PRACTITIONER CERTIFICATE IN PERSON-CENTRED WORK AT A DIFFICULT EDGE

COMMENCING JANUARY 2015

CONTACT-IMPAIRED - PROUTY’S PRE-THERAPY

WORKING WITH AUTISTIC PROCESS

WORKING WITH PEOPLE WITH DEMENTIA

TENUOUS CONTACT—WORK WITH ADOLESCENTS & TEENAGERS

This series of workshops will be facilitated by many of the international pioneers of this work and is intended to equip participants with the theory and practice to broaden the range of people they might be able to companion therapeutically. Each workshop can be taken individually or they can be undertaken as a set leading to a Metanoia Practitioner Certificate (on completion of a written assignment). For students on Metanoia’s person centred counselling or psychotherapy courses, these workshops can count towards the related training hours or (for MSc psychotherapy) as partial fulfilment of the Mental Health Familiarisation Placement (7 of the 8 days count as a part of the MHFP requirements).

The overall aim of the Contemporary Person Centred Psychotherapy programme is to provide students with a supportive environment in which they can develop those theoretical, conceptual and practical skills and insights which will enable them to become highly competent Person Centred psychotherapists.

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VENUE: Metanoia Institute Campus TBC

TIMES: 9.30am - 5.30pm

COSTS: Early bird fees are shown in red below

Metanoia Members:
Practitioner Certificate = £1120/£960
Individual workshops = £140/£120
Metanoia Person-centred students:
*Practitioner Certificate = £1040/£880
*Individual workshops = £130/£110

Non-members:
Practitioner Certificate = £1,360/£1200
Individual workshops = £170/£150
Cost for assessment of written work = £80

Cost for assessment of written work = £80
* for Person-centred students when attending for Person-centred Related Training Units

(Individual workshop Early bird deadlines can be found in this leaflet
If booking on to the Practitioner Certificate the Early bird deadline is 30th November 2015)

Continuing Professional Development Coordinator:
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PHILOSOPHY OF THE TRAINING PROGRAMME:
In direct, comparative studies in UK naturalistic settings, the ‘big three’ therapeutic approaches, Person Centred, Cognitive Behavioural and Psychodynamic therapy have repeatedly been found to be equally effective, with the same intake of client issues, over the same period of time. (See Stiles, Barkham, Twigg, Mellor-Clark (2006); Stiles, Barkham, Mellor-Clark, Connell (2008)) This result, known as the ‘dodo bird’ result (‘all have won and all must have prizes’ from Alice in Wonderland) is well known and well replicated internationally. However, until recently politics about the ranking of evidence meant that money to fund availability of each of these approaches was not forthcoming. This situation is happily beginning to change in the UK with the recent licensing of person centered counselling (CID) and brief dynamic therapy within IAPT (Improving Access to Psychological Therapies) services. (See IAPT website for details) These approaches are now being recognised as having equivalence as CBT for depression. Metanoia Institute’s person centred department has been collaborating with BACP to produce the training materials and provided the first wave of training to counsellors for depression (CID) in order for them to become licensed to work within IAPT. Metanoia is to become the BACP ‘approved provider’ of this training in the Southern region of the UK and so it will soon be possible to obtain this training through Metanoia.

The very solid evidence base for the benefits of the person centred approach are increasingly becoming recognised in the UK across a variety of situations (Cooper, Watson and Hölldampf (2010) PCCS: Ross-on-Wye). However the approach also has a long tradition of work and considerable research support for its benefit, in situations where other approaches often exclude the possibility of therapeutic benefit. For this work, at the ‘difficult edge’ of therapeutic practice, the person centred approach is often the only reliable guide. For those for example who are severely withdrawn or whose ability to be in contact may be impaired due to learning disabilities or autism, psychoses, catatonic depression, trauma, dementia, terminal illness or brain damage.

These theoretical, practice and research developments of the PCA, support counsellors, psychotherapists and other helping professionals to broaden who they are equipped to companion therapeutically. They provide a method and the rationale for working with pre-relational and pre-expressive functioning and open access to people usually labelled, ‘not accessible to psychotherapy’ such as long-term hospitalised chronic psychiatric patients. These approaches also provide a more humane alternative for supporting and responding to people who present with such issues –not a vague ideology but a concrete, practical and pragmatic body of work.

PROGRAMME DESIGN AND CONTENT:

**Reaching Contact-impaired People - An Introduction to Prouty’s Pre-Therapy**

Led By: Dion van Werde

(Early bird Deadline Monday 30th November 2015) Monday 11th & Tuesday 12th January 2016

Prouty’s Pre-Therapy is meant to be used with people who function on a low contact level, be it concerning their contact with reality, with their own affective functioning and/or with other people.

