



*Awaken School
Magazine*

*Mark & Lisa Wake
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UKCP Volunteers

We are now members of both the Hypnotherapy Section and the Humanistic and Integrative Psychotherapy Section (HIPS).

The School is committed to developing our presence in both of these modalities as we transit into full membership within the HIPS Section.

We are regularly seeking volunteers to represent the school in a number of UKCP committees and working groups. The School reimburses full travel expenses for these meetings.

Anyone who is interested in representing the School is asked to contact Mark at the office who will discuss these opportunities with you.

UKCP Political Action Group

The UKCP PAG are developing an action plan on the NICE guidelines. Please log onto the website www.awakenschool.co.uk and read the news article with the information and the attached document.

Ethics Committee

One of the recommendations that emerged from the HIPS Section visit was that we develop a standing ethics committee. As the School begins to grow and we face some of the challenges required of ethical and credible UKCP membership, we would appreciate anyone who is interested in developing our ethics committee to contact Mark at the office.

Student Representative

We are seeking a student representative who can act as a voice for student member within the School and UKCP. Please contact Mark for further details.

UKCP Conferences

- 15th & 16th May 2009, London WC1
 - Working with gender and sexual minorities.
- 6th June 2009, Dings College, London, Waterloo campus
 - Relational dilemmas and challenges in supervision.
- 3rd-4th October 2009, The Queen's Leeds
 - Changing Children's lives.
- 13th November 2009, London
 - Do no harm? Challenges in engaging the ethics of diversity.

We will regularly update the website with details of forthcoming UKCP conferences and workshops. Each of these workshops count towards your CPD.

Courses

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 Newby, 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.

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, 4 modular programme in Newby, **start date 9th September 2009 or 10th Mar 2010.**
- Enquiries for Derry – please contact the office.

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 Newby, North Yorkshire and comprises of 3 modules of 6 days each. **Held Monday to Saturday, the next start date is 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 - Northern Ireland, Newby and Manchester all starting in Autumn 09.

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 Manchester **starting Autumn 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 Newby all starting this Autumn.

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 20-day student directed programme, run over 10 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 Newby. To register your interest, please contact the School. Students from Northern Ireland are asked to contact the office.**

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: Newby, Middlesbrough **23rd September 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: Newby, Middlesbrough starting **9th September 2009 or 10th March 2010,**
£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: Newby. **Dates: 29 June-1 July 2009 Price: £1000+VAT (£1150.00 inc VAT)**

Using NLP & Metaphors when working with Children in a Therapeutic Context

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: Newby. Please contact the office for further details.

Diploma in Crystal Healing Therapy – Year 1

This programme is offered over 10 days, and 10 months and provides certification with the British Complementary Medicine Association. It is designed for people looking for something extra in their healing and therapeutic work. If you have already begun to recognise the effect that alternative therapies can have and want to fully understand the components of crystal healing work, then this course could be for you.

Venue: Newby, Middlesbrough. Cost £600 inc VAT (£60 per day). Please contact the office for further details.

Advanced Patterns in Psychotherapy (Year 4)

We are now commencing our 4th year of running this programme for final year students.

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 starts in September 2009 in Newby, North Yorkshire. For further information on the programme or to register your interest, please contact the office. We are currently registering interest for the next programme in Northern Ireland.

Products

CD's:

- Stop Smoking CD and workbook
- Meditation with the Elements CD – A deep trance process that develops unconscious communication with your own energy system utilising the five elements.
- Inner Connection – A double induction that integrates left and right brain processing.
- Relaxation and Meditation CD – A basic relaxation induction and guided imagery.

All meditation and hypnosis CDs are £10, or £7 for multiple purchases. A 10% discount is available for School mentors.

Books:

- "Neuro-Linguistic Psychotherapy: A post-modern perspective" Lisa Wake (2008) Routledge - £20
- The NLP Handbook – a pocket-sized reference book of the core techniques taught at Practitioner and Master Practitioner levels. £10.

Website

The website continues to develop. The members area is now live and school members are being contacted with individual access information.

A range of free hypnotherapy scripts are available to School members via a password protected area.

Staff and Office Changes

Over the autumn and winter, we made a decision to relocate the office back to HQ at Newby. This resulted from a combination of factors, not least of which was student feedback on the impersonal surroundings of a business park.

