

Suffolk Association for Counselling Newsletter June 2009

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Closing date for inclusion in the next issue is
11th August 2009 for publication early in September.

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'm pleased to report that the recent AGM at Belstead House was well-attended again this year. In addition to the excellent buffet – and other core business of the evening - Chris Sharpe gave an excellent talk on Masculinities (see the review by Rosemary on page 3). The full minutes are on page 7 including the reports and details of the new Committee.

Don't forget to book your place on the SAC-sponsored training event: in October: Sarah Grant-Jones' Workshop entitled "Working with Issues around suicide". This training day will be held on 10th October and will be offered at a reduced rate to SAC members.

We're always delighted to receive contributions from members, and in order to stimulate your creativity we're pleased to offer a £10 Book Token for the best contribution in the September Newsletter. 'Contributions' can be in the form of a letter to the Editor, a book or training review, an introduction to a new development in the world of counselling, a description of a treatment technique or any other item that will be of interest to members. Submissions need to be in by the 11th August.

Dena, Editor

PACS farewell

After much thought and consideration the members of the PACS committee have decided that the organisation should be closed. After twelve years of workshops aimed at supporting professionals who work with adult survivors of abuse, it was felt that there is now a much greater awareness of the need for training and that there are now workshops and courses available elsewhere.

We would like to thank all those who have supported our workshops over the years, contributing their own experience and knowledge to the groups. We also thank all those who facilitated the varied and valuable training days we hosted.

Margaret Brown
PACS

ROOM SHARE

Are you looking to share costs of room hire in Ipswich? We are two colleagues who rent a room and who are looking for others to share the cost. Car parking is available, flexible availability with cost depending on time allocation.

For further details contact Rosemary Gravell : 07931581315
Joan Whitton : 0791 405 9986

“IT’S A MAN’S WORLD?”

Some practice, theory and observations about Masculinities in the Counselling room

Chris Sharpe, who has worked extensively in the field of gender politics and counselling, presented his view of masculinities, as the guest speaker at the SAC AGM at Belstead House in May. He was introduced by Comilla Burleigh, the SAC training/events coordinator.

He explained that he describes himself as a pro-feminist, and as such is ‘for men not against women’, and that he has observed an increase in men coming forward for counselling, which has not been reflected in training courses. Much of his work has been in creating opportunities for men to network and have contact in safe settings, to allow sharing and mutual support.

Chris’ interest is related to his own personal experiences, which he openly shared. Among the points he made were the following observations :

- When doing his dissertation, the only agency that had greater numbers of men coming forward for help was the Samaritans, which he postulated was due to the anonymity and ability to retain control.
- He described stereotypical male friendships – or lack of them.
- He introduced the meeting (apart from Dena!) to the term misandry, which is the opposite of misogyny, but felt that this was often about men being unfair to men, citing the lack of good male role models in television and film.
- The unequal numbers of men and women on counselling training courses leads to a particular effect on the group dynamics, with women competing for the attention of the few men.
- He has been involved in developing a Navigator programme for men – the only one that exists – and was struck by journalists immediately seeing it as ‘men being women’.
- He observed that women often create a situation in which men will not take on domestic roles.

- Post divorce many men no longer have contact with their children, and he spoke movingly from his personal experience of the impact of this situation.
- Chris recognized the difficulties in involving men, and stressed the benefits of face-to-face invitation, rather than fliers and adverts.

The premise put forward is that we all have masculine and feminine sub-personalities/configurations within us, and that there is a range of sexualities and other characteristics. He used a sculpting exercise to illustrate the range of normal, and stress the need to move away from polarities – giving us all the opportunity to place ourselves on the spectrum of normal in relation to various stereotypical male or female interests, such as cars, drinking, and the Arts. His experience working with men's groups is that participants are surprised to find there is a huge range and become more open to possibilities. We all need to find our own unique place on the masculine/feminine range.

More controversially, perhaps, he stated that he 'doesn't buy' the influence of hormones in differentiating behaviours described typically as male/female. Despite this he wondered whether the 'flight-fight' hormone is the primary driver it is often seen to be, or whether recent findings about oxytocin – stimulated by kindness and gentleness – mean this is an even more basic driver.