Prouty’s work – which he himself called “a theoretical evolution in Person-Centred / Experiential Psychotherapy” - will be situated in the field of person-centred theory and praxis of Rogers and Gendlin. Time will be spent to lay out the basis for understanding and to practice this way of offering contact. Although the technique of establishing contact by giving contact reflections seems easy (the situational; facial; word-for-word; body and reiterative reflections), it is a real art of existential empathy.

Live demonstrations will be given, as well as examples on video tape, and case material. People are invited to role play to experientially learn about this method.

As much as possible, attention will be given to the particular fields of application and the translations to be made given the caregiver’s role (nurse; psychotherapist; psychiatrist; physiotherapist; occupational therapist…), setting (residential; ambulatory…) and client population (acute or chronic psychosis; moments of dissociation; people with special needs with added mental problems; withdrawal due to depression; dementia; dying…).

We will highlight the difference between “Pre-Therapy” and “contact work” – a term now used to describe the multitude of applications possible

**Working with Autistic Process**

Led By: Anja Rutten

(Early bird Deadline Friday 8th January 2016) Monday 8th February 2016- TBC

Asperger syndrome (AS) is a form of autism at the intellectually able end of the autism spectrum. All people on the autism spectrum experience difficulties in socialising, interaction and problems with imagination, which impacts severely on their day to day life. In addition, having sensory difficulties and a narrow range of interests is a common experience. Many people with AS experience high levels of anxiety and depression.

Although awareness of the autism spectrum is increasing, it still remains relatively unknown to many if not most therapists. Clients with AS are increasingly accessing counselling but often find their experiences unhelpful -- in part due to being misunderstood by their therapist.

This workshop will give participants an understanding of what autism and Asperger Syndrome are, and will then move on to how we as person-centred practitioners can work therapeutically with clients who are on the spectrum. Throughout the day there will be a mix of information input, practice examples and discussion. Opportunities can be created for discussion of participants’ experiences in practice if this seems useful (although it is not necessary to have experience in working with this group of clients).

**Working with People with Dementia: Making Sense of Self**

Led By: Danuta Lipinska

(Early bird Deadline Monday 25th January 2016) Monday 7th March 2016

Currently many people with dementia are not given the opportunity to receive professional counselling. This workshop will explore the value of counselling for men and women living with this condition and how it enables them to make sense of their lives and their notions of themselves. The pervasive myth that all experiences of living with dementia are entirely negative will be explored, along with the contribution that person-centred counselling can have for positive outcomes for those with dementia and the people who care for them.

Danuta has worked in this field for over 20 years both in the UK and the US based on these years of working with this client group, the workshop will examine the similarities and differences, particular developmental issues, challenges and what the counsellor needs. It will be a combination of lecture, discussion, and practice development.
Client-Centred Therapy in Psychiatric Landscapes  
Led By: Lisbeth Sommerbeck  
(Early bird Deadline Monday 4th April 2016) Monday 16th & Tuesday 17th May 2016

This workshop will include both presentation and experiential learning with plenty of time for interactivity and discussion originating in the participants' own experiences. It will centre around four themes:

1. Remaining non-directive in a directive psychiatric context
   This will include discussion of some general guidelines, that Lisbeth has developed during more than 30 years of practicing classical, non-directive, client-centred therapy in a psychiatric context. The focus will be on ways to manage the context's expectations that the therapist is an expert on the client. It will also include discussion of the basic dependence of the therapist on the context, typically the consultant psychiatrist, and include discussion of the often very disturbing and painful issue of suicidal clients that the therapist so frequently meet in psychiatric contexts.

2. Combining classical client-centred therapy and pre-therapy in work with "grey zone" clients
   "Grey zone" clients are clients who apparently slip in and out of contact and this requires therapist ability to shift fluently between the explicit empathy of client-centred therapy and the contact reflections of pre-therapy. "Grey zone" clients can span the whole diagnostic range from crisis clients, over those diagnosed with a borderline condition, to clients distressed by psychotic phenomena and there is hardly a client in a psychiatric context who is not a "grey zone" client at one time or the other. The practice of work with these clients will be demonstrated.

3. Refutation of myths about the ineffectiveness and/or harmfulness of client-centred therapy in psychiatric contexts
   This will focus on discussing the reasons for the disappointing results of the Wisconsin Project and on presenting arguments against the widespread beliefs that: 
   - empathy colludes with and reinforces psychotic ideation; that non-directive is synonymous with unstructured; that client-centred therapy is an in-depth exploratory approach; that client-centred therapy is merely a supportive approach; that client-centred therapy cannot work in psychiatry because Rogers' theory of psychopathology is insufficient to explain the conditions seen in psychiatry; that client-centred therapy is only for the relatively mentally healthy. Examples of dialogue will illustrate the arguments.

