

Suffolk Association for Counselling Newsletter Contents...

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Closing date for inclusion in the next issue is
11th November 2009 for publication in the Winter 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,

We're delighted to announce this edition's winning contributor, Marnie Cameron, who wrote in with an account of her experience of moving to Suffolk and joining the SAC. Congratulations Marnie, and a £10 Book Token is on its way.

If you have an interesting contribution why not write in and share it with us – further details are on page 11.

On page 9 of this Newsletter you'll find a booking form for October's training event: Sarah Grant-Jones' Workshop entitled "Working with Issues around Suicide". Numbers are limited and the closing date for bookings is only a couple of weeks away, so do book your place while there are still some available.

This training day is offered at a reduced rate to SAC members.

We have expanded the "Diary Dates" page to include some training events and occasions of interest to our readership. If you know of an event that would be of interest to other practitioners then do let us know so that we can draw their attention to it.

If any of you would consider volunteering to help on the Committee then you will be made very welcome. Whether you can offer to help out with one specific task, or would enjoy an ongoing role, please do get in touch.

*Dena,
Editor*

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:

September 24th;
November 19th

October 22nd;
December 17th.

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

***** Winner of this edition's Book Token *****

SAC Opening Doors

I've just read through June's SAC and saw an invitation from Dena for more contributions so I thought I'd have a go...

I moved to Suffolk with my 12 year old son just under a year ago now from way up north in Newcastle. It's been a heck of a journey in more ways than I'd ever anticipated; emotionally, spiritually, financially, you name it I've felt it!

I was working as a Schools Counsellor up north and hadn't really planned on doing any counselling for a while after the big move, I was just going to make jam and potter! However after a few weeks I realised I was missing the work and started putting my feelers out.

There's something magical about how I've ended up where I am now, as some of the connections and achievements I've made have just flowed and evolved so organically it seems that 'perfect timing' sometimes does exist.

I met Christine Cantwell at the Phoenix Practice in Stowmarket last year and she introduced me to SAC and since then doors have opened. I am now an associate of the practice where I see private adult clients and I'm developing a Young Peoples Counselling Service which is in early stages but is potentially a vital resource, and something I'm passionate about.

In between that I've worked as a GP counsellor for Mind and have done some group facilitation training to deliver courses on various mental health matters.

I've met some wonderful people over the last year at workshops, training, the SAC AGM, supervision etc.

There seems to be a 'Counselling Community' down here and I do think that the SAC plays a huge role in that. I feel proud to be part of such a collective and look forward to strengthening existing connections and to meeting new and inspiring people along the way.

Thank you SAC and Suffolk for making me feel so welcome!

Go well,

Marnie Cameron
Humanistic Counsellor

Dates for your Diary

Concern Graduation Ceremony (Contact details on page 10)	21 st Sept, 2009
Navigator Programme for Men (See page 2 for details)	24 th Sept, 2009
SAC Committee Meeting	1 st Oct, 2009
SAC Training Event	10 th Oct, 2009
Saturday Workshop with Concern (See page 10)	10 th Oct, 2009
Bach Flower Remedy Training (See page 6 for details)	23 rd Oct, 2009
Sexual Abuse Workshop with Concern (See page 10)	7 th Nov, 2009
Visualisation Workshop (See page 5 for details)	13 th Mar, 2010

It's *YOUR* SAC...

We recognise that many counsellors work in the evenings, and in order to be as inclusive as possible, your SAC Committee would like to canvass members' views regarding scheduling of future Training Events. Do you have a preference for weekday or weekend events? Do you perhaps have a preferred day or evening which would enable you to attend the AGM? Jill and Comilla would love to hear your views and comments.

Please email these to us at either bluebeachhut@yahoo.co.uk or comilla@tiscali.co.uk. Alternatively, you can write to Comilla Burleigh Training and Events at Scotsfield House, The Avenue, Copdock, Ipswich, Suffolk IP8 3JS.



**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



Bach
INTERNATIONAL EDUCATION PROGRAMME

Bach Flower Remedy Courses in Ipswich

Friday 23rd and Saturday 24th October 2009

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



Courses 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

Summary of the SAC Committee Meeting, 25 June 2009

Present :- Gabrielle, Linda, Mary, Dena, Comilla, Christine, Marian, Jill and Rosemary.

