



Founded 1987

The Sherwood Institute

Nottingham



Contact

In house Magazine

2011
Spring Edition



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Regulation Update Letter from Rosemary Langford-Bellaby

Dear Members

I have just returned from the latest of the HIPC meetings and wanted to write to you, both as a means of staying in touch, and also to bring you up to date with issues that are the concern of HIPC.

Firstly, the issue of regulation. A summary of the main points of the Government command paper, along with UKCP's response, was sent out to registrants by Andrew Samuels. In case you have not seen this, you can view this document on the weblink at the end of this article (Page 2).

In short the Government have stated that they would rather that professions such as ours be self regulated rather than state regulated and indicated that their preferred position is to not proceed with the current process towards state regulation.

When the command paper was issued there was a lot of consternation, concern and distress. For many there was the feeling that all of the hard work that had been engaged in by many people who were committed to

state regulation had come to nothing. Once the initial shock waves had passed there was then a time of reflection. Being the people that we are there was a fairly rapid re-engagement with the issues raised.

It is important to note that the command paper is not the definitive statement – it is a statement of the government's preferred position but it has not yet been ratified. If it is not ratified then we will be in a position to continue with the process should we still deem it right to do so. If it is ratified then we are, due to the vast amount of work that has been done, in an ideal position to develop UKCP and the colleges within it as a regulatory body. In some respects it may seem that there is little difference from what UKCP/BACP/BABCP and all other such organisations are already doing – and have been doing, to a very high standard indeed. There would be essential differences though in terms of authority and standing that could give us a greater voice, presence and authority. At the moment we still need to wait and see exactly what the government will do and once this is known, to work on our response. No date has been given by the Government for a decision!! So when there is any further information another bulletin will be sent out from UKCP. The issues arising from this will then be responded to by the various colleges and I will feed back to you in response to these when they are discussed at the next meeting.

You may have heard/read about HCPC (Health and Care Professions Council) and CHRC. These are two bodies that have been involved in, and could be more involved in the regulation and management of the profession. Should either of these be the eventual chosen option then we could possibly be in the best situation, for here we would be an organisation of organisations and be excellently placed to work for the good of the profession as a whole.

In the meantime I want to assure you that UKCP and other such organisations, remain committed to working on their members' behalf, to develop the standing of the profession.

One area of concern, though, that you will have seen mentioned in **Bulletin 11** is that of employment of registrants. In certain areas of the country there is some evidence that preference is given to practitioners with CBP and/or IAPT training, who seem to be favoured at interview over those of other approaches. This means that equal opportunities are not being practised as therapists from other approaches have been discriminated against. The hope was that, with state regulation, equal opportunities would be applied thus making it a level playing field when applying for jobs within the statutory providers of care in this country. We do need to hold in

Appointment of Anissa Chung as 'ABC Concepts' Programme Leader

We are pleased to inform you that **Anissa Chung** has been appointed as the new **Programme Leader** for the **ABC Counselling Concepts** programme.

The next cohort of Concepts students will commence their studies in May, and we are delighted to announce that we will be running this programme as both a **day-time** and an **evening pathway** to facilitate more students wishing to embark on the first step of their counselling training.

New MPCA Tutor Appointment

We are pleased to announce and to welcome a new Tutor – Alan Frankland – to the Postgraduate Person-Centred Programme

An update from Michelle Oldale

A Message from Michelle Oldale.

This is a brief notice to let everyone know that I am stepping down from the Foundation Access and Concepts Course Programme Leadership.

I have really enjoyed this role and feel really lucky to have had the opportunity to teach and Programme Lead these courses.

I am grateful for the support of Catherine Austin when I first started teaching in these roles - Catherine was a great support as Programme Leader of the Foundation Access at this time.

I also feel privileged to have worked with the two fabulous new tutors Anissa Chung and Ambika Connelly. Student numbers are high and our uptake for onward programmes in the institute is really high.

