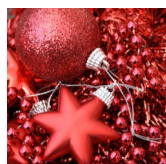




The Sherwood Institute

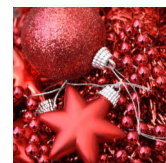
Nottingham



Contact

In house Magazine

2011
Winter Edition



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sity – who validate our degree and masters programmes – at the interim review of our collaboration with them. Our own experience of this collaboration has been very good and we value this relationship highly.

There have been a number of changes over the year and I would like to extend a very warm welcome to the following trainers who have joined our tutor teams: Dr David Tune, Alan Frankland and Jill Green

Given that there have been so many additions to our team, we are including a full list of current members of staff, together with their photos. I am also aware of how hard both tutorial, administrative and support staff work and want to take this opportunity of thanking publicly each person who contributes to the high quality training we provide.

With Warm Regards, **Ruth Layzell**

Seasonal Closures

We would like to take this opportunity to wish you all the very best for the coming festive season and our warmest wishes for the New Year.



Warm wishes from all at the Sherwood Institute!

The Institute will be closed from:
23 December 2011 to 2 January 2012 (inclusive).
We look forward to reopening on: **3 January 2012.**

2011 SPTI Graduation Celebration & Social



Graduation Celebration & Social Saturday 21 January 2012

6.30pm at The Castle Suite,
Rutland Square Hotel, Nottingham.

This will be an opportunity for the Sherwood Institutes community to celebrate the achievement of our most recent graduates and a chance to get together socially.

Everyone welcome.
(Disco, Buffet & welcome drink included)

Tickets: **£6** Graduands **£11.25** Guests

(Please send payment to Elaine Marren by 7th January)
elaine.marren@spti.net or 0115 924 3994

Welcome from the Director of Training

I've now been at SPTI for a whole year as Director of Training. There has been much to learn and lots of people to begin to engage with and as I go into my second year in the post, it's lovely that not everything and everyone is new! I have been aware of having to step into the rather large shoes which Rosemary had been wearing as the previous Director of Training, but Rosemary herself has made the handover of the role and my transition into it as easy as I think it could have been. I have enjoyed working with, and felt welcomed and well supported by my fellow Directors, Programme Leaders, tutor colleagues and colleagues in the office at Thiskney House. So I am really delighted to have just been able to invest into the business side of SPTI by becoming also a share-holding Director, sharing this responsibility with Alison Fookes. I look forward to continuing to work with everyone in this additional capacity.

During the past year the Institute itself has continued steady development and growth. We have recruited well into all the programmes, expanded our tutor teams and also had excellent feedback from Coventry Univer-

Congratulations to Recent Graduates

We would like to take this opportunity to congratulate our 2011 graduates from the Foundation, BSc and MSc programmes. Below we have listed students individually to celebrate each person's success – well done to all!

MA HPC (Birmingham) Graduates 2011

Katy Askew-Gillott, Michelle Beaver, Jennifer Clarke, Daniel Eastop, Ingrid Harris, Samantha Hershon, Rosheen Hopwell, Philippa Minors, Joanne Powell, Steven Roach, Jo Rose, Veronica Toescu, Pamela Kasalovic (PGDip/UKCP)

MA Gestalt (Birmingham) Graduates 2011

Christopher Bestwick, Lynne Brighthouse, Jane Caro, Vienna Duff, Bettina Lehmann, Kathryn Morris-Roberts, Rebecca Murray-Leslie, Julie Hamilton (PGDip/UKCP)

MA Integrative (Birmingham) Graduates 2011

Katharina Boettge, Clare Danks, Grant Denkinson, Aasra Garrib, Laverne Hewitt, Sophie Hobbs, Reg Kielty, Margaret Nicholls, Sally Read, Kirsty Turner, Sarah Victor, Rachel Kittermaster (PGDip/UKCP)

MSc Person Centred (Coventry) Graduates 2011

Sarit Winterburn, Edwina Jackson

SPTI Diploma in Integrative Psychotherapy (UKCP accredited)

Michelle LeBocq

SPTI Diploma in Gestalt Psychotherapy (UKCP accredited)

Cathy Boyd

SPTI Diploma in Humanistic Person Centred Psychotherapy (UKCP accredited)

Jackie Meht

BSC (Coventry) Graduates 2011

Julie Archer, Deborah Baggott, Christine Bingham-Ward, Kathryn Brown, Clare Curry, Fiona Gelling, Anita Hart, Lisa Johnson, Mark Kendrick, Andrea Malyon, Karen McIvor, Alan McPherson, Michael O'Brien, Susan Pickering, Zoë Smith, Teresa Thompson

Foundation Access 2011

Rosie Bruce, Rachael Edwards, Mark Farrall, Holly Grainger, Liam Grimsey, Koren Harris, Jay Keep, Mandy Lovett-Mack, Ian Mack, Fiona Mercer, Harriet Merry, Melanie Thomas, Emma Whatson

ABC Counselling Concepts 2011 Jan 2011

Lorraine Bagshaw, Benjamin Bignall, Sally Boyle, Emily Dalton, Ruth Elliott, Moon Halder, Kathryn Hinks, Paloma McMullan, Louise Noble, Nicola Sharp, Sally Stone, Debbie Sutch

ABC Counselling Concepts 2011 May 2011

Melissa Armston, Carol Burton, Tamsin Carter, Abigail Clines, Clare Cotten, Catherine Evans, Alison Fitzsimmons, Sally French, Sarah Gowers, Fay Harding, Morgan Harris, Helen Macdonald, James Neil Maxwell, Tracey Mobley, Holly Naisbitt, David Rees, Claire Sterland, Sally Royds, Nicola Wilson, Jo Withers, Kay Wooley, Xinmiao Zhong

Library Updates

Our Library opening hours have now been **temporarily amended** to cover the vacant librarian post.

- **Wed 11.00 - 2.00**
- **Fri 10.30 - 2.30**
- **Sat 11.00 - 3.00**

o Tutors are 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 can **pre-order / reserve** books via email library@spti.net. They can then make arrangements to collect books from the office during office hours.



