



*Awaken School
Newsletter*

Northern Ireland Edition

*Mark & Lisa Wake
Volume Number 3
Issue Number 1
February 2008*

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New Offices

Throughout 2007 we have been looking to rent offices in Derry to serve as a base for our Northern Ireland students. However, despite our best efforts, we have been unable to find a suitable building and we are now in discussions with a trainer who is planning to buy a centre. We plan to increase the number of programmes available to our students, both in Derry and in the potential new venue. We remain committed to continuing to invest in Northern Ireland to provide training programmes and ask students to understand and continue to support us while this all beds down.

Year 4 Programmes

We have 4 students starting their final year training in Belfast in April and there are still places available if any student is interested. Because of time pressures, the next Year 4 programme to start in the province will be September 2009. The content of any Year 4 programme is 'student led' in that it is designed to complete the knowledge of a particular group of students to ensure they are ready to become accredited. Typically, modules include working psychodynamically and interactively and because it is produced to reflect the needs of the students, is an essential component of the Awaken pathway to accreditation. Students must have completed at least 2 years training and have at least 50 client contact hours to join a programme and if anyone wants more information or is interested in being considered for the programme, please contact the office on 01642 714702.

Statutory Regulation

The Government has announced its plans to regulate Applied Psychology during 2008, with counselling and Psychotherapy by 2010. There has also been recent press reports that complementary therapies will also be regulated. Currently, this is to be by the Natural Health Care Council as a voluntary process and 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.

Training in Child Psychotherapy

The situation in relation to statutory regulation applies to counselling and psychotherapy with children in the same way that it applies to psychotherapy with adults. You may be aware of the attitude change at government level which has seen an increase in awareness of the importance of the emotional health of children and the role psychotherapy can play in facilitating it, and of the increase in funding of such services. The consequence of this is that many counsellors and psychotherapists are receiving referrals from parents and teachers, or self referrals from young people themselves. A number have also found positions in schools of other facilities where their primary work is with

children or young people. In 2004 UKCP set up the “Psychotherapy with Children Committee” (PwCC) to look at the issues around psychotherapy with children and to develop training and ethical standards for work in this area. Awaken is pleased to have had direct representation on that committee since its inception. We have therefore been able to develop a training package to support the work of individuals who already work, or wish to work psychotherapeutically with children and to help them achieve the standards required for statutory registration. The regulatory framework developed by the PwCC is in the process of being adopted by UKCP, and as soon as this process is complete, Awaken will put its training in Child Psychotherapy forward for formal accreditation. The training standards allow for 3 routes to professional registration as a Child Psychotherapist. The first is a full 4 year training process, equivalent to the current adult course. The second is a 2 year conversion course for people who are already UKCP registered, and the third is an APEL route for individuals who have substantial experience (i.e. at least 10 years) of working psychotherapeutically with children. We are pleased to inform you that we have scheduled a new intake for the Child Psychotherapy Training in September 2008. The course is arranged in a modular fashion, and a limited number of places will be reserved for individuals who wish to attend single modules as part of their Continuing Professional Development. Anyone interested in the 2 year conversion programme can attend parts of this course as part of an accelerated programme. Please contact the office for details. We are also offering a series of workshops in the L’Derry area between April and July which can both extend the skill base of existing practitioners and give a foretaste of some of the techniques you will encounter as part of this programme.

UKCP

Some students may be aware that UKCP are currently investigating the internal workings of the Hypno-Psychotherapy (H-P) Section. While this means extra work for Lisa and myself, most will be unaware and unaffected by the process. One thing that is affecting a small number of students is that at present the H-P Section is not accepting further students to be placed on the register while their processes are under review. In addition, an audit of H-P registrants placed on the UKCP register over the last 5 years is being conducted by UKCP Standards Board to ensure the integrity of the register. We are confident that any students who followed the Awaken pathway will be approved by the audit and we are in close consultation with SB to ensure students who have completed everything required of UKCP will be placed on the register as soon as possible.