Questions and comments focused on the counselling room, and how the gender of the Therapist impacts, particularly on couples' work. There was some interesting debate over men's ability to tolerate distress, both in themselves and in others – the latter often seen in relation to their role as fathers, but perhaps, too, women cannot tolerate distress in men.

The comments and questions were evidence of the interest in the subject, but even more so were the continuing conversations following the meeting. It was an evening that stimulated much debate and reflection for me, and I'm sure for others who attended. The issue of gender politics remains an essential consideration for us all as counsellors, and in the wider society.

Rosemary Gravell
Minutes Secretary

Ipswich Concern Counselling Centre Training Programme

Commencing September 2009

Supervision Training

Commencing November 2009

A series of five Saturday workshops on
Attachment Theory in Practice run by Di Johnston

Saturday Workshops

Film

10 October 2009

Trevor Jameson

Sexual Abuse

7 November 2009

Sally Krykant

**We run a two year Diploma in Psychodynamic Counselling,
with clinical placements available at Concern.**

We also have counselling rooms for hire.

For further information on workshops & courses or if you wish to be added to our workshop mailing list please contact:-

Carolyn Hart

Ipswich Concern Counselling Centre

20 Bolton Lane

IPSWICH IP4 2BT

Tel: 01473 212788

E-mail:- carolyn@concerncounselling.org.uk

Website:- www.concerncounselling.org.uk

Dates for your Diary

Next Committee Meeting 25th June, 2009

SAC Training Event 10th October, 2009



Professional, quiet room to rent in central Ipswich.

£80-£100 per month for exclusive room use for one day of the week, inclusive of rates and parking.

Subject to informal interview and references, minimum of three months' commitment.

From September or maybe sooner.

Expressions of interest welcome.

Details: Janet Dowding
psychotherapy@janetdowding.co.uk
07940 529518

Minutes of the Annual General Meeting

Held on 12th May 2009 at Belstead House, Ipswich

Present:- Chris Sharpe, Marian Allwood, Christine Cantwell, Comilla Burleigh, Dena, Rosemary Gravell, Christina Day, Pat Clarke, Sally Thomson, Jenny Taylor, Julie Wilman, Colin Wass, Dawn Brown, Maureen Moore, Marnie Cameron, Christine Pinder, Gabrielle Williams, Linda Keegan, Jessica Holloway, Rachel Fulcher, Lyz Mole, Julia Stretton, Shane Begbie, Terence Cooper, Cathy White, Mary Roe.

1. Apologies

Mary Brooks, Maggie Cooper, Bidy Barclay, Chris Hart, Brain Ward, Tessa Jordan, Joan Whitton, Serena Gold, Jill Feldt, Gilly Crow, Tricia Aspinall, Di Johnson, Bill Mallion.

2. Minutes of the Last Meeting

The meeting approved the minutes of the last AGM.

3. Matters Arising

There were no matters Arising.

4. Chairperson's Report

Marian Allwood drew attention to the focus this year on providing networking and training opportunities. She explained that the committee elected last year was placed in the position of having to ask people to take on acting offices or to co-opt. She thanked Mary Brooks for agreeing to take on the role of Treasurer, Joan Whitton for her work developing the new members' evening, Comilla for acting as training/events coordinator, Dena for the newsletter, and Rosemary Gravell as secretary. She offered a particular thanks to Christine Cantwell for her wonderful work on the directory. Finally she thanked Terence Cooper for his invaluable work on the website.

5. Treasurer's Report

Marian reported on behalf of Mary Brooks, the co-opted Treasurer who was unable to attend. She went through the summary of accounts provided in the annual report, and explained that the small loss in training was deliberate as the association is subsidizing members CPD opportunities as much as possible. She thanked Dr Robert Merrett for inspecting the accounts.

Christine Cantwell explained that the apparent difference between the Treasurer's accounts and the Directory accounts is because they cover different periods.

6. Directory/Membership Report

Christine reported on the annual directory, drawing attention to the new section on training providers. The directory was not sent automatically to schools this year, but many had requested a copy. The suggestion has been made that we should write to churches telling them that the directory is available and how to obtain copies. Membership has remained stable.