Many thanks to everyone who contributed to Hillary's retirement collection. On her last day, we presented her with two beautiful filled garden planters to remind her of her time with the Sherwood, as she now intends to spend her time in her garden enjoying her retirement.

Book Donations - THANK YOU!

We would like to say a big thank you to **Mike Taylor**, a graduate of The Sherwood Institute for his very kind and generous donation of his psychotherapy book collection to the Institute library.

As a former student at the Institute Mike very kindly offered to make this donation which has been warmly appreciated. This was a very generous donation of a large collection of high quality books.

Many of the books are key texts or will contribute significantly to areas of specialism.

All were in excellent condition and we really appreciate this very generous donation which will benefit both current and future students in years to come.

We would also like to thank **Jessica Plowman** for her donation of 12 key text books. Again this generous donation is very much appreciated.

With Sincere thanks

Alison Fookes

BSc (Hons) Counselling & Psychotherapy - Hoxton Bursary Success



We are delighted to announce that four of our current undergraduate students on the BSc programme, have each been successful in being awarded one of the sixty annual BACP Hoxton Bursary £500 tuition fee grants this year. This is an amazing success rate for the Sherwood Institute, and we would encourage all BSc students who meet the BACP criteria to apply and be considered. The grant is awarded on an annual basis. The BACP criteria (taken from this years current guidance) is listed below:

1. There are limited funds available for bursaries and they are, therefore, capped at £500 each. They are offered to 60 students on **BACP Accredited Courses**. A reserve list of six students will be held in the event of funding refusals.
2. Awards are only available to students who can provide confirmation that they have been **accepted** onto a BACP Accredited Course.
3. Bursaries awarded can only be paid towards the course fee, or for other purposes at the discretion of the Panel, and will be paid by cheque to the Institution concerned via the Course Tutor/Administrator.
4. **Deadline for receipt of applications at BACP is 31 July.**
5. There are no restrictions on who may apply, subject to being on a BACP Accredited Course, and no formal qualifications are required.
6. There is no bar to previously successful applicants applying for a further award in a subsequent year.
7. Students part way through an Accredited Course within an academic year are eligible to apply for help with the remainder of unpaid fees. Please note that retrospective applications for previous years' funding cannot be considered.
8. Awards are made to people on low income. Priority will be given to those on benefits/grants
9. unless further information/explanation is given concerning student circumstances, e.g. low wage,
10. **Please complete all sections as fully as possible and provide supporting evidence where applicable. All information given is used in the selection process.**
11. As supporting evidence will not be returned, it is recommended that only a photocopy be sent,
12. Application forms are dated for each individual year. Out-of-date forms will **not** be considered.
13. Applicants will be informed when applications are received by BACP.
14. Applicants will be notified of the result of their application as soon as the Panel has met and by no later than the last week of August.
15. All applications **are** confidential and will be seen only by members of the Awards Panel. Application forms and supporting material will be confidentially shredded once awards have been made, although a record of successful applicants names and courses, and six reserve applications will be kept until the end of March of the following year.
16. The Bursary Award Panel consists of nominated members of the Board of Governors and the Bursary administrator (staff member). The Panel's decision is final. **No appeal can be made against refusal of an award.**
17. Individual applications and reasons for award decisions will not be discussed with applicants or Course Tutors/Administrators.
18. Course Tutors/Administrators are obliged to inform BACP on receipt of a bursary cheque.
19. Course Tutors are obliged to inform BACP if a student who has received a bursary, leaves the course during the academic year of the award.
20. Applicants who do not use bursaries that they have been awarded should inform BACP as soon as possible so that the money can be re-awarded.
21. Any bursaries that have not been used by 1st December will no longer be valid. The award will automatically be offered to a reserve student. The same process as above will be applicable in such circumstances, the deadline for use being 1 March of the following year

Application forms and guidance notes will be available from February / March 2012

<http://www.bacp.co.uk/information/education/bursaries.php>

Course News - BSc (Hons) Counselling & Psychotherapy

Following on from the recent Exam Board, I would particularly like to congratulate the students of last year's third year group who have all been able to complete the requirements for their degree and, along with three members of the year 4 group, graduated with a BSc (Hons) in Counselling & Psychotherapy on 28th November. 15 students were eligible to attend the Graduation ceremony in Coventry Cathedral and I, and my colleague Debbie Mendham, were very excited and proud to be able to celebrate their achievements with them.

I would also like to acknowledge all the present 2nd and 3rd year BSc students for all their hard work over the past year in terms of their training and personal growth. I never underestimate the demands of counselling and psychotherapy training and recognise the hard work and commitment that you have all put in on every level.

With the development of the BSc programme, the tutor team has also expanded over the past year to include 3 new tutors, Ruth Layzell, Dave Mann and Norman Wright and with the continuing growth of the programme I would like to extend a warm welcome to Dr. David Tune and Jill Green who have also recently joined the team for this year.

This autumn again sees a growth in student numbers on the BSc programme and we now have 2 cohorts of students for each year of the programme. I would like to welcome all new students to the programme, as well as two third year students who have returned after a leave of absence.

I am looking forward to working with all BSc students and tutors in the coming year.

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

Course News – Humanistic & Person-Centred

The start of this academic year sees the Person-Centred Staff team continuing to meet the challenge of simultaneously running the 'Humanistic Person-Centred' and 'Person-Centred' Psychotherapy & Counselling courses.

The Humanistic Person-Centred Programme is in its final year and I hope to see those in the Independent Studies Stage successfully completing their research dissertations in November 2011 & June 2012.

I am excited to report that the Preparatory Stage of the Person-Centred Programme has recruited a double in-take this academic year. In addition, Alan Frankland joins the Person-Centred Programme as a main tutor together with Ambika Connelly as a visiting tutor. Michelle Oldale continues to deliver training on both programmes and I remain both Programme Leader and tutor.

I would like to take this opportunity to welcome to the Institute all new students and to "welcome back" those of you continuing your studies. I look forward to working with you through-out the academic year!

Finally, I want to congratulate all those who successfully completed their Programme of Study last academic year; well done to all those mentioned in the graduates list of this edition of the Contact Magazine.