I am sad to be ending but my decision is based on a wish to focus further on my tutoring role with the Masters in Person-Centred Psychotherapy, other teaching and therapeutic roles, and some exciting new writing and research projects.

Thanks to everyone who has made my time in this role so enjoyable.

Kind Regards, **Michelle**

With immediate effect, **Ruth Layzell** will assume the role of overseeing Foundation from Michelle Oldale.



UKCP BULLETIN 11
(Details in full)

<http://www.psychotherapy.org.uk/iqs/dbitemid.1155/sfa.view/cpti.95/regulation1.html>

mind that this is anecdotal evidence though so the first step might be to do a form of census to see a) how many registrants do work within statutory providers, b) whether they have encountered any discrimination re their position within the career structure that is directly attributable to their modality/therapeutic approach, c) whether there is clear evidence of discrimination in applying for positions within statutory providers. I would be interested to hear from any of you who have anything to say, both positive or negative on this. Once we know which position we are going with re regulation then we will formally approach this issue.

HIPC (Our College) has been very busy and have developed:

An HIPC Website which will go live shortly for a one month consultancy period – I will send out the link to this when I get it. All of the docs re HIPC will be available to yourselves on the website. Members of the public can find therapists within HIPC and will also be able to access information to understand our Humanistic and Integrative approaches.

Research Committee – this has been very busy and a proposal has been made and forwarded to present HIPC research seminars. Again, I will forward information when this is finalised.

Training Standards: Documents relating to training have been undergoing refinement and revision to match the UKCP generic and modality specific requirements. Our stance on this is to support this process with the maxim that "One size does not fit all" !!!!!.

Inter-College liaison: - Here there is a liaison with CFC with work on membership – Individual and via a Member Organisation - and on re-accreditation. For us at SPTI, this means a refinement of most of our CPD policy with certain criteria now being more specific. I will work on amending our CPD policy and aim to get this finalised and agreed within SPTI and then out to yourselves as soon as possible. There is a lovely spirit of collaboration and engagement at CFC which is so encouraging and means we focus on what we all have to offer as Psychotherapists, creating excellence within the profession as a whole rather than the divisions that were a part of our history.

HIPC plan a **Launch Conference** next year – again I will forward details when things are finalised.

At the last meeting we spent a portion of the time discussing and then ratifying issues that had arisen regarding training standards and the process of accrediting Member Organisations (M.O's) and Accrediting and Teaching M.Os. SPTI will be in the latter group as we will continue as a training provider, an accrediting Institute to our registrants and possibly an Accrediting Provider for individual registrants to UKCP and who then need to re-accredit via a Member Organisation.

So there is still a lot happening and, despite the unexpected changes from the Government, I really do feel that we are in exciting and creative times and an excellent service will emerge from all of this.

I will continue to keep you abreast of developments. In the meantime – Happy Holidays.

With Kind Regards, **Rosemary**

New Office Staff Announcements

Shelley Bowyer has recently joined the office team, replacing Polina as the new **Recruitment, Marketing and Finance Administrator**. Her role is to support applicants and enquirers becoming students at the Institute.

Shelley (Admissions): 0115 844 7904

All queries from students in training should be directed to Elaine Marren, Office Manager

Elaine (Staff & Students): 0115 9243 994

Lianne Rooney has also recently joined the office team, as a temporary **Administrator**. Her role is to support Elaine two days a week.

Important Library Update

Our Library opening hours have now been **extended** to include Wednesday and an additional hour on Friday.

