



*Awaken School
Magazine*

*Mark & Lisa Wake
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Very Best Wishes of the New Year to Everyone

Hello and welcome to the latest Awaken School Magazine and first of all can I wish everyone reading this all our very best wishes for the New Year. Sunday December 21st is considered to be the Winter Solstice, the shortest day and people have been celebrating this time of year for thousands of years. The Norse celebrated Yule, with the burning of bonfires and a Yule Log, to drive away evil spirits and Christians celebrate the Birth of Christ and renewed hope for the year ahead. My New Years Resolution for 2009 is to stop watching, reading or listening to the News, to block out all that negativity and replace it with positive thinking. If anyone has read The Secret by Rhonda Byrne or listened to Joe Vitale you'll know what I mean and I intend to make 2009 the best year yet.

Section News

When we formed Awaken School in September 2006, one of the problems faced when trying to update the school curriculum was a lack of Section specific training standards, known as SETS. These standards set out the requirements of any school who purport to be providing a pathway for students training to become psychotherapists and lists things like training hours required. Those of you who read the last newsletter will know that Awaken passed its Quinquennial review in that UKCP audited our pathway and pronounced it fulfilled the requirements. Some have previously argued that the new school pathway more than met the requirements and that students could have stayed with the older pathway and still have been adequately trained. Because of the apparent lack of formalised section training standards that were aligned to UKCP standards, there was always this doubt in some people's minds and I'm happy to say that thanks to the hard work of Fiona Biddle of National College with the support and input of others in Section, that doubt can be finally laid to rest because Section have produced, and had ratified, the SETS document laying out the requirements for accreditation.

All Section Training Organisations have agreed to adhere to a pathway containing 1800 hours which will include a minimum of 625 hours of theoretical, methodological and practical training of which 500 hours must be face-to-face; a minimum of 450 hours of clinical practice supervised at a rate of 1 hour supervision per 6 client hours; a minimum of 250 hours of personal development of which 48 must be contracted psychotherapy; a mental health placement to introduce students to the variety of serious psychological issues potentially faced as a therapist; plus a single dissertation of at least 10,000 words which is in addition to any short assignments written as part of course work. This document ensures that the HypnoPsychotherapy Section is aligned with the other UKCP Sections and will also help and protect students because they will now have clearly laid out, what is required of them. Those of you who have taken onboard the changes Awaken have made to the old CTIS pathway will be very gratified to learn that they are already training to these standards and the only change to make is to increase the number of personal psychotherapy hours before being presented for accreditation. We already recommend that students wait till either their 3rd or preferably 4th Year before embarking on this in-depth psychotherapy.

Anybody who would like a copy of the full SETS document can contact me in the office mark@awakenschool.co.uk

HIPs visit

As you will recall from an earlier newsletter, we had applied to move the School to the Humanistic and Integrative Section (HIPs) of UKCP. Our rationale for this was specifically regarding the Government's plans for statutory regulation of psychotherapy and counselling. Presently the Government has not identified hypno-psychotherapy as a modality, and when Lisa was Chair of UKCP, early discussions with the HPC and DH saw hypnotherapy as being firmly placed within the camp of alternative and complementary therapies. As a School, we have always leaned more towards an integrative way of working and see the therapy relationship as being essential. With this in mind, we consider ourselves more aligned towards the values, ethics and principles of the HIPs Section.

We were reviewed by the HIPs Section on 13 December and we are very grateful to our student and staff members who supported us on the day and met with the HIPs assessors. We are also grateful to Ofra Anker and Whizz Collis from the Section who worked very hard and with a high degree of flexibility, sensitivity and ethics to ensure that we could demonstrate how we meet the HIPs requirements.

We are awaiting the full report and at this stage can give you a verbal report on their recommendations. The School has been conditionally accepted by the Section. We will need to bring our training hours into line with those of HIPs, i.e. 900 training and group learning supervision contact hours over the entirety of the training. Our policy for personal therapy through a combination of reflective practice, personal therapy and group work has been accepted and our standards of training, teaching, assessment and student support were considered to be very high.

We reached agreement with HIPs that we would retain membership with the Hypno-psychotherapy Section for at least the next 2 years, to ensure that those students who are in the final 2 years of their training, would still meet the requirements of the Hypno-psychotherapy Section, and would be registered through this Section. For students in years 1 and 2 currently, and any new starters, the HIPs standards would apply, and on successful completion of their training, these students would be registered with the HIPs Section. We will need to demonstrate to HIPs that over the next 2 years, we have brought our training in line with the requirements of HIPs. We will also hold affiliate membership with HIPs at the same time and will attend their Section meetings. We will only hold one vote at UKCP meetings and this will be within the Hypno-psychotherapy Section.