Warm regards to all.

Michelle J Cooke, Programme Leader
MA Humanistic Person-Centred Psychotherapy; MSc Person-Centred Psychotherapy & Counselling)

Course News – Integrative

In this first contact magazine of the new academic year, I would like to welcome all Integrative trainees into this year of training.

To the first years-this is the beginning of your journey. I hope that it will be exciting and enjoyable, and that at the end of it you will be able to recognise and acknowledge your own development.

To years 2 and 3- well done to you all for a good year of training. I look forward to meeting with you all and working together over the coming year.

To the 4th years- well done for the imaginative research proposals you have developed, I am excited to read the final outcomes of this work. Congratulations also for your developments as clinical practitioners, you have worked hard both personally and professionally. Congratulations to those who have now completed their studies. I have seen some excellent work both academically and clinically.

I am also looking forward to reading the final submissions of those students who have submitted in November.

Very best wishes,

Lorraine Price, Programme Leader,
MSc Integrative Psychotherapy

Course News – Diploma in Supervision

The Diploma in Supervision has continued to recruit would be supervisors, those who have trained with us on this course have demonstrated a high level of commitment and competency. In the past we have tended to have a balance between students who have already done training at SPTI and others who have trained elsewhere. This kind of mixture has brought a new dimension to the training and one we all appreciate. To those of you who have completed your first module, I would like to say that you have struck me as a highly competent group who have worked well together and I am looking forward to further contact with you on the forthcoming modules.

Registration of Supervisors: This is an exciting and much needed development that UKCP have been working on. A register of Supervisors will open in January 2012 and provide a resource for those looking for accredited supervisors. For those of you who have completed your training and submitted the two written components – your names will be forwarded to go on the register as soon as it opens in January. Those of you who have written work outstanding then I would urge you to complete this so your name can be forwarded upon completion.

Congratulations to those who have now completed their studies. I have seen some excellent work both academically and clinically. Very best wishes,

Rosemary Langford-Bellaby

Programme Leader, Diploma in Supervision

Course News – Gestalt

The Gestalt programme has continued to see the year 4 and year 4+ students completing their academic and clinical work and then being awarded their Masters. At present there are five students remaining and they should all have finished by the end of this academic year. I have really enjoyed working with you and regret that we have not had longer together. The future of the Gestalt Programme is still to be ratified but at present recruitment is too low to feasibly run the programme. We think that what it needs is someone with a passion for Gestalt and the time and energy available to raise awareness of Gestalt Training. So if there is anyone out there who is interested please get in touch with alison.fookes@spti.net. In the meantime I wish you all Happy Christmas. Warmly, Rosemary

Rosemary Langford-Bellaby

Programme Leader, MA Gestalt Psychotherapy

Course News – Foundation

In anticipation of the January 2012 start, the Foundation Access course is in the process of receiving applications and offering interviews. At this point, there is greater interest already than last year. There also has been a great deal of enthusiasm from the candidates to participate in the optional academic component.

It is my great pleasure to work with Anissa Chung again this year, sharing the delivery of the eleven workshop days. In response to last group's feedback, the workshop day has been extended by half an hour, to allow more exploratory discussion of each workshop's theme. Both Anissa and I are looking forward to meeting the new group, and hope they enjoy what might be the first stage of their continuing interest in counselling and psychotherapy training.

Congratulations to all who completed the Foundation Access Course 2011! The previous group were a delight to work with; the vast majority have continued their studies at Degree level, at Sherwood. Warm regards to all.

Ambika Erin Connelly, Programme Leader,
Foundation Access Course

Course News – ABC Counselling Concepts

This interesting and challenging introductory programme continues to draw people to Sherwood. In the last academic year, not only were we able to deliver this 10-week course every term, we managed to recruit a daytime cohort which ran alongside the evening group in May.

Students who joined the programme wanted to gain a basic understanding of counselling and to acquire key listening skills which could be applied to their work contexts. Their feedback indicates a very positive learning experience and delight in their personal growth. As a tutor, I feel immensely privileged to be a part of their development. Over the past year, it was encouraging to see that a third of the students went on to study further with Sherwood.

I started tutoring on this course with my colleague Ambika Connelly in September 2010, and I took on the role as programme leader in April 2011. This course will continue to be a safe stepping stone for those who search for a new direction in their life journey.

Anissa Chung, Programme Leader,
ABC Level 2 Award in Counselling Concepts

SPTI Staff Focus



Alison Fookes

Company Director

Director of Finance, Marketing and Recruitment

Alison joined the Institute in 2008 as director after a 6 year career break to have her two children. Prior to this she worked in Social Services for 17 years initially as social worker and then in various managerial roles within the learning disabilities field. During that time she developed an interest in social work training and undertook further training to equip herself as an adult educator. She then worked within the practice learning team, managing and supporting the vocational training of social work students through supervision of students on placement and their supervisors. She brings a wide variety of skills to her role as company and finance director and really values working within a team and in close collaboration with students. Her family and children are focal and Alison continues to divide her time between her director role and bringing up her two young boys. She even manages to find some time to continue learning to play the piano (a work in slow progress !) and to pursue her love of cooking.



Ruth Layzell

Company Director

Director of Training

Ruth Layzell, Director of Training, has over 20 years of experience of training in the field of Counselling and Psychotherapy. Before being appointed to her present post, she worked for 10 years as a social worker, for a further 10 years as Lecturer in Pastoral Care and Counselling and then as Director of Counselling Training at St John's College, Nottingham. For a further 10 years she was then Director of an independent training consortium, the Institute of Pastoral Counselling. She has held various External Examiner and External Assessor posts and is a BACP accredited counsellor with an independent practice which she runs alongside her work at the Sherwood Institute. She has a particular interest in the interface between Christian spirituality and counselling practice and is currently undertaking research in this area by pursuing a Doctorate in Practical Theology at the University of Chester. She has written about adoption, religious abuse and counselling in religious contexts and is co-author of a course on relational skills for congregations (*The Beta Course*).