- **Wed 11 - 12.30**
- **Fri 12 - 2**
- **Sat 12 - 2**
- **hilary@spti.net**

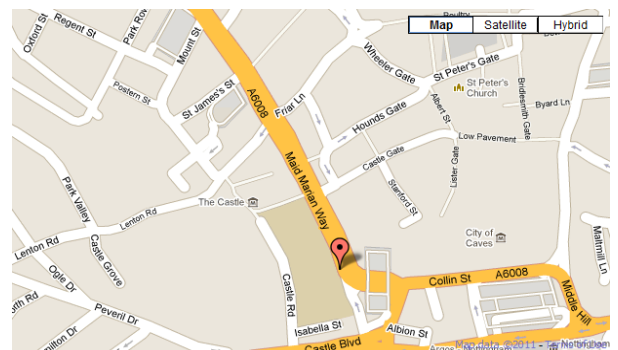
o Tutors will now be able to undertake the booking in and out procedures to ensure increased accessibility to the library during training workshops. Students can then use the library under tutor supervision and tutors can book out to students if the library is closed.

o In addition, if students wish to use the library between workshops but are unable to get in when the library is open, they will now be able to reserve books via email (Hilary@spti.net) to make arrangements to collect books from the office for collection during office hours.

SPTI Moodle

Login to our Moodle in the coming weeks for new information on the benefits of creating and maintaining your own website in order to promote your practice.

Moodle is available to students and graduates. For more information, log in at smoodle.co.uk



SPTI Workshops



2012 Mental Health Workshops

29th Feb 2012 or 22nd Aug 2012 **£280.00** (Full cost of the workshop)

More information about the workshop is available on our website <http://spti.net/courses/wsMHW.shtml>

2012 Booking forms will be available to download on our website in the near future - to avoid disappointment, and secure your place, please ensure you book as soon as possible.



Counselling Skills - Intensive Training Days

- 4th July 2011 **£70** (1 Day Intensive Training)
- 10th & 11th September 2011 **£140** (2 Day Intensive Training)



These intensive days are designed for applicants who wish to start on our MSc or BSc programmes, but who have been unable to enrol onto either the Concepts or the Foundation programme. For details email admissions@spti.net

Work, Placement & Project Opportunities



Trainer Vacancies



The Sherwood Institute provides professional training in Counselling and Psychotherapy across a range of levels including Skills, Foundation/Introductory, BSc and MSc, specialising in a number of approaches. We invite applications for the following posts to join our diverse team at an exciting time of continued growth and development.

Trainer – BSc (Hons) in Counselling & Psychotherapy
(This is a BACP accredited course, validated by Coventry University)

Trainer - MSc Person – Centred Psychotherapy & Counselling
(This is a UKCP accredited course, validated by Coventry University)

Applicants should be BACP/UKCP accredited and have:

- 3 years' post-qualification clinical experience
- Training experience at HE Diploma/Degree level (Trainer BSc Hons programme), and at MSc Level (Trainer MSc Person - Centred Programme)
- A supervision qualification recognised by the Sherwood Institute

The posts are offered on a part-time and self-employed basis (hours to be negotiated).

For a job description and application form please contact Shelley on 0115 8447904 or enquiries@spti.net.

Applications are available to download from our website <http://www.spti.net/institute/vacancies.shtml>

Closing date for applications: Tuesday 3rd May 2011



Base 51 Counselling Service - Nottingham

We are currently seeking new volunteers to support us to expand and develop the service in preparation for our move to a new building and enhanced provision. The counselling service works with in excess of 250 clients each year, offering up to 2000 sessions to support them in reaching their own aims. In order for you to be part of this forward thinking and supportive environment we ask that you meet the following requirements:

As a minimum be in your second year of Diploma level or equivalent counselling training
Have experience of working or volunteering with children and young people
Have a personal philosophy that is based around the Person Centred Approach to counselling and psychotherapy
Experience of personal development work (either one-to-one or group therapy)

The closing date for applications is Wednesday 4th May 2011 at 12 noon.

If you have any questions or would like to apply to be a volunteer counsellor at Base 51, please contact the Counselling Coordinator by Phone: 0115 952 5040, email: counselling@base51.org.uk or by visiting the website: www.base51.org.uk



Trainee Counsellor Placement Opportunities

The closing date for the receipt of applications is Thursday 19th May 2011 and that interviews will be held on Friday 10 June 2011 for trainee counsellor placements at the University of Sheffield Counselling Service.

