

Suffolk Association for Counselling Newsletter December 2009

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**The closing date for entry in the Spring 2010 issue
is**

11th February 2009

**To avoid disappointment please ensure that your
submission**

– and payment! –

are received in good time

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,

Another year draws to a close, and I think it's a year that the S.A.C. can be very proud of: SAC-subsidised training, enhancements to the Directory, New Members' meetings, an exciting and well-attended A.G.M... You've been very supportive of the activities organised by our hard-working volunteers, and I'm sure you'll want to support the Association's anniversary events in 2010.

Yes: 'anniversary' events.... 2010 is the 20th anniversary of the S.A.C. and you'll notice that the committee have already been coming up with possible ideas to celebrate our two decades. On page 7 you'll find details of some of these, and we would love to hear from you with any other suggestions. We'd also welcome feedback from you if you've been in the Association for some time and can offer a longer-term perspective: where have we improved, where have we let things slip, and what you think of the direction we're going in?

I'll take this opportunity to wish you all a joyous Christmas, and prosperity in the New Year, and a long and happy association with the S.A.C.

*Dena,
Editor*

Freeing Life in Me

Explore your inner life and its obstacles through creative expression

17 - 22 January 2010

Belsey Bridge Conference Centre, Ditchingham, Suffolk

Facilitator: Robina Scott

Objectives:

- Increase your self-knowledge through observing your life energy and the obstacles that hamper its free expression
- Learn to express your lived experience through the use of colours, lines and form

Content:

- Exploring your present self-image
- Expressing life that rises up from the depths of your being
- Giving form to the obstacles that hinder free expression of this life
- Choosing life in you and co-operating with it to overcome these obstacles

Means:

- Creative expression in response to guided prompts
- Reflective writing leading to greater self-knowledge and momentum for growth

"I have always found this course profoundly transformational, still recalling the insights and breakthroughs that I've experienced on it for years afterwards, as do others that have also followed it. I invite you to give yourself this opportunity to start the new year with a unique and life-changing experience ."

Robina Scott

"This is a very safe, nurturing way to discover the strength and energy in all of us and how to use it to tackle our anxieties and fears. A life affirming experience."

MEM, Counsellor

For registration forms, tariff sheets and further information please contact:

PRH England
9B Lorne Road, Southwold, Suffolk, IP18 6EP
United Kingdom

Tel/fax: + 44 (0) 1502 722589 email:prh.admin@virgin.net
Visit us at www.prhengland.co.uk

Dates for your Diary

Next Committee Meeting	14 th Jan, 2010
“Freeing Life in Me” with Robina Scott (See page 2)	17 th Jan, 2010
Closing date for Newsletter contributions and payment	11 th Feb, 2010
Bach Flower Remedy Training (See page 6 for details)	12 th Mar, 2010
Visualisation Workshop (See page 5 for details)	13 th Mar, 2010
2010 SAC AGM	20 th May, 2010
“Attachment” Workshops with Concern (See page 8)	22 nd May, 2010

Summary of the SAC Committee Meeting 1st October 2009

Present: Christine, Marian, Linda, Jill, Gabrielle and Rosemary

Apologies were received from Dena and Comilla and the minutes of the previous meeting were approved.

The financial situation shows that the current account stands at 3402.47 and the Instant access account at 1619.76, so the total holdings are 5022.23.

It was agreed that we will approach professional companies and also Suffolk County Council to find out how much it will cost to have an updateable directory on-line: the need for adequate security was stressed. Terence has updated the website policy and it was agreed that a proactive approach to establishing reciprocal links should be adopted by the SAC in the future. Christine has sent out the renewals for the next directory and will discuss data entry with Jill, and possibly involve Sharwoods.

Linda will obtain further information regarding advertising the S.A.C. in Yellow Pages.

Gabrielle will again contact training organisations to encourage advertisers to buy space in the Newsletter.

Some changes to the handbook were agreed: In Section 8 (Training) paragraph 5.3 becomes 'expenses will be agreed by the committee on a case by case basis' and in Section 8.2 (Sponsorship) paragraph 2:5 will be removed.

2010 is the S.A.C.'s 20th anniversary year, and some future events were agreed:

- A new members event in February
- A 'Gala' AGM on May 20th
- A summer picnic.
- An October Training Event

Date of the next meeting: Thursday 14th January 2010 7pm

**CPD 2 day course
Visualisation in Counselling Practice**

By the end of the course you will know how, when
and why visualisation works and be able to
integrate it into your practice safely and with
confidence.

Dates: 13th & 14th March 2010

Venue: Claydon, Ipswich, Suffolk

Cost: SAC Members £100, non-members £120

Tutor: Lorna Small

For more information or to apply for a place
Contact Lorna on 01255-886202 or email
lorna@small-talking.co.uk

www.small-talking.co.uk



Feedback from the October training event.

Thank you to all the participants who made the training day a
great success, and to those of you who provided feedback
and suggestions for future events.