Michelle J Cooke

Programme Leader

Director of Business Continuity & Development

MA Humanistic Person-Centred & MSc Person-Centred

Michelle is a UKCP registered psychotherapist with several counselling and psychotherapy related qualifications, including an MA in Person-Centred Psychotherapy. She has worked within a variety of therapeutic settings and maintains a private practice providing psychotherapy and supervision to individuals, couples, and groups.

As a trainer, she strives to ensure her delivery is grounded within the core training model in order to provide trainees with an experience consistent with the philosophical, theoretical, and practical application of their chosen approach. Her interests include the evolution of person-centred theory in light of ever-changing thinking within the therapeutic world and beyond. In addition, she is specifically interested in issues relating to the process of self-criticism, gender, and social change.

She is actively engaged in research and academic writing with a particular interest in psychotherapy training issues.



Lorraine Price

Programme Leader

MSc Integrative Psychotherapy

Lorraine's background was in the Civil Service and Local Government, where she ended her career in staff training. It was in this role that she became interested in psychology and counselling and started to attend a number of CPD trainings in this area. She then undertook a PG Dip in Counselling. She followed this by joining the Masters programme in Integrative Psychotherapy at the Institute, and then completed her Diploma in Supervision. Her next step was to train to be a tutor, becoming Programme Leader in 2010. It has been a journey that she has cherished, although sometimes difficult, and her aim as Programme Leader is to help others to develop in their chosen career and become professional and ethical practitioners who are assets to the profession. She is currently engaged in researching for a Doctorate in Psychotherapy at De Montfort University. Her subject is therapeutic regression.



Catherine Austin

Programme Leader

BSc (Hons) Counselling and Psychotherapy

Catherine is a Registered UKCP psychotherapist with an MSc in Integrative Psychotherapy and an MA in Humanistic Counselling. She has a background in counselling training in Further Education and is now involved in the development of undergraduate training at The Sherwood Institute. She has worked for counselling agencies in Nottingham for a number of years and has a private psychotherapy practice, working with individuals, and also supervising qualified and trainee counsellors and psychotherapists. She lives in Nottingham with her husband.

SPTI Staff Focus - continued



Rosemary Langford-Bellaby

Programme Leader Diploma in Supervision, MA Gestalt Psychotherapy
Tutor MSc Integrative Psychotherapy

Rosemary has extensive training and experience as a counsellor, psychotherapist, supervisor and trainer. From a Psychotherapy perspective, Rosemary is trained in both Gestalt Psychotherapy and Integrative Psychotherapy, and has completed additional elements of training in Transactional Analysis, Behavioural Therapy and Client-Centred Counselling. She was previously course leader of the Person-Centred Counselling programme at The Sherwood Institute, and held the position of Director of Training until the summer of this year. In all of the different trainings Rosemary related to her interest in the interface between spirituality and psychology. She has been a tutor on the Counselling Programme at St. John's Theological college in Nottingham and completed a second MA in Theology and Pastoral Care. In addition to psychotherapy training, Rosemary has trained as a supervisor and trainer and currently runs the Supervision training at SPTI. Prior to her advanced counselling/psychotherapy training, Rosemary was a qualified Psychiatric Nurse and has more than twenty years experience working in the NHS, including a specialist role as a Nurse Therapist. She is accredited with the UKCP and runs a private practice working with individuals, couples and groups.



Anissa Chung

Programme Leader ABC Counselling Concepts
Tutor Foundation Access programme

Anissa's first career was as a maths teacher in secondary schools, and she then changed direction to train as a BACP accredited counsellor. She has a well-established private practice for adults and has been working with young people in a school setting for a number of years. Her special interest is in loss and bereavement, and she works with trauma as a trained EMDR therapist.

In September 2010 She joined the Sherwood, where she combines her counselling and teaching skills as a trainer. She thoroughly enjoys her roles as Programme Leader on the Counselling Concepts course and as a tutor on the Foundation Access course. In the last couple of years She has expanded her practice to include supervision, and is currently working towards gaining BACP accreditation as a supervisor.

She is married with two daughters and find much fulfilment in family life. For relaxation she goes swimming and regularly attends a Karate class for fitness and stress release (very effective!). She is also a Sudoku fan and likes playing the piano.



Ambika Connelly

Programme Leader Foundation Access Course
Tutor ABC Counselling Concepts,

In addition to working as Programme Leader of Foundation Access Course, Ambika is one of two main tutors involved with the two introductory level courses at Sherwood: Counselling Concepts and Foundation Access course.

During this academic year, Ambika will also be offering two Academic Writing Skills Workshops and guest lecturing on the MSc Person-Centred courses.

Special interests include relational depth research, diversity (within and with others), the embodied process and creatively exploring how the art of therapy can be translated into words.



Michelle Oldale

Tutor MA Humanistic Person-Centred & MSc Person-Centred Post Graduate Programmes.

Michelle is a Person-Centred psychotherapist and trainer with experience of work with Deaf and Hearing clients and students. She is an active writer and researcher with a particular interest in the areas of training, power, disability and culture. She is currently researching aspects of power in the therapeutic relationship with Deaf Therapists and Hearing Clients as facilitated by Sign Language Interpreters as part of an internship with Deafness Cognition and Language Research Centre at University College London.



Peter Orlandi-Fantini

Co-ordinator: Mental Health Placement Programme

Peter is a UKCP accredited Gestalt psychotherapist with prior qualifications in counselling and a Master's Degree in Education. He has been a clinical teacher in psychiatry and a lecturer in Psychiatric Studies within the NHS. Peter brings his considerable experience of teaching a wide range of professional groups to his work at the Sherwood Institute where he is responsible for teaching the Mental Health workshop and co-ordinating the Mental Health Placement Programme.

SPTI Staff Focus - continued

Until recently he ran the Masters in Gestalt psychotherapy programme at the Institute and was also a Tutor on the Diploma in Humanistic Psychotherapy programme. He has an interest in the synthesis of a variety of theoretical perspectives that may inform and support the practice of psychotherapy in the areas of mind, body and consciousness, with a particular interest in neurobiology. Peter approaches education from a holistic perspective and endeavours to realise the major tenets of humanistic psychology in his teaching practice. He runs a clinical practice working with individuals, couples and groups.