NHPC/NRHP Merger

Several students have asked our opinion on the merger of the 2 UKCP Listing Organisations NHPC and NRHP. Whereas we have no comment on the

workings of individual organisations, it might be helpful to individuals if they understand their requirement for membership. For students who are on the pathway to UKCP accreditation, the only stipulation is that you **must** be a member of a Training & Registering Organisation such as Awaken or Beeleaf. We take responsibility for all aspects of your training, clinical practice, supervision and own therapy in order to ensure that you meet the standards required to become accredited. As a student, membership of a Listing Organisation is entirely **voluntary** and **in addition** to membership of a Training School. If you think it good value, and you want to keep up membership, then that's OK, however, such membership can only be in addition to Training School membership of students on the pathway. Despite what some students have been told, the only organisation which can place a student on the UKCP register is a Training & Registering or an Accrediting Organisation, a Listing Organisation such as NRHP/NHPC has no ability to place students on the register. For graduates who become accredited, the inference always was that you had to join the Listing Organisation, as you were no longer a student of the Training School. We have had this clarified by UKCP and have been informed that graduates can opt to join a Listing Organisation but they can equally stay with a Training Organisation such as Awaken or Beeleaf. Consequently, graduates may opt to be listed with UKCP by Awaken if they choose and any member wishing to transfer should contact the office.

Time Code Therapies

Students who have come across Mnemodynamic Therapy, will understand that it is only one of a number of other Time Code techniques, such as Tad James – Time Line Therapy©, Robert Dilts – Reimprinting and Bodenhamer & Hall – Time Lining. Awaken teaches both the Dilts and the Bodenhamer & Hall techniques as one is conceptual, with the client working inside their head, and the other is physical with the client 'walking on their Time Line'. We find this flexibility is more useful for therapists as clients often prefer one over the other, and the ability to use either enormously increases a therapists success rate. Students who are interested in mastery of Time Code techniques are welcome to apply to attend the Awaken 2-day trainings covering Time Code Techniques, and these days can be certificated as CPD if required. Weekends are available in Derry this spring so if you're interested, please contact the office.

Continuous Professional Development

There are a lot of requirements for individuals to undergo CPD each year, to maintain professional registration and because they enjoy learning. Awaken provides a number of short courses, such as Introduction to NLP or NLP Diploma and we want to expand the number of short hypnotherapy courses available. Rather than put on additional courses, we thought it would be better to allow individuals to join existing courses on specific weekends and partake of the training. This has a number of advantages in that you can get to meet

students, talk to them about their experiences of the programmes and sample the new Awaken courses before committing to 20 days. Weekends are available in Clinical Practice, Traditional & Ericksonian techniques, George Gafner, Bill O'Hanlon, Stephen Gilligan, Advanced Language Patterns, Time Code Techniques and many others. Friday evening workshops focussing on the Use of Creative Media in Psychotherapy will be available in L'Derry between April and July. An outline of the themes to be covered can be found below, and further information is available from the office.

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. In addition to the benefits to School members of free advice and support, additional scripts and the chance to join programmes as assistants, I'd like to announce 2 new benefits. The first will be a members area on the new website which is under development. Initially this will start with a searchable contact list so that people searching for a therapist will be able to see which school members are in their area. Longer term, I would like to develop a members forum and resources page to help networking and mutual support. Secondly we would like to announce that from the end of January, School members will be able to claim a 10% discount on all CPD programmes and products which will be available on the new website.

Supervision

It appears that some students are still confused regarding their 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 is 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 supervision per 6 client hours. Rather than be left behind, the School has decided to change the supervision requirements of students from this January to 1:6 for their final 2 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. In England, Awaken runs a supervision group in Stokesley on the second Wednesday each month between 7pm and 9pm. The cost is £20 including coffee & biscuits and 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 justify individual supervision. Anybody interested in joining the group, or who would like more

advice, please contact the office. Starting mid April, we are pleased to announce that we will offer a similar monthly session to support students and practitioners in the L'Derry area. Please contact the office for more information. Beeleaf also provide supervision of individuals and groups. Please also remember that any supervision must be with a UKCP accredited psychotherapist (or equivalent), supervision from another student has never been acceptable.

New Book for 2008

After stepping down as Chair of UKCP, and before that Vice-Chair, Lisa has completed her first book **Neurolinguistic Psychotherapy: A Postmodern Perspective**. Just published by Routledge as part of their 'Advancing Theory in Therapy' series, the book traces the development of NLPt from its origins of Erickson, Perls and Satir and places it firmly in context by presenting models on developing personality, attachment and neuroscience. The book is to become essential reading for Year 4 students and will be of interest to anybody working as a therapist. Details of the book are at the end of this newsletter.