Placements are available from October 2011 on Thursday evenings and applicants must be in their second or later year of their training. Details of the Trainee Counsellor Placements and an application form can be accessed via: www.sheffield.ac.uk and <http://www.shf.ac.uk/counselling/aboutus/trainees.html>



Introduction to Cognitive Behavioural Therapy

A two-day workshop delivered by Rob Aston

Saturday 4th June 2011 & Sunday 5th June 2011
9.30am – 4.30pm

Fee: £125.00 (SPTI members) or £140.00 (non-members)

Workshop description;

Cognitive-Behavioural Therapy and its methods has become a treatment of choice in many NHS settings and has therefore found its way into the popular imagination. Everybody knows about CBT – don't they? If you would like to become better informed about this approach and have the opportunity to evaluate its philosophy, theories and methods, this workshop is for you. It is relevant to both trainee and qualified counsellors and psychotherapists who are keen to expand their thinking by actively engaging with ideas from another modality which might interface with and enrich their clinical work.

The workshop aims to provide an overview of some of the key components of Cognitive Behavioural Therapy. It will look at its historical development and at its evidence base. Opportunities will be given to explore application of ideas into clinical practice by looking at certain disorders in order to explore how treatment unfolds and how Empirically Supported Treatment (EST) and Evidenced Based Practice (EBP) approaches can be used. New directions in CBT will be explored and there will be scope to consider what these add to current practice. There will also be plenty of opportunities for case busting questions and sharing views on this particular psychotherapy approach.



Exploring Behavioural Experiments

A one-day workshop delivered by Rob Aston

Saturday 16th July 2011
9.30am – 4.30pm

Fee: £65.00 (SPTI members) or £75.00 (non-members)

Workshop description;

One of the most exciting therapeutic interventions to emerge in the context of Cognitive-behavioural therapy is the 'behavioural experiment'. Although developed within this specific discipline, it is equally relevant within other modalities. As such, this workshop is likely to appeal to both advanced trainee and qualified counsellors and psychotherapists who are interested in finding out more about the creation and use of behavioural experiments and whether these might interface with their own clinical work.

The workshop will look at the role and function of behavioural experiments and outline the different types which can be used in clinical practice. There will be opportunities to consider what makes a good experiment, what factors might impede their setting up and how obstacles may be overcome. There will be lots of opportunities to discuss the value and challenges of behavioural experiments in day-to-day practice within a variety of clinical conditions. We will consider research and look at new developments in this field.

Continued

SPTI Continued Professional Development (CPD)

About Rob Aston;

Rob originally trained as a mental health nurse and has undergraduate and postgraduate degrees in psychology. For several years he worked as a community mental health nurse and has also spent time working in Crisis and Home Treatment Teams. Most recently he has spent 3 years working as an Accredited Cognitive Behavioural Therapist on a research trial. He has recently started a new position as a specialist therapist in the Coventry IAPT service. He is a therapist, supervisor, teacher and writer. He is currently co-writing a book on command hallucinations and has been published in the past. He has interests in working with psychosis, the role of formulations, supervision and the role of behavioural experiments in clinical practice.

For more information or a booking form contact Admissions:

The Sherwood Psychotherapy Training Institute
Thiskney House, 2 St James Terrace, Nottingham. NG1 6FW
Telephone: +44 (0)115 8447904
Fax: +44(0)115 9242738
Email: enquiries@spti.net Website: www.spti.net

External CPD, Workshops, Seminars and Conferences



Mindfulness-based Cognitive Therapy: Experiential Introduction Workshop

21-22 May + 18-19 June 2011 With Dr. Patrizia Collard

4 day course run over two weekends Location: 11 mins from London Bridge

Fee: £480 + Additional £40 (For two half-hour post-course tutorials by telephone or email which also includes three meditation CDs, course hand-outs) Accommodation available at the same venue for £30/night (Only 2 rooms)

This four day course teaches you mindfulness interventions (meditations, every-day mindfulness and mindful movement) and will introduce you to ways of identifying and dealing with difficult physical sensations, feelings and moods commonly associated with stress, anxiety, pain and depression. The experience of working in a group can enhance one's own learning as we observe how fellow human beings grow and change.

