



*Awaken School
Magazine*

*Mark & Lisa Wake
Volume Number 3
Issue Number 2
Autumn 2008*

Hello

First of all, can I apologise for the lateness of this issue. Initially we intended to issue the next magazine in early summer expecting the UKCP review of Section and all Member Organisations within it to be completed. However, the reviews took longer than expected, plus we had to digest and respond and so we delayed production of the magazine.

Awaken School Programme for 2008/9

As before, we have a number of programmes starting this Autumn and Spring which can be taken as stand-alone programmes or used as part of your pathway to Accreditation. Remember, if a similar programme is advertised by another organisation it is unlikely you will be able to use it as part of the pathway as the organisation will need to be a Member Organisation of UKCP.

Practitioner in Neuro-Linguistic Programming (Psychotherapy)

- 20-day programme over 10 weekends available in Birmingham and Stokesley, North Yorkshire starting this September.
- A 16-day course held in 4 day modules is also available in Stokesley. **Start date September 10th 2008 and a 10% discount is available on this programme for bookings received by August 31st 2008.**
- A 16-day modular programme available in Derry starting next spring

Dates & prices are available on the website or by contacting the office.

Master Practitioner in Neuro-Linguistic Programming (Psychotherapy)

- This 18 day programme is only available in Stokesley, North Yorkshire and comprises of 3 modules of 6 days each. Held Monday to Saturday, dates are available now for Spring 2009.
- The pre-requisite for joining the Master Practitioner programme is Practitioner certification which may be from other schools.

Dates & prices are available on the website or by contacting the office.

Remember, each of these NLP programmes carry 30 credits towards a MA in NLP & Coaching with Kingston University plus 2 students have used their programmes to APL credits into a MSc in Psychotherapy & Counselling. Please contact the office for further details.

Foundation in Clinical Hypnotherapy (Year 1)

- 20 day programme over 10 weekends. Venues – Birmingham, Derry, Lancaster, and Stokesley all starting this September.

Dates & prices are available on the website or by contacting the office.

Intermediate in Clinical Hypnotherapy (Year 2)

- A 20 day programme running over 10 weekends available in Birmingham, Derry and Stokesley, starting this September.

Due to demand, an ICH programme may be run in the North West starting in Spring 2009, anyone interested, please contact the office.

Dates & prices are available on the website or by contacting the office.

Advanced Patterns in Psychotherapy (Year 4)

- This 16-day student directed programme, run over 8 weekends and using different trainers as required, is designed to give students awareness of psychotherapeutic processes and advance them to accreditation.
- Starts **September 2008 in Stokesley** and September 2009 in Northern Ireland

Dates & prices are available on the website or by contacting the office.

Research Methodology (Year 3)

- Any University based, distance learning post-graduate module of at least 20 credits, e.g. Open University, is sufficient.
- Any face-to-face training with another UKCP organisation, e.g. Beeleaf

Please contact the office for advice and to confirm if your programme would be acceptable. Programmes that haven't been approved by the school may not be accepted.

CPD Opportunities

Introduction to NLP

This 1-day course is open to anyone interested in the new change technology that is NLP. Delegates will get a mixture of ideas and practical skills and this workshop is an ideal way to find out more about the model known as Business Excellence.

Venue: Stokesley, Middlesbrough **17th September 2008** or 25th February 2009.

Price: £195 + VAT (£229.13 inc VAT)

Students who go on to either the NLP Diploma or Practitioner can have the cost of this programme discounted from the Diploma or Practitioner fees.

NLP Diploma

Do you want to develop people to the best of their ability and develop new skills to resolve challenges in the workplace? This 4-day programme is designed to cover more core components of NLP than the 1-day Introduction and will give delegates a greater skill range in situations.

Venue: Stokesley, Middlesbrough **7th October 2008**, £450 + VAT (£528.75 inc VAT)

Autumn 2008: 7 - 8 Oct & 6-7 Nov

Students who go on to the modular NLP Practitioner can have the cost of this programme discounted from their Practitioner fees. In addition, they can choose to APL the first Practitioner module and join on the 2nd module.