Students have already experienced their first weekends back at Newby and are delighted to practice their hypnosis outside surrounded by birdsong! (Yes, it was warm enough in March to do this!!)

We are sorry to announce the departure of Jo Thompson, who left us in March. We wish her every success for the future.

We are delighted to announce that Chris Haygarth has rejoined our team of valued Trainers after a short sabbatical.

Chris will commence teaching in Manchester and Northern Ireland in September and will also be available for supervision and therapy for students who are not on his programmes.

Welcome back Chris!

Standards and the 2 Sections

We are now working to two sets of training and accreditation standards, for the Hypnopsychotherapy Section and the Humanistic and Integrative Psychotherapy Section.

We anticipate being able to accredit registrants via HIPS in 2011 and therefore are required to apply different standards for those students who will accredit from 2011 onwards.

In the meantime students who anticipate accrediting before 2011 will need to meet the new hypnopsychotherapy standards from September 2009.

N.B. any student who wishes to be accredited under the existing standards must apply for accreditation before end August 2009.

So complete your dissertations!!

HYPNOPSYCHOTHERAPY SECTION UP TO SEPTEMBER 2009

4 years training (maximum 50% APL)

70 hours with another school.

450 client contact hours.

50 hours personal therapy/development/reflection of which, 16 hours must be personal therapy.

- Clinical supervision – ratio 1:10 supervision to client contact.

HYPNOPSYCHOTHERAPY SECTION UP TO 2011

- 4 years training.
 - 625 hours minimum of theoretical/methodological/practical training of which, 500 minimum classroom hours.
- 250 hours personal development or which, minimum 48 hours of personal psychotherapy with a UKCP registered psychotherapist or equivalent.
- May include :
 - Therapeutic tasking that is journalled and monitored by a psychotherapist.
 - Journalled personal development quests monitored by the School.
 - Journalled utilisation of mindfulness training within a structured personal development course.
 - Attendance of group psychotherapy.
- 450 hours of clinical practice (maximum 25% APL)
- 1 hour of supervision to 6 hours of client work.

HUMANISTIC AND INTEGRATIVE PSYCHOTHERAPIES SECTION AFTER 2011

- Foundation Year: Minimum 144 hours of training.
- Year One: Minimum 144 hours classroom training.
- Year Two: Minimum 110 hours of:
 - Research Methods
 - Study skills
 - Group tutorial
 - Mental health placement
- Year three: Advanced patterns in psychotherapy
- Year Four: Integrating theory into practice. 150 hours
- 70 hours CPD in a relevant humanistic or integrative approach.
- Group supervision of 22 hours in years 1 and 2.
- Group supervision of 42 hours in years 3 and 4.
- Individual supervision minimum 12 hours p.a. for years 1-4
- 450 client contact hours.
- 200 minimum hours personal therapy/development.

APL for no more than 50% of the clinical hours and no more than 2 hours of training.

Personal Therapy Workshop

An invitation to a Reflective Retreat in the North Pennines.

A week long (5days) opportunity to continue and extend your personal development that counts 30 hours towards the total required for Accreditation.

The week is designed to enable you to:

- Critically reflect on therapeutic process and on your own functioning to improve your practice.
- Engage with your own therapeutic process and self-actualisation.
- Demonstrate a method of understanding recognising and responding to transference & counter-transference issues.

The group will comprise 4-6 trainee psychotherapists and provide a framework for:

- You to reflect on and develop your own psychological maturity.
- Ensuring you are contained within an ethical and effective personal development process that supports you as a mature and developing practitioner.
- Facilitating you through an increasing process of self exploration that extends through the learning contract.

The week will be facilitated by Andrew Pearce and run at his small holding in the North Pennines Area of Outstanding Natural Beauty.
(for details visit www.prydale.com)

There will be a mixture of group discussion, therapy practice and individual reflection as well as some creative work making full use of our environment.

Cost: £ 1000 + vat. (Remember that 30 hours of personal psychotherapy at £50 per hour, is £1500!)

Accommodation available from £175 per person for B&B and lunch for 5 nights, based on 2 people sharing. Single occupancy rates available.

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