4. Therapist limits
   Clients in psychiatry are often at the difficult edge for the therapist and the therapist's limits are therefore often challenged. We will discuss various kinds of therapist limits and how to potentially deal with them

‘Tenuous Contact’ : Person-centred Work with Adolescents & Teenagers  
Led By: Peter Pearce & Ros Sewell  

‘Tenuous contact’ is the term that we have used to describe the sometimes fleeting and ‘fragile’ style of contact that seems to be part of the counselling relationship with young people. ‘Tenuous’ because it is sometimes difficult to obtain and feels hard to maintain. The world of a young person and an adult counsellor are often so far apart that real engagement and connection may seem impossible. Connection with a young person has to be striving for and the level of the contact may vary from session to session and may fluctuate during the session itself. Striving for contact with a young person feels like more than offering UPR and trying to stay in their frame of reference. It feels like sensing the threads, thoughts and feelings of their unspoken world and holding that sense so gently until they begin to express the meaning of their experience.

This workshop will explore both the theoretical and practice implications of work with young people and provide space for participants to reflect on the implications for their own practice.

Concluding Session  
Led By: Peter Pearce  
Monday 4th July 2016

An opportunity to bring all the learning together and reflect on its potential impact on our practice.

**TRAINER PROFILES:**

**Dion van Werde:** is a Belgian psychologist and supervisor of the Flemish Association for Person-Centred/Experiential Psychotherapy & Counselling. Founding member, trainer and coordinator of the Pre-Therapy International Network (dion.vanwerde@aint-camillus.be)

**Anja Rutten:** has a BSc (Hons) in Psychology, an MA in Person-Centred Counselling and Psychotherapy and has additional training in process-experiential/emotion-focused therapy and in pre-therapy. She is an experienced counsellor and trainer. Anja's counselling experience and interests includes working with people with Asperger syndrome.

**Danuta Lipinska:** is an independent trainer and consultant specialising in person centred work with people with dementia. She has an MA in Counselling is BACP Accredited and UKRC Registered. She has worked with older adults in various settings and with a range of issues and conditions, especially dementing illnesses.

**Lisbeth Sommerbeck:** is accredited as a specialist in psychotherapy and supervision with the Danish Psychological Association. She initiated the founding of the Danish Carl Rogers Forum. Since 1974 Lisbeth has been employed in psychiatry, mainly occupied with psychotherapy, supervision, consultation and teaching.

**Peter Pearce:** has provided person centred counselling and psychotherapy within NHS community mental health and learning disability teams and with young people in schools and pupil referral units since 1989. Peter is co-author of Personality Development (2003) for Open University; McGraw-Hill now translated into both Spanish and Chinese and has published various articles.

**Ros Sewell:** originally trained and worked in theatre in education, going on to have a career as a nurse and midwife for some 20 years. She has provided counselling and psychotherapy within the NHS, with young people in schools and pupil referral units since 1989.

For full biographies of each facilitator please visit www.metanoia.ac.uk/workshops.
**HOW TO APPLY:**

To book a place on this course please complete the CPD application form which can be found in the stand in the foyer, or on the Metanoia website (www.metanoia.ac.uk/workshops). If you have any enquiries contact Thilisa Hamilton (thilisa.hamilton@metanoia.ac.uk) or call on 020 8832 3074.

**ACCESSIBILITY STATEMENT:**

Metanoia Institute’s North Common Road campus is fully accessible. However, we are unable to guarantee that all workshops will take place at the North Common Road campus. You will need to specify on the CPD Application form whether you have a disability.

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**METANOIA INSTITUTE CAMPUS LOCATIONS:**

![Map of Metanoia Institute campuses](image)

**By Tube:** Central & District Lines & British Rail to Ealing Broadway.

- Piccadilly & District Lines to Ealing Common.

Both Metanoia Institute campuses are located between these two stations (Gunnersbury Avenue is nearer to Ealing Common Station)

**By Bus:** 112, 83, 207, 427, 607, E11 all stop at Ealing Common.

- 65, E1, E2, E3 & E9 and other local services all stop at Ealing Broadway.

**By Car:** Parking meters are in operation on North Common Road (Maximum stay 5 hours charged at £6.00) Gunnersbury Avenue is on a Red Route with NO STOPPING at anytime so you will need to find parking on the surrounding roads or at the Ealing Broadway Shopping Centre.

**Metanoia Institute Campuses:**

- 13 North Common Road, Ealing, London, W5 2QB
- 13 Gunnersbury Avenue, Ealing, London, W5 3XD

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