

Suffolk Association for Counselling Newsletter for Spring 2010

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Closing date for inclusion in the next issue is
11th May 2010 for publication in the Summer edition.

N.B. Anything received after this date will not be
included.

Please send all contributions to the SAC Newsletter to
Dena: **Email dena@virgin.net**
P O Box 142, Felixstowe, Suffolk IP11 2WZ

Disclaimer

Please note that articles and advertisements are individual contributions and do not necessarily represent the views or policies of SAC. The Editor's decision is final.

From the Editor

Dear Members,

I had thought that by the time this Newsletter was published Spring would be knocking on the door: after all, isn't this the 'Spring Edition'? It really doesn't *feel* very Spring-like: the central heating has been on ever since the boiler was repaired (having been out of commission from Boxing Day until the first week in January ☹) and it seems unlikely I'll be turning it off in the near future. However, in spite of the snow and the cold, the days are drawing out and the climbers on my trellis are covered with tiny shoots, so I know it can't be much longer.

Spring is a time of new beginnings, of new growth and green shoots, renewal and re-emergence. The success and vitality of the new plants, however, depends not only on the weather conditions that prevail during Spring but also on the health of the seeds that were produced last year, the fertility of the soil and the groundwork and preparation carried out by the gardener.

The S.A.C. is celebrating its 20th anniversary this year, and we are looking forward to another year of healthy growth, but none of it would have been possible without the initial hard work of the founders and the ongoing support of the members over the past two decades. We'd like to say a big 'Thank You' to everyone, past and present, who has contributed to making the S.A.C. such a wonderful organisation.

Please use the form on page 11 to tell us about your memories of the young S.A.C., and please see page 5 for details of this year's special event.

Please note that the A.G.M. will be held on 27th May, not 20th as previously advertised!

*Dena,
Editor*

EXPRESSIONS OF INTEREST NEEDED!

The Committee at SAC would like to run a forum to take place one Saturday morning in June. However before any major decisions are made we need to know what the level of interest might be for such an event. The proposed subject for discussion - which may affect all of us working at present - is the regulation of our profession.

If you feel you would like to attend such an event, could you please let me know as soon as possible by either emailing me or leaving a message on my mobile. My email address is gabriellewilliams@hotmail.co.uk and my mobile number is 07751 5255966.

Dates for your Diary

Next Committee Meeting	15 th April
Deadline for the Summer Newsletter	11 th May
S.A.C. AGM	27 th May
Inspire Workshop (see page 7)	12 th June
Inspire Course (see page 8)	November & December



Consulting rooms available for hire at

LINDOS PSYCHOTHERAPY CENTRE

Saddlemakers Lane, Melton, Woodbridge

For enquiries and bookings: Karl on 01394 388816

20th Anniversary A.G.M.

Suffolk Association for Counselling AGM, Belstead House, Sprites Lane, Ipswich IP8 2NA

Come to our A.G.M. and C.P.D., Thursday 27th May, 2010

There is plenty of parking available at Belstead House, arrivals and registration begin at 6pm. There will be a delicious finger-buffet and a celebratory cake, so come straight from work! The AGM will start at 6.45pm and the Training Event will commence at approximately 8pm.

This year our speaker at the AGM is Sally Feldt, editor of Total Tattoo Magazine. Read on to find out more..."

The Dragon in the Room

Everything you wanted to know about tattoos and tattooing...

Tattoos are becoming more visible. More people have tattoos – and more people have larger, more conspicuous tattoos – than ever before. But tattoos are still regarded by many as ‘alternative’ or outside the boundaries of ‘respectability’ (thankfully, some enthusiasts would say!). Tattoos are laden with meanings and significance of all different kinds – both for their wearers and for the people who encounter them. What might this mean to us as counsellors?

Whether or not you have tattoos yourself, what do tattoos mean to you? And how might this impact on your work? We’ve all heard the cliché of The Elephant in the Room. Might your client’s tattoo be The Dragon in the Room?*

This session is an opportunity to find out about tattoos and tattooing – and to explore your own individual response to this constantly controversial and potentially emotive topic.

Sally Feldt is the editor and managing director/co-owner of **Total Tattoo**, the UK's leading quality tattoo magazine, and she has been a prominent figure in the world of tattoos for more than a decade. She has made many media appearances, the most recent of which was an interview on Radio 2's Drivetime programme.

Sally will set the scene by talking about contemporary tattooing, its rich and colourful history, and the astounding work that is produced by today's elite professional artists around the globe. Most importantly, though, this session will be driven by your questions. It's your chance to ask about everything you always wanted to know, for example:

Why do people get tattooed?

