



Training Prospectus

2011 / 2012

Delivering fully accredited,
professional training in counselling
and psychotherapy



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BCPC'S CORE VALUES

We recognise and encourage the unfolding of human potential in therapy, education and beyond.

We encourage the potential of the individual in becoming more real, in touch with his / her core or true self, and internally connected.

We respect the other's reality and ability to choose how to be and to act.

For us, acceptance is prior to judgment and discrimination.

We see experience as coming before skills, theoretical understanding and wisdom.

In our relating, neither theory nor technique should impede an existential meeting.

Truth is uncovered, perhaps created, by the relationship in therapy, not by the practitioner's theories.

To honour these values requires the risk and struggle of wholehearted engagement.

In our work we value a holistic approach that involves and links mind, body and spirit.

We recognise the importance of spiritual and cultural sources and traditions as well as the teachings of counselling and psychotherapy.

We wish to work with whoever seeks our help and will not exclude people on the basis of their race, colour, nationality, religion, marital status, sexual orientation, gender, class, age, HIV status, disability or having dependants.

BCPC does not discriminate on grounds of age, but we require a certain amount of maturity and life experience for the psychotherapy diploma training which we feel is unlikely to occur before the age of 25 however this is assessed on an individual case by case basis.



INTRODUCTION

Some background information about us

BCPC is a not-for-profit charity, founded in 1984, that delivers professional training in counselling and psychotherapy. Our trainings are fully accredited by the leading professional associations - BACP for counselling and UKCP for psychotherapy - with whom we have an ongoing relationship.

Our Humanistic and Integrative approach is unique in offering teaching that maintains a balance between the primacy of experience and process-oriented learning, together with a rigorous theoretical grounding. Our curriculum includes historical roots and contemporary approaches.

The practical nature of our training means that upon completing one of our Diplomas students are fully equipped, in terms of qualifications and ability, to enter into private practice. In addition, they are encouraged to remain members of BCPC beyond qualification so as to participate in our wider community, with its programme of events and courses, its members' association (BCPCA), quarterly newsletter, annual conference, common interests of peers, and also to benefit from the BCPC Psychotherapy and Counselling Service, which helps practising members find clients (and vice versa).

PROGRAMMES WE OFFER

Listening Skills

A 30 hour introductory course.

Foundation Certificate

A one year, part time course designed to support professionals involved in people-related work by providing counselling skills and opportunities for personal development. The Certificate is our preferred route into the professional trainings in Counselling and Psychotherapy.

Diploma in Humanistic and Integrative Counselling

A two year (taught), part time course, unique among BACP accredited programmes, in that it prepares candidates for both private practice and agency work.

The BCPC Diploma is linked with Bath Spa University whereby credits are awarded towards study for an MA.

MA/Diploma in Humanistic and Integrative Psychotherapy

This is a part time professional training course and successful candidates are automatically registered with the United Kingdom Council of Psychotherapists (UKCP). Students are assessed and awarded the degree by Middlesex University.

Post Qualifying MA

This programme allows qualified psychotherapy practitioners to attain an MA from Middlesex University, and we are able to offer this to both BCPC graduates and qualified practitioners from elsewhere.

Short courses and continuing professional development

There is a lively programme of short courses throughout the year, including invitation speakers of international repute and many special interest workshops.



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THE BCPC COMMUNITY

It's about more than the classroom

Training at BCPC is an experience which goes beyond the classroom and gaining a professional qualification. There is a strong sense of family and community about us: many of our alumni maintain ongoing links by becoming graduate members of both BCPC and also our members' association, BCPCA (all students are automatically members of both these bodies). We are owned and run by our members, for our members, with graduates and students making up the majority of positions on our various management committees, overseeing everything from agreeing strategic direction to organising the annual conference.