This course is also appropriate for those who just want to experience MBCT for their own wellbeing.

<http://www.tir.org.uk/apply.html>

If you have any further questions, call us +44 (020 7183 2485)



Gestalt and the Big Society Living Creatively in a Time of Austerity

**24th June to 26th June 2011 Friday 5pm to Sunday
4pm**

Venue: Lane End Conference Centre, High Wycombe

**COMMUNITY MEETINGS, PROCESS GROUPS AND A CEILIDH
Download a booking form from www.ukagp.org.uk**



focused business solutions

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Making Private Practice More Successful

- Having the right mind-set for business success
- Identifying and working on the right Goals
- Developing easy sales and marketing skills (therapist friendly)
- Managing delivery, process and time management
- Simple ways to manage your finances (without becoming an accountant)

Eight Month Programme Starting in June 2011
(4 Workshops & 6 Conference Calls - Venue TBC)
£275 (or 4 payments of £75)

Mo 01902 842491 **or** 07777 694290
Doug 01384 355444 **or** 07946 730475

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

UKCP Annual Supervision Conference 2011

The fifth annual UKCP supervision conference draws our attention to some challenging edges and boundaries in the supervision room and in the supervision of client work. Supervision has a key role in our continued learning and development. Models and practice of supervision need to develop alongside the challenges arising in psychotherapeutic practice if we want the supervision endeavour to remain contemporary and relevant to our clinical work.

This year's main presentations will focus on issues arising from working with patients/clients with intellectual disabilities and from working with and within erotic transference dynamics. Speakers will draw on a range of theoretical approaches and attend to the inter-subjectivities of disability and the erotic in therapeutic and supervisory practice. The event will provide many opportunities to reflect on the reflective space in supervision and how we best utilise this central tool for our continued learning and development.

Please send your proposals to events@ukcp.org.uk by **15 April 2011** including the following:

- Name and contact details
- Title for the workshop
- An abstract (up to 200 words)
- Brief biography for inclusion in the programme (3 to 4 lines)

Workshops will last 75 minutes and will be in small group format.

You will be notified of the status of your proposal by 29 April 2011.

*** Workshop presenters are entitled to a 15% discount on the UKCP member conference booking fee**

UKCP Annual Research Conference 2011

The second UKCP annual research conference will include national and international speakers and provide an opportunity for participants to take part in debates about psychotherapy research and to share work being carried out by UKCP members and students. Confirmed keynote speakers are:

Dr. John Norcross - Professor of Psychology and Distinguished University Fellow at the University of Scranton
Psychotherapy relationships that work: evidence-based responsiveness

Dr. Roxanne Agnew-Davis - Clinical Psychologist and Director of Domestic Violence Training Ltd. *Walking gently through the minefield: managing vicarious trauma*

Dr. Amanda Jones - Head of North East London NHS Foundation Trust's Tier 3 Perinatal/Parent-Infant Mental Health Service (*presentation title to be confirmed*)

There will be 20 minutes for each paper, including discussion. If you are interested in presenting a paper, please email the following information to t.a.nice@kent.ac.uk by **21 April 2011**:

- name, e-mail address and telephone number
- title for the paper
- abstract (up to 200 words) - It is intended to put the abstracts of papers presented at the conference on the UKCP website
- brief CV for inclusion in the programme (3 to 4 lines).