Bach
INTERNATIONAL EDUCATION PROGRAMME

Bach Flower Remedy Courses in Ipswich

Friday 12th and Saturday 13th March 2010
10am to 5.30pm

£130

(includes course book, handouts, exercises, certificate and drinks)

This seminar gives a good foundation for using the Bach Flower Remedies in everyday life. We cover all 38 remedies, Rescue Remedy, some of the history and philosophy of Dr Bach and have the opportunity to choose remedies for ourselves.

The course is approved by the Dr Edward Bach Foundation



For more details or to reserve your place,
contact approved trainer Tessa Jordan

on
01473 728498

or email us on
tessa@tessajordan.co.uk
www.tessajordan.co.uk
www.bachcentre.com

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2010

S.A.C. 20th Anniversary Events

2010 will be the 20th anniversary year of S.A.C. and it is hoped that we will be putting on some celebratory events in addition to our usual gatherings. Your suggestions, contributions and comments will be welcomed: at present the following events are being planned:

- A New Members event in February.
- A 'Gala' AGM on May 20th, with a cake and possibly decorations. Sally Feldt will be asked to be the speaker, looking at 'The dragon in the room – everything you wanted to know about tattoos and tattooing'. Founder members will be invited to get in touch and attend via a newsletter article.
- A summer picnic, probably at Alton Water – all members will be invited via the newsletter to bring their own food, drink and rugs etc, and share in a social event. Date to be decided.

- An October Training Event – date and topic to be decided (one suggestion so far is to consider counselling in a faith context)

If any members have other suggestions for appropriate events, or if you'd like to volunteer to help with any of the above events, please do get in touch as we will be very pleased to hear from you.

IPSWICH CONCERN COUNSELLING CENTRE
CONTINUAL PROFESSIONAL DEVELOPMENT

ATTACHMENT IN THEORY AND PRACTICE

Tutor: Di Johnston 10.00 am to 4.00 pm

£65 per workshop or £275 for all five

A series of five workshops which can be attended individually if desired, however it is recommended that applicants book all five for a thorough overview.

22 nd May, 2010	Early Attachment and Beyond
19 th June, 2010	Neuroscience and Attachment
10 th July, 2010	Couple Attachments
25 th September, 2010	Abusive Attachments
16 th October, 2010	The Therapeutic Attachment

WORKSHOP – ‘FROM SHAME TO PLAY’

3rd July, 2010 Tutor: Gill Bannister 10.00 – 4.00pm

For further information or an application form, please contact:-

Mandy Huxtable,
Training Co-ordinator
Ipswich Concern Counselling Centre
20 Bolton Lane
IPSWICH IP4 2BT
Tel: 01473 212788
mandy@concerncounselling.org.uk

Request for Membership or Change of Details

If you know someone who'd like an application pack to join SAC, or if your details have changed, then please fill in the details below and send to: SAC, P O Box 142, Felixstowe, IP11 2WZ

Please complete as appropriate:

Please send a new application pack to:

Name: _____

Address: _____

or

I am currently a member – please change my details.

Current Details: _____

New Details: _____

Signed: _____

New Dates

Navigator - Personal development programme for men.

Looking for a lift to take your life to the next level?

The highly acclaimed Navigator programme could be just the programme you need to develop new skills and learning insights that'll help transform your fortunes in whatever area of life you choose!

- Navigator – four days across four months; personal workbook, coaching groups; key speakers, networking.
- Lets men identify clear, practical and realistic steps that they want to take to improve any specific area of their lives – from career and work, to health or relationships, and their part in the world
- Then enables them to develop the skills and determination to make those changes happen
- Typically results in long term, high quality benefits for both individuals, employers and all relationships

The Navigator programme dates are:

January 20th,
March 17th,

February 17th;
April 14th.

The Venue is Kersey Mill Hadleigh

For further details contact Chris Sharpe at
chris@sharpe99.freeserve.co.uk 01473 278123 or visit
www.springboardconsultancy.com/course-dates.html

Guidance for Newsletter Submissions

All contributions will be reduced to fit onto A5 pages, so if you've composed your contribution in A4 format it will probably look rather different. You can still submit on A4, but remember that it will be reduced by 50% and you therefore need to ensure that the smallest font you use is 14.

If possible please submit in Word, or as free text in an email. I cannot edit PDF files: if you are only able to submit in PDF then I will do my best, but the finished result may be very different.

I cannot reproduce logos that are embedded in PDF files so if you are submitting an advertisement and you'd like your logo to appear then please send it embedded in a Word document, or as a standard image file (.jpg).

All advertisements will be surrounded by a 'frame' to distinguish them from editorial. You don't need to worry about putting your copy in a frame as I can do that, but do remember that you can't fit as much onto the page when it's going into a frame!

If you'd like to make a submission on good old-fashioned paper that's fine – please do write in with your views or comments. I will be happy to receive and convert paper copy for both editorial submissions and advertisements.

Please ensure that your copy and payment are received by 11th February so that the Newsletter can be distributed on time!

Dena, Editor