

Suffolk Association for Counselling Newsletter March 2009 Contents...

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Closing date for inclusion in the next issue is
11th May 2009 for publication early in June.

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

Please send all contributions to the SAC Newsletter to
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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 think that 'Welcome' is the theme that's in the air since the last Newsletter. Welcome to the New Year (the Year of the Ox started on January 26th), welcome to the first signs of Spring as evidenced by the bulbs in my garden, welcome to Rosie (congratulations to Comilla on the birth of her grand-daughter!) and a very warm welcome to our new members.

It was a great pleasure to meet some of the newest SAC members in Stowmarket in January. Attending any kind of event where you probably don't know anyone can be daunting, so it was lovely that we had a good turn-out. Jill Feldt has been kind enough to let us know how she felt about the experience on page 4.

I remember that when I first joined the SAC I avoided meetings completely, and didn't attend any at all until after I became the Editor. Had I known what a friendly bunch of people go to these meetings I would have dipped my toe in much sooner. For those of you who are thinking of dipping a toe into a very friendly pool, why not come to the AGM? In addition to meeting colleagues and net-working, there will be a fantastic buffet and the opportunity of hearing a superb speaker, Chris Sharpe. Many of you will know of Chris, and will seize this opportunity to attend the presentation. Further details are on page 3.

We're also happy to announce that there will be another SAC training event later this year: "Working with Suicidal Issues" will take place in October, again at Belstead House. Sarah Grant-Jones will be presenting the Workshop so do make a note on your calendar. Booking forms will be printed in the June issue of this Newsletter.

We are always appreciative of submissions and suggestions, and for comments on what you like about the SAC and ideas for improvement. Please don't feel shy, because we'd love to hear from you – drop us a line and share your views.

Dena, Editor

Summary of SAC Committee meeting 12th February '09

“It was a dark and snowy night. The snow came down in torrents.” It was so thick that only three of us were able to slide our way to Comilla’s house for the meeting. Failing to slip into a quorum (and therefore unable to make binding decisions) we nevertheless had a very useful meeting making recommendations for ratifying next time and working out a blizzard of “how’s” and “when’s”.

Perhaps the recommendation of most interest to members was a desire on all sides to keep members costs down, at a time of financial hardship for many, by retaining membership fees at their present level.

We were so pleased that Chris Sharpe will be providing the training (at no cost to members) at the AGM on 12-5-09. (CPD certificates will be provided).

How does she do it? Comilla has managed to engage Sarah Grant-Jones to provide our next training event (on 10-10-09) on counselling the suicidal. (Keep an eye open for details of this and book early, as we may experience a rapid take up of places).

We were so grateful to Joan for seeing a need, having the idea and giving the time to running a “New Members Meeting”. It wasn’t only the new members who appreciated a friendly opportunity to discuss needs and get to know other counsellors.

Why did I think of Captain Oates as we reluctantly left the warmth and company of Comilla’s house and headed into a quiet world of cold cotton wool.

Marian Allwood, Chair

Dates for your Diary

| | |
|------------------------|--------------------------------|
| SAC AGM | 12 th May, 2009 |
| SAC Training Event | 10 th October, 2009 |
| Next Committee Meeting | To be confirmed |



Tuesday 12th May 2009:

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

There is plenty of parking available at Belstead House. Arrivals and Registration begin at 6pm. There will be a finger-buffet available so come straight from work! The AGM will start at 6.45pm. The Training Event will commence at approximately 8pm.

We are delighted to have Chris Sharpe as our Guest this year. Chris is a seasoned Therapist and Supervisor and runs the highly acclaimed Navigator Programmes for Personal Development for Men. His Topic for the evening is:

'It's a Man's World?' Some Practice, Theory and Observations about Masculinities in the Counselling Room

Watch out for your invitations which will be following shortly, and be sure to return the reply slip so that we can have an idea of numbers for catering purposes.

earth

Professional Development Days For Counsellors & Therapists 2009

Day with Sand Tray
Saturday 28th March

Day with Clay
Saturday 25th April

Day with Natural Materials
Saturday 23rd May

Day of Clay, Sand & Natural Materials
Saturday June 27th

All days take place near Aldeburgh Suffolk in the
house/pottery studio/large garden
10am – 4pm

Experiential days for personal awareness
& Professional self development.