What do tattoos mean to the people who wear them?

How is a tattoo done? Does it hurt?

What goes on behind the closed doors of a tattoo studio?

What about tattoos on 'public skin' (face, neck, hands)?

Can a tattoo ever be removed? ...

There will be plenty of time during the evening for discussion and personal reflection.

**Dragons are a widely used motif in contemporary tattooing, particularly in the traditional Japanese-style tattoos that are now so popular in the West.*

Workshop Review

Working with issues around suicide

Sarah Grant-Jones

Did you know that there is, on average, one death from suicide every 90 seconds across the UK and Ireland, and that there is an attempt made every 20 seconds by young people aged 10-19? These shocking figures set the scene for Sarah Grant-Jones' SAC workshop in October last year, highlighting the importance of this topic for all of us practicing as counsellors.

The day began with some factual information about the legal background, statistical context and dispelling of commonly held myths – such as ‘you have to be mentally ill to consider suicide’, ‘if you talk about it you aren't really serious’, and ‘people who are suicidal want to die’ (actually most do not so much want to die as to be able to escape the life they have).

Sarah outlined the main risk factors, which *include* demographic factors, history in the family or personal suicide attempts, mental or other illness/disability, and recent negative events; but she stressed that risk factors in themselves do not make someone suicidal, so we should beware of making assumptions. The critical distinction between suicidal ideation and intent was described, as ideation may be a coping mechanism or a way of letting others know “This is how bad I feel”. There are some signs, however, that suggest an imminent risk, such as tidying affairs or making a plan.

As counsellors we must be willing to work with the thoughts and feelings of the client who presents as suicidal, *without letting our own fear and anxiety get in the way*. Sarah encouraged us to explore issues and clarify the client's position – is there a real desire to be dead? What does death mean?

The participants split into groups to consider case studies, which were offered in sections, at intervals through the day. Initially we were given a description of our first meeting, and additional information was given based on the decisions each group made. Issues included our own feelings, confidentiality, the need to take specific action and what we would take to supervision.

Professional roles and responsibilities, including the ethical framework and legal and service based obligations, formed the next section of the day. In the UK, Sarah told us, if an adult client with mental capacity, forbids us to seek additional help, we are obliged to respect this. Some therapists have contracts which specify that they will break confidentiality if there is a risk of harm to self or others, but this has yet to be tested in law; although it would probably be considered in the ‘public interest’ if the client’s plan puts others at risk. The importance of reflecting on our own beliefs and feelings about suicide was raised, as well as our need for self-care.

Finally Sarah asked ‘Why do people die by suicide?’ using research by Joiner (2005). He suggests the importance of perceived burdensomeness and lack of connectedness/low belongingness, allied to an acquired capacity for self injury/suicide. Although he is not an advocate of no-suicide contracts, he does suggest appropriate use of ‘Crisis Cards’. The client is encouraged to carry these and refer to the action plan on them whenever he or she feels suicidal.

There was opportunity for discussion and sharing of personal experiences through the day, which was important with such a potentially emotive topic. Many of us work with suicidal clients, but also have personal experience. It is to Sarah Grant-Jones’ credit that she was able to contain and direct the discussions. I found the day extremely helpful and have had many opportunities since to call on the information and insights gained. Days like these are the result of much hard work from presenter and organiser, and my thanks go to Sarah and to Comilla Burleigh who was largely responsible for arranging everything on behalf of the SAC committee.

*Rosemary Gravell,
Secretary*



Inspire Counselling & Training

is delighted to offer a one day experiential workshop

‘WORKING WITH SURVIVORS OF CHILDHOOD ABUSE’

Date: Saturday 12th June 2010

Cost: £50 including a light buffet lunch and refreshments

Venue: Greenfinch Church Ipswich

Led by Karen Gardner

Karen is a BACP accredited person centred counsellor and an experienced supervisor. She is qualified in working with survivors of childhood abuse and has many years of experience in this field.

This course aims to offer qualified counsellors and counselling students an opportunity to explore issues around working with those who have experienced childhood abuse. The day promises to be educative, creative and inspiring!

For further details regarding course content or to request an application form please contact *Inspire* on 01473 217694 or e-mail Susie Donaldson at director@inspirecounselling.org.uk

Limited to 15 places

Inspire Counselling & Training

is delighted to offer an intensive six day
Advanced Post Diploma Certificate course

PERSON CENTRED COUPLES COUNSELLING

Dates: 5th / 6th & 19th / 20th Nov and 3rd / 4th Dec 2010

Cost: £375

Venue: Ipswich

Led by Allan Turner and Kate Stubbings of 'Counselling Works'

Kate and Allan are BACP accredited counsellors and supervisors and
are experienced couples counsellors and trainers

This course aims to train experienced counsellors to confidently offer
Person Centred Couples counselling.