Alan Frankland

Tutor

MA Humanistic Person-Centred & MSc Person-Centred Post Graduate Programmes

Alan originally trained in Couples Counselling and was accredited by BACP in 1984 (and is currently a Fellow of the Association); he is now a Consultant Counselling Psychologist, Chartered by the British Psychological Society and Registered by HPC and a Foundation/Senior Practitioner member of the BPS Register of Psychologists Specialising in Psychotherapy. He has worked as a therapist for nearly 35 years in Nottingham (APSI) although his main job for 30 years from 1971 was as a teacher of developmental and applied psychology and counselling (and latterly he was Head of the Division of Counselling and Psychotherapy) at what is now Nottingham Trent University. Alan has also been the BPS Registrar for Counselling Psychology, and for three years job-shared an NHS Consultant post in London. Alan has published in the areas of Accreditation, Supervision, professional issues and aspects of the Person-Centred Approach (including being co-author of a best-selling textbook). Although still very engaged with practice and training commitments in Nottingham and London, Alan spends a lot of time in



Lorna Goree

Tutor

MSc Integrative Psychotherapy

Lorna is a UKCP registered Integrative Psychotherapist. She has over 20 years experience of working in the NHS as a clinician, manager, supervisor and trainer.

Her first degree was in psychology and she originally trained as an Occupational Psychologist, working for Trent Strategic Health Authority as a project manager specializing in workforce development. Her interest in personal growth led to her training as a psychotherapist. She has an MA in Integrative Psychotherapy. Lorna currently works as a psychotherapist and supervisor for Derby Psychological Therapy Services and has a private practice. She offers both short term and long term therapy. Her model of Integrative Psychotherapy is attachment based and emotion focused with an emphasis on the moment to moment experience of the therapeutic relationship. Lorna also works as a consultant in emotional well being to a School Improvement Service. She has taught on the MSc Integrative psychotherapy programme for two years. Her particular interest is in research and the opportunities it provides for discovery about our ways of being in the world.



Norman Wright

Tutor

BSc (Hons) Counselling & Psychotherapy

Norman is a research minded UKCP (United Kingdom Council for Psychotherapy) registered integrative psychotherapist and clinical supervisor and has been working as such for the last ten years. As a state registered (GCSC) social worker with over twenty years he has extensive experience in working with children, their families and adults within residential care, children and families, education, Youth Justice, adult, child and adolescent mental health, in a variety of social care and health statutory, voluntary and independent settings. He has also held clinical and managerial responsibility for a voluntary sector counselling service for adults. Norman is also a member of an advisory group member and visiting tutor on ecological perspectives and practices to PQ (post qualified) social work practitioners students at Nottingham Trent University. As a consultant he provides professional proactive support, advice and information to social work practitioners and teams, foster carers and parents who have care for or have statutory responsibilities for, primarily but not exclusively, African, African Caribbean and South Asian children.



Debs Mendham

Tutor

BSc (Hons) Counselling & Psychotherapy

Debs is a UKCP registered psychotherapist with a MA in Humanistic Person Centred Psychotherapy. Over the past 20 years she has trained in Gestalt, Person Centred and Integrative Counselling and Psychotherapy. She has worked within a variety of therapeutic settings and now manages a private practice providing psychotherapy, counselling and supervision to individuals, couples, families, and groups. She has been involved in developing the undergraduate training at SPTI and is a tutor on the BSc (Hons) programme. Prior to this she has worked within Further Education providing various counselling programmes and was also a partner of a consultancy providing training to health professionals within the NHS and Social Services. Debs has a background within the NHS and Social Services working as a nurse, social worker, development officer, and manager. She has a particular interest in issues of identity, gender and shame.

SPTI Staff Focus - continued



David Mann

Tutor

BSc (Hons) Counselling & Psychotherapy

Dave Mann MSc, Dip Supervision, Dip SPTI, Dip Coun, ATSM (SPTI), ATSM (GPTI), RMN

Dave is a UKCP Registered Gestalt Psychotherapist, Supervisor, Trainer and Published Author. A member of The Sherwood Psychotherapy Training Institute since 1990, he has delivered Psychotherapy and Counselling training up to Masters level at several training Institutes across the UK and internationally. He is a former Assistant Editor of the British Gestalt Journal and examines trainee psychotherapists nationally. Dave's passionate interest in creative and academic writing (are they really separate!) has led him to authoring, amongst other publications, 'Gestalt Therapy: 100 Key Points & Techniques' (Taylor & Francis 2010) and 'Assessing Suicidal Risk' to be published in 2012 in 'Gestalt Therapy in Clinical Practice' edited by G. Francesetti, M. Gecele, J. Roubal. Outside the world of psychotherapy Dave's passions include keeping fit, his grandchildren and struggling to learn to play the violin.



Dr David Tune

Tutor

BSc (Hons) Counselling & Psychotherapy

David Tune: Phd. UKCP. C.Psychol. Af.BPS. David started his training as a Body Psychotherapist in New York in 1980 after taking his MA in Counselling there and then joining a 'Bioenergetic' training group for two years. On return to England he went on to do a full holistic psychotherapy training at the 'Chiron Centre' in London. He has been practising as a Psychotherapist for over 20 years and he is also a Chartered Counselling Psychologist (he was recently made an Associate Fellow of the BPS). After living abroad and in London for many years David returned to his home county of Yorkshire, where he runs a practise, lectures at university and supervises practitioners. He is especially interested in group work and has facilitated training and therapy groups for many years. He describes himself as an 'Integrative Body Psychotherapist', who integrates experience and training in Gestalt, and psychodynamic concepts into a body orientated approach. David's particular area of interest is 'the body-mind split' and ways of healing it. His doctoral thesis was on the 'therapeutic use of touch' and he has published chapters related to body psychotherapy and integration in a number of books in the UK. He has recently had research into the phenomena of 'presence in groups' included in a book by the American Association of Gestalt Trainers and Therapists. This research was co-conducted with a colleague who is a musician and psychotherapist and focused on groups in counselling training and orchestras. David is also a member of the Society for Psychotherapy Research, and a regular presenter at national and international conferences. He lives with his partner and their dog in York, he has two grown up daughters, and loves walking in the hills and moors of Northern England, and listening to jazz and folk music.