7. Website Report

Terence asked the meeting to reflect on the on-line forum, which has received only three postings (from two committee members) through the year. He encouraged members to use this facility.

The site had 119 unique visitors in April 2009 and 147 to date in May. In April 9000 pages were downloaded, and 800 to date in May.

Christine and Terence are beginning to work on a project to put the database of members on line so that it can be updated on-line by members and thus reduce the amount of paperwork sent out when compiling the directory. There would also be the ability to interrogate the database. He explained that the only cost would be Christine's blood and sweat and his tears!

8. Newsletter

Dena invited contributions, and told the meeting that there will be a book token for the best quarterly contribution. Colin Wass said that he finds the newsletter excellent, and the meeting agreed.

9. Resignation of officers and committee members

All officers resigned from their acting posts, and all committee members are required to resign annually.

10. Election of officers and committee members

Those present elected the following committee:

Chair

Marian Allwood

Proposed by Christine Cantwell, seconded by Comilla Burleigh.

Secretary

Rosemary Gravell

Proposed by Christine Cantwell, seconded by Dena.

Treasurer

There were no nominations, but Mary Brooks is prepared to be co-opted to this position again.

Committee Members

Linda Keegan

Proposed by Jessica Holloway, seconded by Christine Cantwell.

Gabrielle Williams

Proposed by Mary Roe, seconded by Comilla Burleigh.

Comilla Burleigh

Proposed by Christine Cantwell, seconded by Dena.

Christine Cantwell

Proposed by Marnie Cameron, seconded by Rosemary Gravell.

Dena

Proposed by Christine Cantwell, seconded by Julie Welcome.

Joan Whitton

Proposed by Shane Begbie, seconded by Rosemary Gravell.

In response to questions from the meeting, Rosemary Gravell explained that there are opportunities for co-opting people to the committee, and that volunteer help was always welcome if people did not want to commit at this point to committee work. Marnie Cameron and Shane Begbie expressed willingness to be involved in some way.

11. AOB

Chris Sharpe drew attention to the fact that next year the association celebrates its 20th anniversary, and suggested some sort of celebration.

The meeting expressed thanks to Marian Allwood, Christine Cantwell and the committee for their work on the association's behalf.

12. Date of next AGM

6-45pm on Thursday 20th May 2010, at Belstead House, Ipswich.

Minutes recorded by Rosemary Gravell

Minutes Secretary

SAC Training Event on 10th October, 2009

“Working with Issues around suicide”

Belstead House

10th October, 2009 9.30am – 4.00pm

This is a one day workshop focusing on all aspects of suicide and working with clients with suicidal thoughts and feelings. Risk factors and warning signs will be discussed in full as well as professional practice issues such as ethical dilemmas around disclosure; care for self and BACP Ethical Framework guidance. The workshop presenter is Sarah Grant-Jones.

Sarah is a Person-Centred Counsellor, Trainer and Supervisor, with 15 years experience working as a Counsellor in General Practice and in Colleges. She has also worked as a Counselling Trainer for many years with a variety of local organisations including Colchester Institute's Counselling Programme. She currently works for UEA as a dissertation supervisor.

Sarah has a Private Counselling and Supervision Practice, as well as organising a variety of CPD activities through *Person-Centred Workshops*.

The cost of the workshop will depend upon numbers, but it's anticipated that the charge will be £40.00 for SAC members and £65.00 for non-members. Please complete the form on the following page (the address should be visible in a window envelope).

The cost of this event includes a buffet lunch and a CPD certificate.

SAC – sponsored training event on 10th October, 2009 “Working with Issues around suicide”.

NB. Please ensure that we have accurate contact details for you so that we can confirm your place or notify you of any last-minute changes. If you enclose a stamped addressed envelope we will send you confirmation by post.

Tickets required: Members (£40.00) Non-members (£65.00)

Total amount payable: £_____ Please make cheques out to “SAC”

Name (as it should appear on CPD certificate):

Address:

Telephone

Mobile:

Email

**The Editor,
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Felixstowe,
Suffolk,
IP11 2WZ**