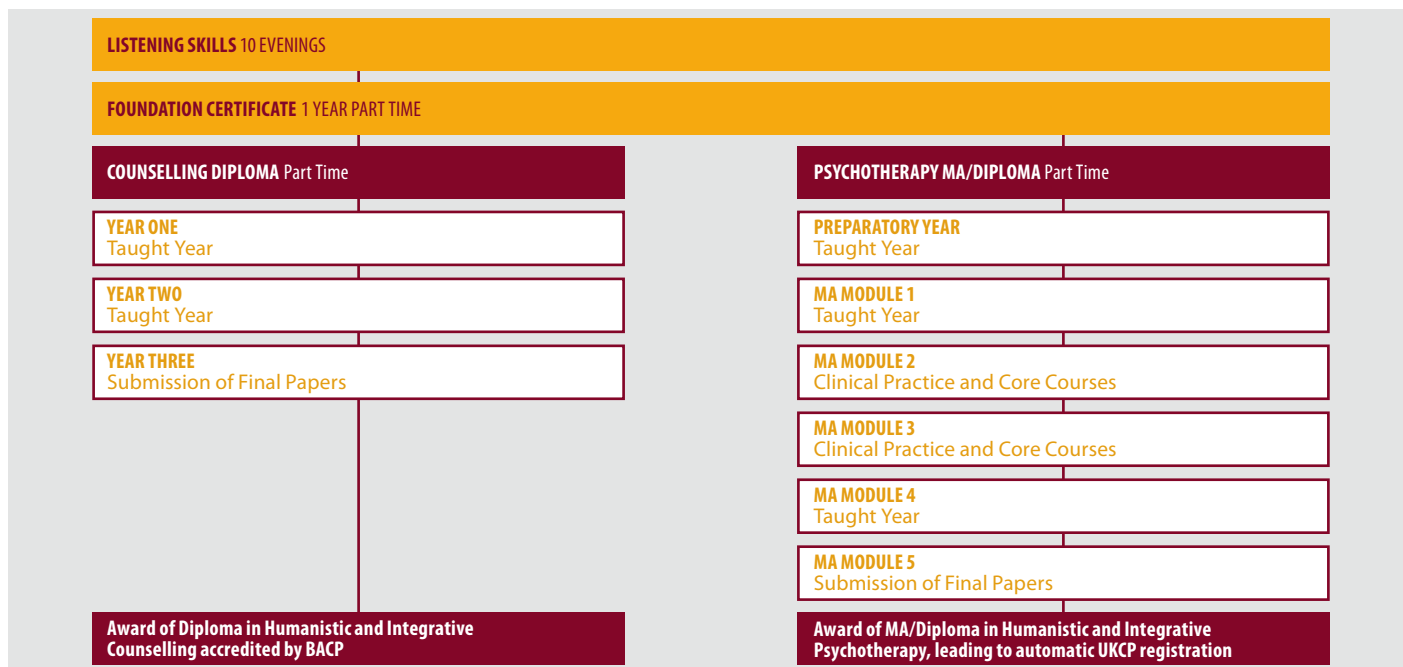
The members' association (BCPCA) exists alongside the main training organisation and provides a forum where students and graduates can participate in a supportive, collaborative peer group. One function of this group is to arrange professional representation at a national level with our accrediting bodies, thus providing a voice and input to the shape and direction of the profession. Other activities students can get involved in, should they wish, include submitting articles to the quarterly newsletter, the establishment of local regional sub-groups, contributing to online discussion forums, advertising their own workshops to the membership, voting at the annual general meeting and joining the BCPCA management committee.

PSYCHOTHERAPY AND COUNSELLING SERVICE

Helping you find clients before and after graduation

The Psychotherapy and Counselling Service (originally called The Referral Service) was set up in 1990 to help members of the public across the South West and Wales to find a counsellor or psychotherapist, and to support BCPC students and graduates in building up their practice and maintaining a flow of new work. The service offers real benefit to clients by providing a trained referral manager, able to locate a practitioner with the appropriate skills, fee level, location and availability required to meet their needs. The service is free for the public, linking them with BCPC students in the advanced stages of their training and our qualified graduate members.