Notice of acceptance of your submission for presentation will be sent by 6 May 2010.

We very much welcome your abstracts.

Presenters are entitled to a 25% discount on the UKCP member conference booking fee

Psychotherapy Council Meeting

1st Jun 2011 - 20th Dec 2011 Future dates and location to be confirmed.

The Psychotherapy Council is a deliberative, consultative and advisory body to the whole organisation including the Board of Trustees. It is a forum for debate on the future direction and strategy of the charity and consists of between 40-60 individuals.

If you would like an invitation to attend as an observer please contact Alex Crawford at alex.crawford@ukcp.org.uk

Liverpool Marriott Hotel

The theme of the 2011 conference is 'Research and practice', reflecting our understanding of the important relationship between research and practice. We aim to debate and discuss how research informs practice and so impacts on both clients and practitioners. On line bookings are not available. Please call customer services for further information or to book on 01455 883300



WORKSHOP

Andrew Samuels

Saturday 24th September 2011

'It's the relationship stupid! (Or is it?)'

63 Duffield Road Derby DE22 1AA Tel. 01332 717507

Come & explore some challenging & fascinating aspects of therapy work, & discover whether you think the focus on relationships is still at the cutting edge of today's clinical practice.

Andrew Samuels is Professor of Analytical Psychology at Essex & holds visiting professorships at London, New York & Roehampton Universities. He is a training analyst, Chair of UKCP & Co-founder of Psychotherapists & Counsellors with Social Responsibility. His 30 year body of work has received international recognition, and his many books have been translated into 19 languages, including the award-winning *Politics on the Couch* (2001). He has developed an unique blend of Jungian, post-Jungian, humanistic & relational psychoanalytic clinical approaches.

This one day WORKSHOP will be held at **Derby Conference Centre**, Derby.

Attendance is by ticket only. As it will be a popular event, please book early to avoid disappointment.

£40 DIPP members; £50 non-DIPP members. CPD certificated

Ticket price includes fork buffet lunch and refreshments.

For **application form**. contact DIPP Treasurer:

Patricia de Hoogh-Rowntree, Rowan Cottage, Carsington, Near Matlock DE4 4DE

Tel: 01629 540 935, Email: pdehoogh@aol.com



**TECHNIQUES IN COUNSELLING:
APPLYING THEORY TO YOUR PRACTICE**

Saturday 2nd July 2011, 10am – 4.00pm

Payment of £55 per person should be sent to reach us no later than 14th June 2011 but please be aware **you may be disappointed as it may be full**, first come, first served.

Cinnabar Training, 135 Casterton Road, Stamford, Lincolnshire PE9 2UG

Contact: Mo Smith Email: mosmith@btconnect.com

Mobile Number: 07885674218



Advance Notice 2012

www.ukapi.com

We are delighted to announce that Dr Ellert R.S. Nijenhuis, the distinguished psychotherapist, psychologist and researcher, has agreed to run a two day workshop for UKAPI on the 15 and 16th June 2012. His 2006 book written with Kathy Steele and Onno van der Hart, *The haunted self: Structural dissociation and the treatment of chronic traumatization*, was given the ISSTD's Media Award. Dr Richard Kluft wrote that it makes "...a landmark contribution to the study of trauma and an instant classic in the study of dissociation and dissociative disorders."



TUESDAY 28 JUNE TO SATURDAY 2 JULY 2011
SUMMER SCHOOL
WORKING WITH BORDERLINE PSYCHOPATHOLOGY - LONDON

Speakers: Dr Gwen Adshead, Dr Marco Chiesa, Dr Judy Gammelgaard, Dr Richard Geist (by video-link), Dr Nuri Gene-Cos, Professor Brett Kahr, Professor Otto Kernberg (by video-link), Dr Jean Knox, Jack Nathan, Franklyn Sills, Ruthie Smith, Dr Felicity de Zulueta

This 5-day seminar school brings together some of the most eminent psychotherapists to consider how a person with a borderline vulnerability can gain from psychotherapy. The most contemporary and effective approaches will be explored, introducing new theory and practice that will support your own effective psychotherapy work with this group of people.