Elaine Marren

Office

Office Manager

Elaine has been involved with The Sherwood Institute since its early days and one of her greatest attributes is her ability to remain patient and smiling amidst crisis. Her official role as Office manager, is to provide administrative support to staff and students in training, liaising with University office staff and generally ensuring the smooth day to day of the Institute Administration and Support.



Shelley Bowyer

Office

Administrator, Recruitment, Marketing & Finance

Shelley joined the Institute Office in February 2011 after a career break raising her family. She previously worked in Newcastle and London as a specialist in Undergraduate Admissions Management and HE Administration since completing her BA (Hons) Fine Art in 1995, and a subsequent PGCE in 1999. Her role is to support applicants from initial enquiry to enrolment in their chosen training programme, and to support the teaching staff with student recruitment and the Directors with fee administration.



Lionel Rowell

Office

IT Consultant

Lionel provides on-going support of the entire IT infrastructure for the Sherwood Institute and has done so for almost 10 years. This incorporates the student moodle, the Institute databases and website. He offers support to both staff and students with technology related issues.



Exciting 2012 CPD Programme



The Sherwood Institute is in the process of finalising an exciting CPD programme for 2012. Our website will be updated once these are available to take booking www.spti.net

This will include the following:

- **Understanding Self and Others**
An Introduction to Transactional Analysis ("Official TA101")
Chrissie Hosking
- **Cognitive Behavioural Therapy**
Introduction to Cognitive Behavioural Therapy
Rob Aston
- **Bodywork**
Rosemary Langford-Bellaby
- **Introduction to Gestalt**
Rosemary Langford-Bellaby
- **Keynote CPD workshop**
To be confirmed
- **Drama workshop**
George Bassett
- **Disability Equality, The Equality Act and implications of disability issues for clinical Work**
Michele Taylor



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 are available to download from the above link.

To avoid disappointment and secure your place, please ensure you book as soon as possible.



Academic Writing Skills I - Training Workshop



- 25th Feb 2012 **£70** (1 Day Intensive Training)

This intensive day is mainly designed for applicants who are currently in training with us, and who wish to develop their academic writing skills. This introduction to writing skills is followed by a AWS II training day.

For further details, please email admissions@spti.net or booking forms are available to download from:

http://spti.net/Downloads/workshops/11AWSI_25Feb12_BF.pdf



Academic Writing Skills II - Training Workshop



- 03rd Mar 2012 **£70** (1 Day Intensive Training)

This intensive day is mainly designed for applicants who are currently in training with us, and wish to expand upon their academic writing skills knowledge already gained having previously completed AWS I.

For further details, please email admissions@spti.net or booking forms are available to download from:

http://spti.net/Downloads/workshops/11AWSII_03Mar12_BF.pdf



WANTED: Therapists for Summer 2012

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 (fit, non-smokers only please).

Excellent opportunity to:

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

Interested?

Send a cover letter and resume to
Dan Kirschenbaum, Ph.D., ABPP:
dkirschenbaum@wellspringcamps.com



The Camp aims to recruit approximately 60 people for the 8-10 week summertime slots, but they expect to receive more than twice as many applicants.

Letters of interest and a current resume should be sent to Dr. Kirschenbaum electronically

Deadline:

15th December 2011.

Applications are preferred before the above deadline but late applicants will be considered

BASE 51 CENTRE FOR YOUNG PEOPLE 12-25 YEARS

- HOME
- WHAT WE DO ▾
- COUNSELLING ▾
- NGY ▾
- LEARNING SUPPORT ▾
- TRAINING ▾
- FUNDING INFORMATION
- DONATE
- RECRUITMENT ▾
- USEFUL LINKS
- FIND US
- CONTACT US

Volunteering at BASE 51

Volunteers and student placements have always played an important role at BASE 51.

A complete recruitment, training, induction and support programme enables volunteers to develop basic skills and experience in working with young people. Volunteers are recruited on an ongoing basis.

Due to the nature of work at BASE 51, volunteers are required to have some experience of working with young people. The application form will be considered and those with appropriate experience, skills and ability will be offered an interview. References and a Criminal Records Bureau Disclosure will be taken up.

Volunteers are offered supervision on a regular basis, have access to training relevant for their role and are supported throughout by the BASE 51 staff team. [Click here](#) for information regarding volunteer counselling.

Student placements are accepted from courses that relate to the services on offer through BASE 51.

How to apply
If you are interested, please contact the Centre Administrator on 0115 952 5040 or [send an email](#) for further information.

www.base51.org.uk/recruitment.php?page_id=28

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External CPD, Workshops, Seminars and Conferences



'Making the future yours'

York St John's University, 25 February 2012



BACP Student members ONLY £25, Non members £30

We are delighted to be holding two further conferences specifically for our student members. The first of these took place at Guildford College on Saturday 9 July 2011 and the second conference will be held at York St John University on 25 February 2012.

Based on the success and delegate feedback from last year, we have considerably expanded the conference content. This year, in addition to the [keynote presentation](#) delegates will have the option to choose to attend three from eighteen workshops covering a broad spectrum of topics (chosen on the day on a first come, first serve basis). We aim for all workshops to be interactive, giving delegates the opportunity to gather knowledge from the workshop presentations and also discuss experiences and explore opinions. Comments from students who attended last year:

- This was the first time as an almost qualified counsellor I was able to think about what next post qualification.
- The most beneficial aspect of this conference was the opportunity to learn from professionals working within the profession and access to speak to them directly for further information.
- This conference altered my thinking regarding the need to be more proactive about what happens when I qualify.
- I gained valuable guidance from BACP on key issues relating to counselling which are not covered on my course.
- I feel one step closer to becoming a professional after today

We have worked hard to make this event as accessible as possible, and we have kept the cost as low as we can: £25 for student members, and £30 for non-student members. Spaces are limited and we are now taking bookings for the York conference. We are very excited about the programme, and we hope the day will be useful and enjoyable for you.