The Psychotherapy and Counselling Service enjoys an excellent reputation - many enquiries originate from GP's recommendations, from staff in health care settings, and word of mouth.



THE PATH THROUGH TRAINING

The illustration above shows how the BCPC training progresses. However, direct entry onto the various courses is possible, subject to experience / qualifications - please see relevant course section.

APPROACH TO TRAINING

In-depth – contemporary – first-class

We are committed to providing trainings that meet the high standards of our accrediting bodies, whilst supporting individuals on our courses through a journey of personal growth. Our programmes include experiential learning processes in seminars, skills practice and group work, alongside tutoring in the researching and writing of assignments. We require all students to be in weekly counselling or psychotherapy (depending on the training route being pursued) throughout their training.

Our Integrative training is underpinned by a Humanistic philosophy, which recognises the worth and potential of every individual regardless of their age, race, class or gender. Working from this perspective the counsellor or therapist attends to mind, body and spirit, as dimensions to each person’s experience. The aim of the work is to facilitate self awareness and self acceptance and to help an individual to increase their range of responses to the challenges which life presents to them. One of our core values is that truth is uncovered by the relationship in counselling or psychotherapy, rather than simply being defined by the practitioner’s theories. An authentic meeting between practitioner and client is the foundation for this process.

‘Integrative’ indicates that at BCPC we encourage a synthesis of a range of perspectives that are congruent with our Humanistic stance. We include psychodynamic and psychoanalytic theorists in the curriculum in order to give attention to the ways in which early childhood experiences shape each person. These approaches help towards an understanding of how human beings become who they are, and how trauma and deprivation can affect them. We integrate dialogical-Gestalt perspectives and the importance of working at relational depth with clients, encouraging them to notice and be fully present in the moment. Intersubjective perspectives also emphasise how the relationship between practitioner and client can provide a context to explore early experiences and discover new ways of being.

Courses are all part time, mostly one day per week.



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LISTENING SKILLS FOR LIVING AND WORKING IN A DIVERSE SOCIETY

An introductory 30 hour course

This course provides an introduction to BCPC's experiential teaching style and core values, for people considering applying to our Foundation Certificate. It is designed to help people increase their skills in listening and responding well, and to embrace cultural difference. It should especially help those considering a career change to 'test the waters' and experience the field first hand.

The course runs in Bath each year, starting in the Spring. It is usually a 3 hour weekday evening course, running for 10 weeks. Each session will include a seminar, skills practice and an open group.

The Listening Skills course explores cross-cultural differences and needs - those who work or would like to work in a multi-cultural setting may find it of particular interest. BCPC is keen to encourage individuals from minority ethnic groups to attend this course as there are very few trained counsellors to meet the needs of these communities. A Scholarship Fund is available to help with the course fees for any individuals from minority ethnic groups who might have difficulty in meeting training costs.

For full information on times and prices and an application form, please contact the BCPC office or visit the website.

FOUNDATION CERTIFICATE

Skills development and the start of your professional training

This course is a training in its own right, designed to enhance the work of professionals in people related work, and for individuals who are interested in personal development and in learning counselling skills. It also serves as a springboard for those who intend pursuing further professional training in this field, either in Counselling or Psychotherapy. This is a flexible feature unique among BACP and UKCP accredited courses, allowing students to explore both areas and choose the direction most suited to them. No previous experience is necessary to embark on the Foundation Certificate year, though it is advantageous to attend our 10 week introductory course prior to starting the course.

The focus of the year is on developing the counselling and psychotherapy skills of personal presence and awareness of process. Attention is also paid to interpersonal and group skills. All our training at BCPC builds on these areas as they ultimately allow for the cultivation of an authentic relationship with the client. As a means of achieving this goal, we require students to be in individual counselling or psychotherapy once a week with a practitioner on the BCPC Approved Lists, the cost of which is not included in the fees. Tutors provide assistance in finding approved practitioners once the course has started.

