACE TO LET

At the

**SPTI CLINICAL ANNEXE**  
30 PARK ROW, NOTTINGHAM

A range of rooms are now available (Monday—Thursday)

In addition to rooms for therapy use, training rooms are now available for daytime or evening use Mon-Thurs. These are ideal for regular group use or for one off CPD events.

*Discounts offered to graduates in their first year of practice.*

For more information about costs and a copy of the Tenancy Agreement, please contact: Elaine Marren at Thiskney House, on 0115 924 3994 or via [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 Contact 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>
Catherine Austin	0115 978 3874 / <a href="mailto:catherine.austin@spti.net">catherine.austin@spti.net</a>
Michelle Oldale	0115 924 3994 / <a href="mailto:michelle.aldale@spti.net">michelle.aldale@spti.net</a>
Penny Silverman	0115 924 3994 / <a href="mailto:penny.silverman@spti.net">penny.silverman@spti.net</a>
Stephanie Pugsley	0115 924 3994 / <a href="mailto:steph.pugsley@spti.net">steph.pugsley@spti.net</a>
Lorraine Price	0115 924 3994 / <a href="mailto:lorraine.price@spti.net">lorraine.price@spti.net</a>
Deborah Mendham	0115 924 3994 / <a href="mailto:debs.mendham@spti.net">debs.mendham@spti.net</a>
Elaine Marren	0115 9243994 / <a href="mailto:elaine.marren@spti.net">elaine.marren@spti.net</a>
Polina Frimerman	0115 8447904 / <a href="mailto:polina.frimerman@spti.net">polina.frimerman@spti.net</a>

## Staff Availability

**Alison Fookes**, Finance Director: Mon & Tue (9am - 5pm)

**Rosemary Langford-Bellaby**, Director of Training, Monday pm - Wed pm.

**Michelle J Cooke**, Director of Business Continuity & Development - Tuesday & Thursday (9am - 4pm).

**Michelle J Cooke**, Programme Leader: MA Humanistic Person-Centred Psychotherapy & MSc Person-Centred Psychotherapy. Office day is Friday (9am - 4pm).

**Catherine Austin**, Programme Leader: BSc (Hons) in Counselling & Psychotherapy - Tuesday (9am - 4pm).

**Michelle Oldale**, Programme Leader: Foundation Access Course - Tuesday (9am - 4pm).

**Maggie Senior**, Programme Leader: MSc Integrative Psychotherapy - Tuesday (9am - 4pm).

**Marian Crowley**, Programme Leader: MSc Gestalt Psychotherapy - Tuesday (9am - 4pm).

**Lionel Rowel**, IT - Tuesday & Thursday (9.30am - 4.30pm).

**Elaine Marren** - Mon - Fri (9am - 4pm)

## 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

Also open on: 7th & 14th April, 5th & 12th May and 9th June

**Journal Room opening hours:** Weekdays 9am - 4pm, Saturdays 12pm - 2pm

## Smoking Policy Notice

In response to recent queries we would like to confirm our no smoking policy. In line with other organisations this policy is that smoking is not permitted on SPTI premises, i.e. in or around the buildings.

Many thanks for your cooperation with this.