Using NLP & Metaphors in Therapy Work with Children

This 1-day workshop is designed for experienced NLP Master Practitioners or therapists who work with children in a range of settings. This programme will facilitate the application of your skills with children.

Venue: Stokesley on **18th September 2008**, £195+VAT (£229.13 inc VAT)

Certificate in Coaching and/or Therapy Supervision

This distance learning and 3-day intensive programme is designed for accredited coaches who wish to develop their skills as supervisors. Successful completion of the course accredits individuals to work as a supervisor of coaches.

Venue: Stokesley Dates: 4 – 6 February 2009 Price: £1000+VAT (£1175.00 inc VAT)

Advanced Patterns in Psychotherapy (Year 4)

We are now in our third year of running this programme for final year students.

Six students completed in 2006/07, with two of these now placed on the UKCP register, having completed their dissertations, supervision and clinical practice hours. Congratulations to Dr Valerio Falchi and Dr John Walker on their registration with UKCP. Congratulations to Annette Gamston, Patrick Brown, Phil Brown and Richard Frost on completing their training.

Three students completed the course in 2007/08 and all are working towards their final components as above. Congratulations to Wendy Dignan, Lynn Holmes and Kevin Dennison on completing their training.

Five students are half way through their programme in Northern Ireland and are due to finish in November this year.

The programme provides a great opportunity for you to enhance your learning with other mature practitioners, and to integrate your skills prior to embarking on your career as an accredited psychotherapist.

Lisa Wake is the course director and works with guest trainers to bring you an integrated and holistic approach to your psychotherapy practice. Students who have completed the programme comment:

'This has been a thoroughly fascinating and rewarding experience. The training and support offered have constituted an interesting in-depth exploration of psychotherapy'

'The Advanced Patterns programme is an essential piece of the jigsaw of accreditation. It challenged my views on areas such as gender, ethnicity and ethics and proved a wonderful opportunity to explore, experience and integrate the richness of psychotherapeutic modalities.'

The next programme commences in September in Stokesley, North Yorkshire, where 8 students have already enrolled. We anticipate offering a further programme in Northern Ireland in 2009. For further information on the programme or to register your interest, please contact the office.

Statutory Regulation

The Government has announced plans to regulate Applied Psychology during 2008 and counselling and Psychotherapy by 2010. There have also been recent press reports that complementary therapies will be regulated as well. Currently, this is to be by the Natural Health Care Council as a voluntary process. It is likely to be at least 10 years before complementary therapy is statutorily regulated. This has implications for those of you who want to work as hypnotherapists rather than psychotherapists as hypnotherapy is currently considered a complementary therapy.

UKCP

During the early summer the school, plus other Section organisations, were audited and reviewed by UKCP. This was the expected 5-Yearly review (Known as the Quinquennial Review or QR) which takes the form of an audit of all processes plus a visit to verify the standard of our training and to talk to students.

The result of this audit was:

PASS

AWAKEN have demonstrated both by the overall quality of their submission and presentation on the day of the visit that they do substantially meet the criteria, standards and quality assurance and monitoring requirements of the UKCP. The assessors wish to particularly acknowledge the enormous effort and attention to the development of detail and processes that AWAKEN have undertaken in the past six months in order to ensure that their organisation and training are of an appropriate quality and level.

As you can imagine, we are enormously delighted by the result, which vindicates all the hard work and effort put in by all the trainers and staff to bring the school up to the standards required. We have some requirements to meet, which we will complete soon.

If you want to download and read the full report, this can be found on the homepage of the website: www.hypnotherapy-training.co.uk

School Membership

As mentioned earlier, School membership is compulsory for students on the pathway to UKCP. The usual fee is £100 for 12 months and any student undertaking a 20 day programme has the school membership fee included in their course costs. If you are not undertaking a programme this year and want to maintain your membership, please contact the office.