Our students frequently describe the year as a life-changing experience, which many see as the most valuable outcome.

The completion of the Foundation Certificate year satisfies our criteria for the first stage of both the BACP accredited and the UKCP approved training courses in Counselling and Psychotherapy (entry onto these further courses is subject to separate interviews).

Attendance is expected on all course days. We realise that absence is sometimes unavoidable, so students must ensure that any gaps in their learning are addressed to the satisfaction of the course tutor. Insufficient attendance may prejudice continuation to a further stage.



Course Structure

The Foundation Certificate is a one year, part-time course, that meets once a week. The focus is on experiential learning that is underpinned by a theoretical grounding in Humanistic approaches and Carl Rogers' core conditions of empathy, unconditional positive regard and congruence. There are also core readings and handouts which help lay sound theoretical foundations.

Individuals are encouraged to draw on their moment-to-moment experience in order to achieve the aim of developing their personal awareness and interpersonal skills. Students have the opportunity to practice their counselling skills in small peer groups, and have termly tutorials with a tutor of their choice to review their progress and assess individual learning needs. We suggest allowing at least three hours a week for private study. Students are required to keep a journal throughout the course and to write one essay.

Venues

Foundation Certificate courses are run in Bath. Check the separate 'Course Information' sheet or our website for latest, up to date information.

Curriculum

- Awareness of self and other, and the ways we organise ourselves; our assumptions and values and the way we see others; meeting in our differences
- Carl Rogers' core conditions for enhancing personal growth in another: empathy, unconditional positive regard and congruence, and the challenge of meeting these conditions
- Supporting another in personal exploration: establishing a safe environment and a holding space, tuning into and hearing the other
- Drawing on the body and felt senses, imaginative reflection, intuition, work with archetypes, images and dreams
- Empathy in the 'here and now' and awareness of process
- The early environment and how it shapes relationship styles
- Ethics, Professional Practice
- Counselling and psychotherapy, links to further training and personal choices
- Individual presentations, tutor and peer review
- Endings - past and present

Application & Fees

Please see the 'Course Information' sheet.



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ENTRY REQUIREMENTS

Here you will find the entry requirements for both the Diploma in Humanistic and Integrative Counselling and the MA/Diploma in Humanistic and Integrative Psychotherapy

Applicants need to have completed the BCPC Foundation Certificate or an equivalent other course externally. Individuals with no prior training (or very little) should apply directly to Foundation.

Equivalence to BCPC Foundation

In order to assess equivalence to BCPC Foundation please note that the following needs to be matched and clearly indicated on the application form:

- **Between 100 and 120 Training Course hours involving an in-depth exploration of the work of Carl Rogers and in particular his 'core conditions' for establishing relationship**
- **Skills practice in Threes**
- **Participation in open-group work**
- **Having been in personal counselling or therapy for at least six months**

Attendance at an Orientation Day

Following a successful interview process, applicants will be offered a place on the Diploma in Counselling or the MA/Diploma in Psychotherapy. They will then be required to attend an Orientation Day to assist integration into BCPC training. See the Course Information Sheet for details of dates and cost.

Accreditation of Prior Learning Procedures (APL)

External applicants are required to write the following essay. Please submit one copy with your application (hard copy, or electronic to mail@bcpc.org.uk).

Discuss Carl Rogers' qualities of empathy, unconditional positive regard and congruence, showing your understanding of them and exploring the ease and/or difficulty you have in adopting each of them. Make reference to Rogers 1961 'On Becoming a Person' and Mearns and Thorne 2007 'Person Centred Counselling in Action'.

Word Count 2,000 – 2,500. Indicate this at the end of your work. The purpose of the essay is to show a lively and clear understanding of Rogers' core conditions and an ability to relate theory and personal experience rather than just showing detailed knowledge of theory. Please aim for a good standard of presentation with all quotations appropriately referenced.