FEES: Complete course: £550 + VAT Single days: £130 + VAT
ENQUIRIES 01728 689090 info@confer.uk.com
VENUE Institute of Physics, 76 Portland Place, London W1

Why Psychotherapy Works
A 2-day seminar with Dr Daniel Siegel

As we continue to discover more about neural integration and the deeply social nature of the brain we are moving towards remarkable new insights into the nature of the mind. At this 2-day seminar, which is a unique opportunity to work with Dan Siegel in person, we will explore the properties of psychological well-being and how new scientific insights are providing us with a deep understanding of why psychotherapy works.

Venue: Royal College of Physicians, Regents Park, London NW1, **Enquiries:** info@confer.uk.com **01728 689090**
Fees: £240 + VAT or two installments of £120 + VAT for both days including materials, refreshments and lunch

The Group Analytic Society (London) PRESENTS the Fifteenth European Symposium in Group Analysis
Cultures, Conflict and Creativity...

Monday 29th August - Friday 2nd September 2011 at Goldsmiths College, University of London
with organisational logistics by Confer for The Group Analytic Society

Keynote addresses by:- Justice Albie Sachs, Dr Gwen Adshead, Robi Friedman, Elisabeth Rohr and Melyn Leszcz

- Parallel Paper, Sub-Plenary and Workshop Sessions
- Small, Median and Large Experiential Groups
- Films, music, exhibitions and food

Open for enrolment and submissions [SYMPOSIUM WEBSITE AND ONLINE BOOKING](#)

FEES: early-bird discount open until 29 April 2011

ENQUIRIES: gas-symposium@confer.uk.com



A ONE DAY SYMPOSIUM - Friday 20 May 2011
Whitelands College, Holybourne Avenue, London, SW15 4JD
PRISONS AND THE PSYCHOLOGICAL THERAPIES RESEARCH UNIT, RESEARCH CENTRE FOR,
THERAPEUTIC EDUCATION, DEPARTMENT OF PSYCHOLOGY
“THE FUTURE OF THE PSYCHOLOGICAL THERAPIES IN THE CRIMINALJUSTICE SYSTEM—WHAT CAN WE LEARN FROM RESEARCH?”

Please note this symposium is not residential. To enquire about staying in one of the University guestrooms please contact conference Roehampton on conferences@roehampton.ac.uk or 020 8392 8100.

On-line booking is required. For any assistance, please contact conference office on 020 8392 3698.
<https://estore.roehampton.ac.uk/browse/department.asp?compid=1&modid=2&deptid=164>

Friday 20th May from 09.30 am . £70 (discounted rate of £35 for students). Lunch is provided. Participants will also receive a Certificate of Attendance for Continuing Professional Development purposes.

UKCP Annual random Audit for 2011 - 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 2011, please visit:

http://www.psychotherapy.org.uk/ukcp_audit_statement.html

Research Requests

My name is Rima Sidhpara and I am contacting you to request your participation in completing an online questionnaire for my MA research. I will keep your contact details confidential from any other source, and I will delete your details from my contact list once recruitment to the online questionnaire is complete.

How do Counsellors/ Psychotherapists address issues of money and debt with their clients?

This study aims to explore how therapists address debt and money issues with clients' who have sought help for other issues. This study will also investigate what dilemmas therapists experience when working with issues of money and debt. I am completing my MA in Psychodynamic counselling at University of Leicester and would like to invite counsellors / psychotherapists from any counselling modality who are either in training or qualified; and who have at least 3 months experience of clinical practice to complete a simple online questionnaire.

Counsellors must have experience with working with at least one client that has mentioned issues of money/ debt during the course of counselling about other issues.