Supervision

It appears that some students are still confused regarding the requirement to undertake supervision of their client hours. Some students still believe they must take 1 hour of supervision per month, regardless of client hours. This has never been UKCP policy, rather the stipulation was that students get supervision at an appropriate rate depending on client hours. The ratio within Section was 1 hour of supervision per 10 client hours, or 1 hour per month whichever was the greater.

Because of the moves towards Statutory Regulation by the HPC, we believe there will be a harmonisation of standards and that before long the requirement will be 1 hour of supervision per 6 client hours.

In order to maintain high student standards, Awaken updated the supervision requirements in January 2008 and now requires all students to be in receipt of individual supervision at a ratio of 1:6 in the final two years before accreditation.

Students who are in their initial years of client work and who see few clients per month might like to consider group supervision as a cost effective alternative to individual supervision. Awaken runs a supervision group in Stokesley on the second Wednesday each month between 7pm and 9pm. The cost is £20 including coffee & biscuits.

One of the great advantages of group supervision, apart from the networking, is that you get to listen to a wide range of clients being discussed. This greatly increases your knowledge of client work and students usually stay with the group until the point their clients increase enough to require additional individual supervision.

Anybody interested in joining the group, or who would like more advice, please contact the office.

Website

The plans for the new website have taken longer to develop than anticipated. We hope to offer the benefits mentioned and we ask for members to be patient while we ensure the website is fully functional before replacing the current site

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NEW FROM ROUTLEDGE!

NEUROLINGUISTIC PSYCHOTHERAPY

A Postmodern Perspective

LISA WAKE

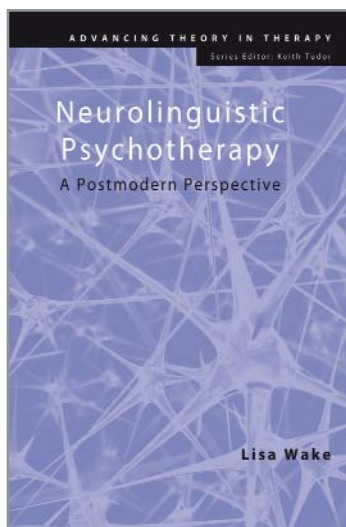
"Essential reading for all psychotherapeutic practitioners who wish to offer their clients the very best that our age affords in a co-created relationship of acceptance, nurture, intervention and above all, respect for the unique self-balancing system of the client." - **Pamela Gawler-Wright**,
Chair of BeeLeaf Institute for Contemporary Psychotherapy

Neurolinguistic Psychotherapy offers a unique and exciting postmodern perspective on an advancing model of therapy. It places neurolinguistic psychotherapy in context and considers the history of NLP and its relationship to psychotherapy. Presented as an effective model for facilitating neurological change through the therapeutic relationship, this book challenges therapists to incorporate a psychodynamic approach within their work.

In addition the book also presents:

- a model of the developing personality and the relationship to attachment theory and emerging theories of neuroscience
- a discussion of the linguistic components of NLP and the effectiveness of utilising the language patterns offered by NLP
- a challenge to neurolinguistic psychotherapists – asking them to consider the benefits of including relational approaches to therapy above that offered by a programmatic model of change.

This book will be of great interest to all psychotherapeutic practitioners and trainers, students and academics.



Lisa Wake is a Neurolinguistic Psychotherapist, and an internationally recognised Master Trainer of NLP. She is Director of Awaken Consulting and Training Services Ltd, which offers corporate consultancy, training, coaching and psychotherapy services. She is also Director of Awaken School of Outcome Oriented Psychotherapies Ltd, which provides UKCP accredited psychotherapy trainings. Lisa has also served as Vice Chair and Chair of UKCP.

Contents: Introduction. Founding Principles of NLP. Neurolinguistic Psychotherapy in Context. A Perspective on Personality. Neurological Processes. The Psychology of Language. Patterns of Programming. Reframing Internal Belief Structures. Therapy in Practice. A Postmodern Approach.

January 2008: 208pp.

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