Entry to MA/Diploma in Psychotherapy – Additional Information

External applicants who already have a Counselling Diploma, either from BCPC or an equivalent alternative Diploma, may join the MA/Diploma at Module 1 (thus not needing to complete the Preparatory Year)

The entry level for the MA/Diploma is postgraduate. Applicants without an undergraduate degree will be eligible with sufficient prior learning and/or life experience (APL and APEL procedures will apply).



DIPLOMA IN HUMANISTIC & INTEGRATIVE COUNSELLING

Introduction

This BACP accredited course uniquely prepares individuals to work both in private practice and an agency setting. The training focuses on the counselling relationship and the self-development of the counsellor in preparation for the intensity and complexity of working at relational depth, whether in time-limited or longer term work.

Students are taught using experiential learning methods, combined with core readings and handouts which provide explanation of theoretical concepts. The aim is to bring the concepts to life and enhance self-awareness through self-reflection. Students engage with agency placements, regular supervision and individual weekly counselling or psychotherapy. In the second year of the diploma, students begin in private practice with the support of tutors and supervisors.

Our theoretical approach integrates concepts and ways of working from humanistic and psychodynamic traditions. We draw on the work of Klein, Winnicott, Bowlby, Jung, Erikson, Stern, Lowen and Rogers, as well as more recent theorists from Humanistic, Psychodynamic, Attachment and Body Process theory.

APL Link with Bath Spa University.

BCPC Graduates may approach Bath Spa University to study for an MA in Counselling Practice. The BCPC Diploma carries 90 credits towards this.

Course Structure

The course is taught one day a week over two academic years, with up to a further year of supervised practice while preparing the diploma submission papers.

We require students to be in individual counselling or psychotherapy at least weekly, with a practitioner on the BCPC Approved Lists, throughout all of the course and up to completion, the cost of which is not included in the tuition fees. Students are also required to keep a journal and complete several pieces of academic writing.

Skills training places emphasis on the development of an authentic relationship between counsellor and client. This is developed through group and individual feedback processes. Trainees will learn skills of self reflection and an awareness of personal, interpersonal and group process.

Individuals admitted onto this programme embark on a thorough and in depth training that involves:

- *BCPC approved agency placements*
- *Regular supervision*
- *Experientially taught seminars*
- *Practical application groups*
- *Skills practice*
- *Supervision groups*
- *Critiquing taped sessions*
- *Writing self-assessments*
- *Writing academic essays*



Course Outline

Year 1

Length of stage: one academic year

(34 day-long meetings)

In the first year, students work with clients in agency placements where they receive regular supervision. Students are ordinarily expected to complete approximately 50 hours of supervised counselling within the placement. In addition to this, individuals meet for experientially taught theoretical seminars, business meetings and check-ins, skills practice, practical application groups, 'open' groups, and tutorials. Opportunities are given each week for students to process the emotional impact of the training.

Each student receives three tutorials (two of 25 minutes and one of 50 minutes), which take place outside of designated course time.

Students are expected to support their learning by reading all set books for the stage as well as a selection from a broader reading list. We recommend allowing 4 hours per week for such study.

Year 2

Length of stage: one academic year

(34 day-long meetings)

The training in the second year continues to integrate theory, practice and self-reflection. There is particular emphasis on finding ways of working at relational depth in short-term contracts, enabling students to find appropriate work in organisational settings. Students continue to gain counselling experience in the agency placement and in the second or third term of this year must attend fortnightly supervision (not included in course fees). Once sufficiently prepared via this process they may begin to take on private clients with the support of their tutors and supervisors.

The course meets for seminars, supervision groups, business meetings, and 'open' groups where the emotional impact of the training is given space for exploration and expression.

Each student receives three 50 minute tutorials during the year, which take place outside of designated course time. Reading for this stage is a combination of the set books for Year 2 and a student's own developing interests in line with their dissertation. We recommend allowing 6 hours per week for study.