New members Gabrielle, Linda and Jill were formally welcomed, Apologies were received and the minutes of the previous meeting were approved.

The Committee reconsidered the best approach to approving link requests from other organisations, and it was agreed that having filtered out inappropriate requests Terence would forward link requests to a nominated Committee member.

Gabrielle offered to liaise with Dena in contacting potential advertisers, to offer them the opportunity to contribute to the 'Diary Dates' page and invite them to take out paid advertising. Jill volunteered to work with Comilla on organising events, and both Jill and Linda offered to work with Christine to consider issues such as what paperwork is needed annually. There are still two roles available and volunteers are sought for Vice-chair and Website Liaison.

Mary reported that the current account stands at £321.45 and the access account at £1,619.00. The cost of the AGM was £348.00.

It was agreed that the SAC will continue to advertise with Yell.com, and Linda volunteered to look into the cost of having a larger entry that promoted the web-site and the directory.

There is an increased demand from schools for directories and it was suggested that there may be a separate section within the directory for counsellors who work with children. The future development of the web-site, and the possibility of making the database accessible online is still being considered, and Jill offered to collect relevant information.

It was agreed that although advertising in the Newsletter should be restricted to SAC members, non-members who wish to promote counselling-related information would be permitted to include separate fliers with the Newsletter.

Rosemary volunteered to help Dena in judging entries for the book token award for best contribution.

There was a discussion about financial risks relating to training events and the idea of having a formal contract for speakers was mooted.

It was agreed that the next Committee meeting will be at 7pm on Thursday October 1st

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. The presenter is Sarah Grant-Jones, an experienced Counsellor, Trainer and Supervisor.

There are still some places left if you'd like to attend this event. Numbers are strictly limited to 30 so please do book without delay if you'd like to attend.

The final date for us to receive applications is 25th September, and final date for refunds/cancellations is 10th September.

The cost of the workshop will be £40.00 for SAC members and £65.00 for non-members. The cost includes a delicious buffet lunch and a CPD certificate.

Please complete and return the form on the following page, and if you'd like confirmation/receipt in the post please also enclose a stamped, addressed envelope.

Please be sure to note any special dietary requirements, and also to provide an email address if possible.

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.

Closing date for applications: 25th September, 2009. Final date for cancellations/refunds, 1st October, 2009.

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

Special dietary requirements _____

**The Editor,
SAC,
P O Box 142,
Felixstowe,
Suffolk,
IP11 2WZ**

Ipswich Concern Counselling Centre

Training Programme

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

Shame to Play

15 May 2010

Gill Bannister

**We run a two year Diploma in Psychodynamic Counselling,
with available clinical placements 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:-

Jacqui Dixon

Ipswich Concern Counselling Centre

20 Bolton Lane

IPSWICH IP4 2BT

Tel: 01473 212788

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

Website:- www.concerncounselling.org.uk

Readers' Contributions

We are always interested in receiving your contributions, and to encourage the literary juices to flow we're offering a £10 Book Token for the best contribution we publish in each edition. Your contribution could be on any number of topics, such as:

- a personal account
- a book review or review of a training event
- an overview of a counselling modality
- an informative piece on current or proposed legislation
- the tax implications of running a private practice
- suggestions for ways to promote your practice

...anything that is likely to be of interest to other practitioners will be considered for publication. You can submit your piece electronically (in the body of an email or as an attachment) in which case please send it to dena@virgin.net, or you can submit paper copy to Dena, P.O.Box 142, Felixstowe, IP11 2WZ.

Because the format of the Newsletter is A5 and most people work with A4 documents do remember that your page(s) will probably have to be reduced by 50% for printing. This means that you need to use a larger font size than usual so that it's still legible after reducing – if you use a minimum font size of 14 it should be OK.

If you have any questions don't hesitate to get in touch.

*Dena,
Editor*

Talk as we Walk Outdoor Counselling

A great, healthy way to air your fears, phobias, or other issues.

Pat Clarke

Tel: 01449 736202

Mob: 07960 519989

pocollpat@yahoo.co.uk

www.talkasnewalk.co.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: _____