<http://wam.bacp.co.uk/wam/events.aspx?ID=111160>

Professional Development Day: Legal issues in therapeutic with with children and young people: a participative workshop. Coventry - 20 January 2012

<http://wam.bacp.co.uk/wam/events.aspx?ID=111420>

<http://www.bacp.co.uk/pdd/Legal%20Issues/index.php>

This is a highly participative workshop, led by an experienced and skilled presenter, who is a leading figure on the complex topic of children and young people's rights to confidentiality in therapy. The workshop includes group exercises, brief formal presentations, case studies and brief video clips to illustrate key points. The style is informal and interactive, with opportunities to ask questions and clarify issues. The aim is to develop participants' understanding and confidence in acknowledging and working with different models of children's rights relating to law and counselling practice. The workshop content is based on the use of training materials (Children's Rights, Second edition 2003,

Professional Development Day - Becoming a supervisor: your next steps on the professional career path? Manchester - 25 January 2012

<http://wam.bacp.co.uk/wam/events.aspx?ID=111403>

<http://www.bacp.co.uk/pdd/Supervision/index.php>

Thinking of becoming a supervisor? Wondering if you have the necessary skills, knowledge, awareness, experience and energy to embark on training? This one day interactive course will explore the supervision task, some theory and what to bear in mind when supervising counselling which takes place in different settings. You will have an opportunity to practise skills as supervisor and supervisee in small groups, and get some coaching. We will focus mostly on supervision of the individual therapist rather than of groups. Activities will include experiential work in small groups using case material supplied by delegates and the tutor (as appropriate), interactive large group work and discussion of, and signposting to, further training .

Further events can be found here: <http://wam.bacp.co.uk/wam/events.aspx?EVLST=ALL>



For current UKCP events, please refer to:
<http://www.psychotherapy.org.uk/index.html>

Tuesday Evenings 17 January to 4 April 2012
Working with Borderline Psychopathology
A seminar series



Full programme and abstracts

Speakers: Dr Marco Chiesa, Dr Judy Gammelgaard, Dr Nuri Gene-Cos, Dr Jean Knox, Dr Dianne Lefevre, Jack Nathan, Franklyn Sills, Ruthie Smith, and Dr Felicity de Zulueta

Venue: The Tavistock Centre

CPD Hours: 18

Fees from £26.50 + VAT per seminar

[Book online](#)

Wednesday Evenings 18 January to 28 March 2012
Skills in working with Trauma and Dissociation
A seminar series



Full programme and abstracts

Speakers: Tony Buckley, Dr Doris Brothers, Dr Nuri Gene-Cos, Dr Liz Hall, Morit Heitzler, Dr Isha McKenzie-Mavinga, Alexandra Richman, Adah Sachs, Dr Valerie Sinason, Dr Felicity de Zulueta

NB. The original production of this seminar as a summer school sold out

Venue: The Tavistock Centre

CPD Hours: 20

Fees from £26.50 + VAT per seminar

[Book online](#)

Saturday 28 January 2012
The Neuroscience of Childhood Trauma
A seminar led by Dr Margot Sunderland



Full programme and abstracts

NB. The original production of this seminar in Dublin sold out

Venue: The Tavistock Centre

CPD Hours: 5

Fees from £90 + VAT for day

[Book online](#)

Saturday 25 February 2012
The Importance of Infancy in the Adult Psychotherapy Patient
A seminar led by Amanda Jones



Full programme and abstracts

Venue: The Tavistock Centre

CPD Hours: 5

Fees from £90 + VAT for day

[Book online](#)

Saturday 24 March 2012
Learning from Life
A seminar led by Patrick Casement



Full programme and abstracts

NB. The original production of this seminar in Dublin sold out

Venue: The Tavistock Centre

CPD Hours: 5

Fees from £90 + VAT for day

[Book online](#)

Saturday 28 April 2012
Practicing Relational Psychoanalysis
A seminar led by Susie Orbach



Full programme and abstracts

Venue: The Tavistock Centre

CPD Hours: 5

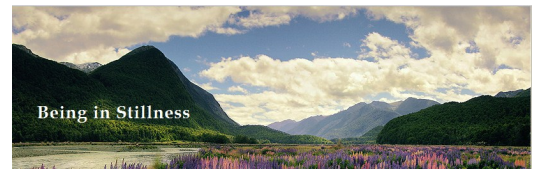
Fees from £90 + VAT for day

NB. The original production of this seminar in Dublin sold out

[Book online](#)

Workshops with Amanda Biggs

- **Shamanic Perspectives and Processes in Therapeutic Work**
- **Working from Stillness, Working with Health and Wholeness**



amandabiggs22@yahoo.co.uk. Tel 0208 404 0213 or 07941 147182. <http://www.being-in-stillness.co.uk/>

Rutland House
Counselling & Psychotherapy

Working with Anger and Rage

Training & Workshops - www.rhcp.org.uk
with John Monk-Steel

Anger is an emotion, which can present many challenges to the practitioner. Managing anger or rage is not about suppressing these emotions but about learning to use them effectively and responsibly. Repressing our anger and rage can be seriously harmful to ourselves but we also need to ensure we are respectful of others when we do release these feelings.

Venue: Rutland House, Friar Lane, Leicester, LE1 5QQ

Date & Time: Wednesday 22nd February 2012 / 10am - 5pm

Cost: £85 (£90 - if paying online) Buffet lunch and refreshments included

Deposit: £20 to reserve you place - non refundable

Rutland House
Counselling & Psychotherapy

The Paradox of Self Harm

Training & Workshops - www.rhcp.org.uk
with John Monk-Steel

Deliberate self harm can be one of the most challenging of presentations for any practitioner. The incidence of Deliberate Self Harm is not really known as it is a secret activity and usually only comes to light when there is a need for medical attention. When a client or patient self harms it may raise many difficult feelings in the practitioner which are difficult to deal with.

