



# *Awaken School Newsletter*

*Mark & Lisa Wake  
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## Accreditations

A total of 7 students commenced their final year training in January 2007 and 6 students successfully completed the programme. 2 of these students, Valerio and John, have now completed all aspects and are ready to be accredited with UKCP, the remaining 4 students are completing their research programmes and clinical hours.

## 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 from Northern Ireland is interested. One programme has already started in England and another is scheduled to commence this September. 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.

## 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 Manchester, Leeds and Stokesley 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. If you are interested, please contact the office for a full list of which weekend is available in which venue.

## 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. 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. Beeleaf also provide supervision of individuals and groups.

## 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 Birmingham, Derry and Leeds starting September. A 16-day course held in 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**

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

### **Intermediate in Clinical Hypnotherapy**

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

### **Post Grad Diploma in Child & Adolescent Psychotherapy – Year 1**

A 20-day programme running over 10 weekends available in Northern Ireland and England starting this September.

### **Advanced Patterns in Hypno-psychotherapy**

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

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

[www.hypnotherapy-training.co.uk](http://www.hypnotherapy-training.co.uk)

## 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.

### Using NLP & Metaphors in Therapy Work with Children

This is a 1-day course designed for experienced Psychotherapists and Hypnotherapists to facilitate the application of skills to work with children. Available in Stokesley 19<sup>th</sup> March. 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](mailto:pam@beeleaf.com)

## Other Courses

### NLP Diploma

This 4 day programme is over 4 days and will give students a greater understanding of NLP than just a 1 day taster workshop. Topics covered include submodalities, neurological levels, linguistic presuppositions and anchoring, all of which are useful for client work.

Available in Stokesley 24/25 April & 22/23 May 2008

Introduction to Aromatherapy – Stokesley, 1<sup>st</sup> & 2<sup>nd</sup> March 2008, £176.25

Introduction to Reflexology – Stokesley, 5<sup>th</sup> & 6<sup>th</sup> April 2008, £176.25

Love Your Body – Middlesbrough, 11<sup>th</sup> May 2008, £111.63

**NEW FROM ROUTLEDGE!**

# **NEUROLINGUISTIC PSYCHOTHERAPY**

## **A Postmodern Perspective**

**LISA WAKE**

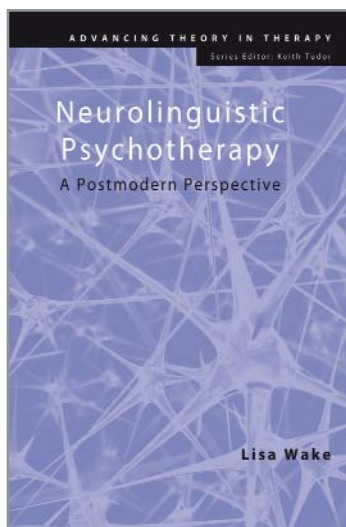
*"Essential reading for all psychotherapeutic practitioners who wish to offer their clients the very best that our age affords in a co-created relationship of acceptance, nurture, intervention and above all, respect for the unique self-balancing system of the client."* - **Pamela Gawler-Wright**,  
Chair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

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