Awaken School Courses beginning September 2008

Practitioner in Neuro-Linguistic Programming (Psychotherapy)

20-day programme over 10 weekends available in Northern Ireland starting September. A 16-day course (4-day modules) is also available in Stokesley.

Master Practitioner in Neuro-Linguistic Programming (Psychotherapy)

This 18-day programme is only available in Stokesley and comprises of 3 modules of 6 days each. Held Monday to Saturday, dates are available now for Spring 2008 and Spring 2009.

Foundation in Clinical Hypnotherapy

A 20-day programme over 10 weekends in Derry starting this September.

Intermediate in Clinical Hypnotherapy

A 20-day programme over 10 weekends in Derry starting this September.

Post Grad Diploma in Child & Adolescent Psychotherapy – Year 1

A 20-day programme running over 10 weekends available in Northern Ireland

Advanced Patterns in Hypno-psychotherapy

A student directed programme designed to advance delegates to accreditation. This programme is open to final year students only.

Certificate in Clinical Supervision

This distance learning and 3 day intensive programme is designed for accredited psychotherapists and counsellors who wish to develop their skills as supervisors. Successful completion of the course enables delegates to continue onto the Diploma in Supervision programme. Entry onto the programme requires full UKCP accreditation.

Venue: Stokesley, Middlesbrough, 14/15/16 August 2008, £500 + vat

CPD Opportunities

Clinical Practice workshops

Some students have expressed anxieties about lack of confidence in using their skills with 'real' clients and want more knowledge about working as a therapist. We are offering to DHP holders the chance to attend weekends of Foundation or Intermediate Hypnotherapy programmes in a number of locations to enable you to gain valuable CPD points and have the opportunity to enhance your skills and work with clients. Each weekend will cost £300 + VAT (£352.50 inc VAT) and school members can get a 10% reduction on this cost. Weekends are available on Traditional vs Ericksonian hypnotherapy, George Gafner, Bill O'Hanlon, Steve Gilligan and Clinical Practice and to understand which weekends are available, and which would suit you best, please contact Mark in the Stokesley offices on 01642 714702.

The Use of Creative Media in Psychotherapy

This workshop series is offered in the L'Derry area between April and July. Sessions will take place between 17h30 and 21h30 on Friday evenings. Four separate themes will be offered, and will be of interest to individuals who wish to expand their skill base through the use of a range of different techniques. The workshops will be highly practical, and will provide participants to experience the power of these media for themselves. Themes that will be covered are: Sandplay, Art Therapy, Music in Therapy and Therapeutic Metaphors. Each individual theme (equivalent to 1 weekend)) will cost £250, with discounts for booking more than 1 theme. Please contact the office for further details.

Working successfully with Addictions

This 5 day course is for Professionals and Trainees wanting to enrich their current knowledge, understanding and skills in their work with addictions and dependence issues. Presented by Pam Gawler-Wright and Bill Cairns from BeeLeaf in central London Cost : £599.00 inc vat. Please contact Pam directly for further details pam@beeleaf.com

Dates and prices for all our courses are available on our website

www.hypnotherapy-training.co.uk

NEW FROM ROUTLEDGE!

NEUROLINGUISTIC PSYCHOTHERAPY

A Postmodern Perspective

LISA WAKE

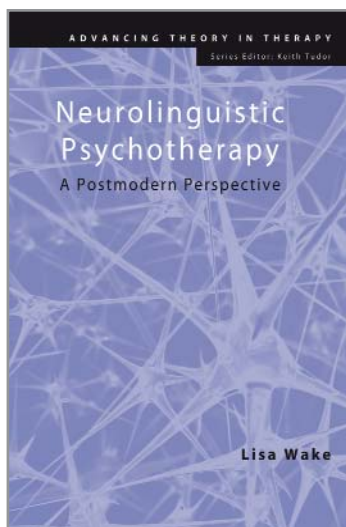
"Essential reading for all psychotherapeutic practitioners who wish to offer their clients the very best that our age affords in a co-created relationship of acceptance, nurture, intervention and above all, respect for the unique self-balancing system of the client." - **Pamela Gawler-Wright**,
Chair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

Hb: 978-0-415-42540-7: £55.00/\$100.00

Pb: 978-0-415-42541-4: £19.99/\$34.95

**Series: *Advancing Theory in Therapy*
Published by Routledge**