Venue: Rutland House, Friar Lane, Leicester, LE1 5QQ

Date & Time: Wednesday 21st March 2012 / 10am - 5pm

Cost: £85 (£90 - if paying online) Buffet lunch and refreshments included

Deposit: £20 to reserve you place - non refundable

Volunteering Opportunities



helpline: 0115 941 0440

I.E Volunteer Support Worker at
Nottingham Rape Crisis

We offer 7 week training programmes (usually on a Friday and Saturday) throughout the year. Interested parties should contact **Jackie Meht**, Telephone Counselling Supervisor, Tel: 01159 470064 to be added to the waiting list.

Nottingham Rape Crisis Centre, 30 Chaucer Street, Nottingham, NG1 5LP

Tel: 0115 9470064 Fax: 0115 9507696 Registered Charity No: 1103071 <http://www.nottinghamrapecrisis.org.uk/>

UPDATE: Nottingham City Parking

Nottingham City Council have now implemented changes to charges for on street parking on a Sunday from 8am to 6pm (**previously free**) and also extending the charging period on Mon-Sat from 8am - 8pm (**previously free from 6pm**).

Further details are available on the link below. <http://www.nottinghamcity.gov.uk/index.aspx?articleid=16535>

#MyNottingham

Parking General



£3 Per Day
Sat 8am-6pm
Sun 10am-6pm
Weekend Car
Parking

**Maid Marion
Way Site**
(previously
'Castle College')



£2.50 Per Day
Cheap **temporary** Parking
Available on Castle Boulevard,
(William Woodsend building / land)
34 Castle Boulevard, NG7 1GH

UPDATE: Find a Therapist / Supervisor

Many of you are aware of and currently utilise our "Find a Therapist" database in which graduate members can advertise their services as a therapist/supervisor to both students, graduate members and members of the public. This has been a useful resource for both students and graduate therapists and involves a one off fee of £20 to input and update therapist details.

We would now like to draw your attention to the fact that this database has been modified to more clearly reflect the inclusion of **supervisors**.

Hence qualified supervisors who are graduate members of SPTI can include their details on the website to advertise themselves as Supervisors. This can then be accessed by students in training and therapists searching for a supervisor.

To access this site go to our website SPTI.net and click on "Find a therapist or supervisor". Application forms for inclusion on this site can also be downloaded.

For therapy or supervision, please refer to our 'Find a therapist/Supervisor', 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>

Therapy Rooms To Let



THERAPY/GROUP WORK/CPD WORKSHOP SPACE TO LET



SPTI ANNEXE @ 30 PARK ROW, NOTTINGHAM

A range of rooms are available (Monday - Thursday)

In addition to rooms for therapy use, Our training rooms are now available for daytime or evening hire 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

Special Rates for SPTI members @ The Rutland Square Hotel Tel 0115 941 1114



The Rutland Square Hotel continue to offer favourable rates for single rooms (£40 per night for a single room). The hotel advises you that you should book well in advance to avoid disappointment.

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

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



Private Accommodation

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.

Judy Goodman **£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 minutes. Breakfast is included.

Marina **£25** per night **or £30** with dinner
07958196263 matrioshka2000@yahoo.com

Library & Journal Room - Opening Hours

All library enquiries (including advance requests for books on workshop weekends) should be sent via email to: library@spti.net

Library: **Wednesdays** 11am - 2pm; **Fridays** 10.30am - 2.30pm; **Saturdays** 11am - 3pm

Journal Room: Weekdays (during office hours) 9am - 4pm,
Saturdays (during library hours) 11am - 3pm

Directors Availability

Alison Fookes, Company Director, Director of Recruitment, Marketing and Finance, Mon Tues Wed (10-4pm)
Ruth Layzell, Company Director, Director of Training, Tutor: BSc (Hons), Tues (9-4pm), Wed (9-4pm)
Michelle J Cooke, Director of Business Continuity & Development Tues & Thurs (9-4pm)
Programme Leader: MA Humanistic Person-Centred Psychotherapy
 & MSc Person-Centred Psychotherapy Office day Friday (9-4pm)

Programme Leader Availability @ SPTI

Catherine Austin, Programme Leader: BSc (Hons) in Counselling & Psychotherapy Tues (9am - 4pm)
Lorraine Price, Programme Leader: MSc/MA Integrative Psychotherapy Tues (9am - 4pm)
Rosemary Langford-Bellaby, Programme Leader: MA Gestalt Psychotherapy contact via email
Ambika Connelly, Programme Leader: Foundation Access Programme contact via email
Anissa Chung, Programme Leader: ABC Counselling Concepts contact via email

Office Availability

Elaine Marren Office Manager (All students in training & Graduates) Mon - Fri (9-4pm)
Lionel Rowel IT Consultant Tues & Thurs (10-5pm)
Shelley Bowyer Administrator, Recruitment, Marketing & Finance (Applicants) Mon - Fri (9.30-2.30pm)

SPTI Contact Information

Office opening hours: 9.00am - 4.00pm
Tel: +44 (0)115 924 3994 Email: therapy@spti.net

Alison Fookes	0115 959 9565	alison.fookes@spti.net
Ruth Layzell	0115 844 7903	ruth.layzell@spti.net
Michelle J Cooke	0115 959 9565	michelle.cooke@spti.net
Rosemary Langford-Bellaby	0115 841 4341	rosemary.langford-bellaby@spti.net
Catherine Austin	0115 844 7876	catherine.austin@spti.net
Deborah Mendham	0115 924 3994	debs.mendham@spti.net
Norman Wright	0115 924 3994	norman.wright@spti.net
Dr David Tune	0115 924 3994	david.tune@spti.net
Dave Mann	0115 924 3994	david.mann@spti.net
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Lorna Goree	0115 924 3994	lorna.goree@spti.net
Michelle Oldale	0115 924 3994	michelle.oldale@spti.net
Alan Frankland	0115 924 3994	alan.frankland@spti.net
Anissa Chung	0115 924 3994	anissa.chung@spti.net
Ambika Connelly	0115 924 3994	ambika.connelly@spti.net
Elaine Marren	0115 924 3994	elaine.marren@spti.net
Lionel Rowell	0115 924 3994	lionel.rowell@spti.net
Shelley Bowyer	0115 844 7904	admissions@spti.net



Smoking Policy Notice



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