For individuals who are already registered, or who are completing their training in the next 2 years, we will be developing a Grandparenting process to facilitate those members who want to, to move their registration across to the HIPs Section. This documentation and policy will be developed over the next few months and we will forward this to the relevant members for information and consideration.

All of the above is contingent on the HIPs meeting which is due to be held on 8 January, where a formal vote will be taken on the assessors decision. Mark will be present at this meeting and will report back in the next newsletter. There will also be an up to date report posted on the website.

We would welcome your comments and thoughts on the matter, please address them to mark@awakenschool.co.uk

Statutory Regulation - update

The Government has announced plans to regulate Applied Psychology during 2008 and Counselling and Psychotherapy by 2010. Skills for Health are currently developing the National Occupational Standards for Psychotherapy and the School has volunteered to be involved in the development as a test site. We look forward to sharing this experience with you.

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.

Free Hypnotherapy Workshops

A number of students have commented on the massive improvement of the current Foundation in Clinical Hypnotherapy programme over the old DHP course previously offered. A glance at the prospectus on the website shows how much more is covered on the programme than previously and the big gaps in knowledge some students have. With this in mind, we will be offering free Hypnotherapy workshops throughout 2009 for those students who want to come along to discuss, experience and pick up tips or free scripts regarding hypnotherapy with clients. The sessions will be run once a month here in Stokesley, for 2 hours between 5 and 7pm and will cover different aspects of hypnotherapeutic practice from fractionation, through use of metaphor to certain clinical conditions. Dates will be posted on the website and anyone interested in attending should email me to request a topic or ask for a map.

Time Code Training - London

About 10 years ago I first came across Time Line Therapy©, a Time Code technique developed and registered by Tad James. Since then I have been trained in several others including Memory Resolution and Mnemodynamic Therapy and they are all variations on working with a clients relationship with time. And how do they work? What's the underpinning theory of why they work, what are some of the reasons they don't and which are the dangerous ones?

Lisa Wake and Jeremy Lazarus, both NLP Master Trainers, will be running a Time Code Master Class in London on Monday 9th February 2009 for practicing therapists who want to develop their knowledge of Time Code techniques. Using 2 original methods developed by Bodenhamer & Hall and Robert Dilts, Lisa will teach you how to have more consistent results, how to avoid some of the common pitfalls, how to ensure you clear the gestalt of emotions and how to set the frames for working successfully with clients.

The cost of the day is £95 + VAT for School members and £145 + VAT for non school members. Numbers are strictly limited and if you are interested details are on our Consulting website www.awakenconsulting.co.uk

Abundance Workshops – The ‘How To’ of attracting more into your life

In 2001, I was working as a Production Manager in a Chemical plant and was desperately unhappy. I didn't like my job, I didn't like the fact I was polluting the environment with toxic chemicals and I wanted to become a therapist and

trainer. So I started to do some personal work and started to ask for what I wanted rather than what I didn't and I started to manifest things in my life. Lisa & I have continued from then to manifest what we want in life and the universe has continued to deliver, including the beautiful house we currently live in and buying the School.

Does the universe do that for you? Recounting the story of how I left employment to become a therapist to a training group, one person came up to me afterwards and said "Do you do a training that teaches other people how to manifest because if you did, I would certainly attend?" So that's what I've decided to do. Through our sister company Awaken Consulting, we will be offering 'Abundance Workshops' throughout 2009 for those of you who want to attract More into your life, whether its more clients, more money or simply more fun and enjoyment. These one day workshops will be run in Stokesley and dates can be found on our Consulting website www.awakenconsulting.co.uk. Anyone who would like to talk about this workshop or about the ideas behind it, please feel free to contact me in the office.

Neurolinguistic Psychotherapy

Lisa's book continues to be well received during 2008, where it has become the standard text for our Year 4 programme. The latest review posted on the Amazon website sums up the book perfectly with:

"You may have stumbled across the title of this book and wondered like me what is NL(P) Psychotherapy, let alone what is NLP? Possibly sceptical from what you have heard about NLP in the past? Then if so, let the fusion of NLP with psychotherapy, the professionalism of Lisa Wake, and a relatively short well researched and exquisitely written guide delve you into this blossoming world..!!!