Maximum 6 participants
£50 per day

Bring your own lunch. Hot soup & drinks provided.

Biddy Barclay

Dip Integrative Arts Psychotherapy UKCP Reg

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A LOVELY WELCOME TO SAC – AND TO COUNSELLING IN SUFFOLK

As a relative newcomer to Suffolk, recently set up in private practice and looking for contacts in the local counselling world, I came across the SAC website, read the December newsletter... and discovered that I was just in time to join SAC and attend the New Members' Meeting on 27th January. This really felt like one of those occasions when the Universe somehow brings everything together at the right time - and you feel like you're where you're meant to be.

The New Members' Meeting was a delightful evening, held at the beautiful Raedan House (The Phoenix Counselling Practice) in Stowmarket. Right from the moment when the front door was opened to me, I was made to feel extraordinarily welcome - and, despite being rather late, I was made to feel part of the meeting from the word go.

There were a dozen of us there, roughly half committee members and half new members (so many new faces and new names...). Most of the evening was spent in one big circle – finding out about SAC and talking about what membership might mean for each of us, what we hope to get from SAC, and perhaps what we might be able to contribute too. We also spent some time sharing ideas in pairs before coming back into the group to capture everything on the flipchart. Sadly there wasn't nearly enough time to engage in conversation with everyone, but it was nice just to chat – albeit briefly – and trust that our paths would cross again at some future date.

We were warned about how dangerously easy it is to find oneself on the SAC Committee – indeed one or two of us came perilously close to deeper involvement even at this New Members' Meeting. I am not sure we all got away completely unscathed. Only time will tell. A wonderful sense of community was conveyed at this meeting: SAC **is** its members. It is **our** organisation, belonging to all of us – and there's something rather lovely about that.

For me, this New Members' Meeting – and the very fact that it was held – said a great deal about SAC and made me certain it is an organisation of which I want to be part. A special thank you to Joan for coming up with the idea and to everyone who was involved in making it such an enjoyable occasion (with a delicious selection of drinks and nibbles too).

Jill Feldt, Sudbury

**Ipswich Concern Counselling Centre
ASSESSMENT TRAINING COURSE**

**Saturday's 25 April 2009, 9 & 23 May 2009,
6 & 20 June 2009, 4 July 2009**

Fee: £225

10am - 1pm, Trainer: Trevor Jameson

Aims of the course

The initial workshop will be an introduction to assessment from a psychodynamic perspective; addressing the tools necessary for participants to carry out their own assessments.

The remaining five workshops will give each of the participants the opportunity to present material from assessments they have undertaken in their own work place. These assessments will be discussed by the group within a framework of psychodynamic model.

For further information or an application form, 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

Saturday 10th October 2009:

**SAC Training Event, Belstead House, Sprites Lane,
Ipswich IP8 2NA**

'Working with Suicidal Issues'

We have been fortunate to book Sarah Grant-Jones to provide this Workshop which will run from approximately 9.30am - 4pm. Lunch will be included in the cost which is open to all and subsidised for SAC Members.

Sarah is a Person-Centred Counsellor, Supervisor and Trainer, with over 16 years experience working as a Counsellor in General Practice, Private Practice and in Colleges, including the Colchester Institute Counselling Programme. She organises a variety of CPD activities through '*Person-Centred Workshops*'.



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 though, as I can do that.

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.

Dena, Editor

**Ipswich Concern Counselling Centre
Training Programme**

Saturday Workshops

Shame to Play

28 February 2009

Trainer: Gill Bannister

The Body

25 April 2009

Trainer: Julie Hamburger

Trauma Healing and Somatic Awareness

9 May 2009

Trainer: Sue Holland

Sexual Abuse

7 November 2009

Sally Krykant

All courses cost £65 and run at Ipswich Concern, 10.00am - 4.00pm

We offer the following short courses which run termly

An Introduction to Counselling Skills

6 week Thursday morning course, 10am - 1 pm, cost £150.

**Using Counselling Skills when Working with
Children & Young People**

8 week Tuesday evening course, 7pm - 9.15pm, cost £150.

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

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

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