Applicants should already have a good grounding in counselling and
be trained to accreditation level although it is **not** a requirement that
they are accredited.

For further details regarding course content or to request an
application form please contact *Inspire* on 01473 217694 or
e-mail Susie Donaldson at director@inspirecounselling.org.uk

Limited to 15 places

Summary of the SAC Committee Meeting, 14th January, 2010

Present:- Christine, Marian, Comilla, Linda, Jill, Gabrielle and Dena.
Apologies were received from and Rosemary, Mary and Joan.

Minutes of the last meeting were approved.

Matters Arising : none.

Correspondence : none.

Finances: The balance of SAC funds is very similar to the same time last year (total of £8162.62).

Directory Report : The Directory has been compiled, proof-read and sent for printing. Marian has agreed to design an 'Anniversary Logo' for the cover to reflect SAC's 20th anniversary. The number of entries is down slightly but not significantly.

Maintenance of the membership details and distribution of directories is to be passed back to Sharwards when Christine steps down from the committee in May.

There was some discussion about the ongoing possibility of having a more user-friendly version of the Directory on-line and of having the facility to update the Directory on-line. It was agreed that this would be desirable (depending on costs) but that it wasn't feasible at this stage to consider a version of the Directory that could be updated by individual members. Jill agreed to obtain an estimate for the necessary work. Gabrielle, Linda and Jill agreed to form a new Directory team and Christine agreed to be available to them by telephone for advice and guidance. It was also felt that it would be desirable to have an additional member on the team and a request would be put out in the next Newsletter. Linda agreed to take care of correspondence with newly-arriving and newly-leaving members of the SAC. Linda also agreed to work with Joan in arranging the New Members meeting (probably on 22nd March). It was also agreed that future membership applications and membership renewal forms would include an option to be invited to take part in SAC surveys.

Newsletter Report: It was agreed that future Newsletters would be seasonal rather than quarterly, i.e. there will be Spring, Summer, Autumn and Winter editions. This will allow flexibility in the timing of Newsletters to reflect significant events. For publication in the next edition Marian agreed to provide the text of a letter inviting memories from original members and Jill agreed to provide a flyer.

Future Events: It was suggested that Statutory Regulation might be a popular subject for a Forum especially if a well-informed speaker was available on the day, and Gabrielle suggested that members might also be interested in a topic based on opportunities for work. It was agreed that a small piece will be printed in the Newsletter inviting members to state their preferences for training workshops, and Jill said that she'd be happy to continue helping out with organising training events. Gabrielle said she'd be happy to help Jill, and she's also willing to take the lead in organising an event focused on Statutory Regulation. She'll also provide the text for a piece in the Newsletter inviting expressions of interest.

AGM: Marian will need reports (Directory, Newsletter etc.) in time to send out copies with the AGM invitations. It was suggested that new members be offered the opportunity of joining the SAC on the night of the AGM. Belstead has been booked for the occasion and Linda agreed to obtain a price for an Anniversary Cake to be made. The subject of decorations (balloons etc) was discussed. It was agreed that a donation of £75 plus expenses be paid to Sally (the speaker). Room hire is £50.00 and catering will cost £7.50 per head (numbers will need to be confirmed in good time). We will also need to hire the LCD screen at a cost of £40.00. Several committee members intend to resign in May.

Date of the next meeting:- Thursday 15th April 2010 7pm

20 years! It Can't Be!

Are you a perdurable, longstanding, inveterate, enduring, unfading, well – member of the SAC? Searching in my thesaurus to find a better alternative for “Old” member, I noticed some of the many positive facets of continuity.

You may have been a member long enough to have seen some changes, - (changes that have long since been forgotten). You may have seen a swing or two of the pendulum, (even in such a relatively new profession as counselling, emphases come and go). You may have seen some great steps forward and have the experience to know what moves us on. You may remember times when work has been hard to find and you may have some lessons for us now.

This year is the 20th anniversary of the SAC. Conscious as we are that history repeats itself, but largely unconscious of SAC’s story, please help us to unpack the past.

If there’s some aspect of SAC’s history, that you recall, and that would help in our venture, drop us a line (you could use the form below or send to Dena online at: dena@virgin.net):

My name is and the first time I joined SAC was in

Phone..... Email

My memory concerning SAC is

.....
.....
.....
.....
.....

I am happy for this to be published in the Newsletter. Signed

Please send to:

Dena

PO Box 142, Felixstowe,

Suffolk, IP11 2WZ