Aligning her work with Erickson's students and contemporaries in the main (e.g. Gilligan and O'Hanlon) and also notably Gawler-Wright, Wake asserts that Erickson's success (and Satir's and Perl's to a lesser degree) was based on an unconscious reading within the "relationship" or therapeutic presence. Unconscious communicative aspects in the client-therapist system influence change, which is not a primary motive in behavioural modelling. Instead this takes a meta-perspective, and the relationship can remain at a secondary or a superficial level, possibly making it such an attractive approach in short-term coaching.

The book structures the subject into key strands - a chapter in turn is devoted to linguistics, neurology, and programming patterns. Then re-framing internal belief structures as a topic is considered, followed by therapy in practice, which includes some of Wake's candid and absorbing case notes. Topping and tailing her research (heavily quoted as you'd expect) are a consideration of the major debates within the profession, as well as a cursory look at current research areas. Though you are expected to have some NLP fluency, I found this book to have any easy communicative style." D. O'Halloran

If you would like to purchase your own copy, please contact the office.

UKCP

During 2008, UKCP has been working hard on a review of its 'shape' and how it can best serve its members and member organisations before and after Statutory Regulation. Anyone interested in the discussions should view the UKCP website www.psychotherapy.org.uk or go along to one of the open days.

School Membership

There has been much discussion throughout the year on the subject of membership, and the school continues to maintain that membership of Awaken School or any other UKCP organisation is dependent on their ultimate goal. If a student wants to take a training programme and not be part of the UKCP pathway, then there is no need to maintain membership and if their ultimate goal is UKCP accreditation they do need to remain a member of a UKCP organisation to ensure that they are supervised and monitored by the organisation.

This continuous membership will ensure that even if they step off the pathway at any point, they can demonstrate they have been working within UKCP guidelines and hence can continue their pathway at a later date. A student who chooses to step off the pathway and not maintain membership of a UKCP organisation would need to demonstrate, upon return, that they have been working in an ethical manner, have maintained supervision and CPD and that they are fit and proper to return to the pathway. However, if the student cannot demonstrate they have been working within ethical guidelines their clinical practice, and even previous training may be discounted from their pathway and they may have to start again.

All along the School has been working within the guidelines set by the Chair of Section and since a new Chair has taken over Section, we are now informed by UKCP that students are no longer required to maintain continuous membership of a Section organisation throughout the duration of their training to UKCP accreditation. We have only been informed of this in the last few weeks and have yet to have a response to our query to UKCP Vice Chair on this matter.

Website

The new website continues to take shape and is still being improved. The address is www.awakenschool.co.uk for those of you who want to look at it.

Awaken School Programme for 2009

As before, we have a number of programmes starting this Spring which can be taken as stand-alone programmes or used as part of your pathway to Accreditation. In addition, our programmes are subject to VAT and consequently have fallen in price due to the lower VAT rate, please contact the office for details

Practitioner in Neuro-Linguistic Programming (Psychotherapy)

- A 16-day modular programme in Stokesley, **start date March 11th 2009.**
- A 16-day modular programme in Derry, **start date March 18th 2009**

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, the next start dates are Monday March 30th or Monday September 14th 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 – Derry and Stokesley all starting this spring.

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 Preston **starting February 7th 2009.**

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

Certificate in Therapeutic Arts (Year 1)

- A new programme, over weekends, to explore and experience the therapeutic value of creative media. The programme counts as part of either the adult or child psychotherapy programmes. Venues – Derry and Stokesley all starting this spring.

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.

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 2009 in Stokesley and Northern Ireland. To register your interest, please contact the School**

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

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 **25th February 2009.**

Price: £195 + VAT (£224.25 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 **11th March 2009**, £450 + VAT (£517.50 inc VAT)

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.

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 (£1150.00 inc VAT)

Advanced Patterns in Psychotherapy (Year 4)

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

The five students who started the programme in Northern Ireland have all completed, so congratulations to them and another 8 students have embarked on the latest programme in Stokesley.

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 programmes start in September 2009 in both Stokesley, North Yorkshire and Northern Ireland. For further information on the programme or to register your interest, please contact the office.

Keep it in the family

Finally, we are very proud to announce that our eldest daughter Rebecca has joined us as the Business Manager, helping us to run the businesses. She has just graduated from Bradford University and hopes to eventually train as a child therapist. Meanwhile, she is managing the office and provides another point of contact for students.

Lisa & Mark Wake
Rebecca Wake
Jackie Wilson
Janet Dolby
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