The project is being conducted in accordance with BACP and University of Leicester ethical guidelines. The questionnaire will take approximately 20 minutes to complete and is designed to be completed anonymously.

If you do not have access to the internet please contact me, and I will send you a paper copy of the questionnaire. If you are unsure about taking part or would like more details, please contact me and I will be happy to provide any information which might help you decide. To complete the online questionnaire please visit the following web link:

<http://www.leicesterwebdesigner.com/MA/index.asp>

Thank you, Rima Sidhpara, E: rima_mets@hotmail.com

Therapy & Supervision Providers

For therapy or supervision, please refer to our find a therapist, please use our database search on the SPTI website

<http://spti.eu/lookups/therapistsearch.asp>

If you are an SPTI graduate and would like to be included in the searchable online directory of Psychotherapists and Counsellors please download the form from the link below and send to:

The Sherwood Psychotherapy Training Institute, Thiskney House, 2 St James Terrace, Nottingham. NG1 6FW.
There is a **one-time administration fee of £20** for this service.

Please enclose a cheque made payable to **Lionel Rowell**.

<http://spti.eu/lookups/SPTI-OnlineDirectoryApplicatonForm.pdf>

Lorraine Price - Programme Leader - MSc Integrative Psychotherapy

Spaces available for supervision in Nottingham, for graduate and trainee members of SPTI.

Contact Lorraine on: 079313 46882 - lorraine.price@spti.net

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

Affordable Accommodation for Study Weekends

New Rates for SPTI members @ The Rutland Hotel

The Rutland Square Hotel have recently informed us that rates for single rooms are now £40 per night for a single room. The hotel advises you that you should book well in advance to avoid disappointment.

Tel 0115 941 1114

Single room £40; double/twin £60; Thu-Sun rate.

(Please mention the **SPTI corporate rate** when booking)

Private accommodation for study weekends

2.5 miles from both study room sites, 5 minutes walk to Derby Road bus stop which is on very regular route so by bus about 30mins door to door or 40-45 minutes walk, 7 minutes by car.

Contact **Judy Goodman Price: £25 per night** 07828876589 judy.goodman@nottingham.ac.uk

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

Library & Journal Room - Opening Hours

Hilary, our librarian, can be contacted for any library enquiries on: hilary@spti.net

Library: Wednesday 11 - 12.30; Fridays 12pm - 2pm; Saturdays 12pm - 2pm

Journal Room: Weekdays (during office hours) 9am - 4pm,
Saturdays (during library hours) 12pm - 2pm

Staff Availability

Alison Fookes, Finance Director: Mon Tues, (Wed 10 - 4pm)

Ruth Layzell, Director of Training,

Programme Leader: Foundation Access Course - Tuesday (9am - 4pm), Friday (9am - 12noon)

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

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

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

Lorraine Price, Programme Leader: MSc/MA Integrative Psychotherapy - Tuesday (9am - 4pm).

Rosemary Langford-Bellaby, Programme Leader: MA Gestalt Psychotherapy - Tuesday (9am - 4pm).

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

Elaine Marren, Office Manager (For students in training) - Mon - Fri (9am - 4pm)

Shelley Bowyer, Recruitment, Marketing & Finance Administrator (Applicants) - Mon - Fri (9.30am - 2.30pm).

Lianne Rooney, Administrator - Thu & Fri (9.00am - 2.00pm).

SPTI Contact Information

Office opening hours: 9.00am - 4.00pm

Tel: +44 (0)115 924 3994 Email: therapy@spti.net

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Lionel Rowell	0115 9243994 / lionel.rowell@spti.net
Lianne Rooney	0115 9243994 / lianne.rooney@spti.net
Hillary Drysdale	hillary@spti.net



Smoking Policy Notice



Please continue to note: smoking is **not permitted** on SPTI premises, i.e. in **or around** the buildings.
Many thanks for your cooperation with this.

Alison Fookes