Year 3

Length of stage: up to one year

(no formal tuition days or tuition fees)

During this stage students have up to one year to submit their papers for the diploma. Tutors continue to support the students while they continue in personal therapy, supervision and tutorials. Submission papers for the diploma consist of a dissertation, case study and self-assessment, evidence of 150 supervised counselling hours and 50 hours of work-based learning, verification of personal therapy plus tutor, peer and supervisor's reports.

Application & Fees

Please see the 'Course Information' sheet.



MA/DIPLOMA IN HUMANISTIC & INTEGRATIVE PSYCHOTHERAPY

Introduction

The BCPC professional training prepares individuals to work as psychotherapists in private practice. Upon qualification, graduates gain automatic entry to the United Kingdom Council for Psychotherapy (UKCP) register. BCPC collaborates with Middlesex University to offer a Masters degree in Integrative Psychotherapy, and students on our Professional training will automatically be enrolled.

Our Training Approach

BCPC's training approach is based on an informed appreciation of the historical roots of theories within the field, across a spectrum from Humanistic to Psychoanalytic. Experiential learning aims to bring the theoretical concepts alive. This enhances and develops self-awareness and reflectiveness helping BCPC graduates formulate their own synthesis: an individual integration which creates a unique, coherent and considered approach to integrative psychotherapy.

We are also interested in developing contemporary approaches in our training. In 'contemporary psychoanalysis' we find Intersubjective Systems Theory (IST) allows us to expand our person centred/humanistic ethos which accepts the primacy of the client's experience, into a fully relational stance. We embrace IST as an elegant and robust theory which firmly places the relationship at the centre of the therapeutic endeavour, as an organic, lived experience. In contemporary humanistic approaches, we find 'Dialogical Gestalt' highly compatible with IST and have integrated these two theories for the last fifteen years. The 'relational sensibility' that is core in BCPC's identity thus finds a unique integration and theoretical underpinning.

Course Structure

The MA/Diploma takes 5 years to complete the taught training, followed by up to 2 years - if required - to submit qualifying papers. The psychotherapy training consists of an MA Preparatory year followed by 5 MA modules.

We require students to be in individual therapy at least weekly with a psychotherapist on our Approved Practitioner Lists throughout the duration of the course, the cost of which is not included in tuition fees. Students are also required to keep a journal. This helps develop self-reflection and awareness of process, which is necessary for the cultivation of an authentic psychotherapeutic relationship with the client.

Individuals admitted onto this programme will embark on a thorough and in-depth training that involves:

- *Group building workshops*
- *Theoretical and practical seminars*
- *Work discussion groups*
- *Business meetings*
- *Peer and individual supervision*
- *Tutorials*
- *Video taped skills sessions for reflection and discussion*
- *Instruction on how to run a peer group*
- *Agency placements*
- *Guidance for setting up in a private practice*
- *Specialised core study courses*
- *Facilitated learning community*
- *Tutoring and feedback in preparation for writing the final submission*



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Course Outline

In the first two years of training the course meets weekly, with 32 day-long meetings within each academic year. Full attendance is recommended. Students are also expected to support their learning by reading all set books for the stage as well as a selection from a broader reading list. We recommend allowing four hours per week for study.

Psychotherapy MA Preparatory Year

The Experiencing Self: A Lifelong Development

In this first year of the professional training students will be introduced to key psychoanalytic ideas and their development since Freud. They will explore the relational and developmental contexts which shape self experience starting from birth. Central to the beginning of the training is to understand the notion of each person's 'psychobiography' and to begin to explore its implications in theory making and in their development as a psychotherapist.

Students work with clients in agency placements where they receive regular supervision. In addition to the placement, students meet for theoretical and practical seminars, workshops, discussion groups, and tutorials

Each student receives three tutorials during the year (two of 25 minutes and one of 50 minutes), which take place outside the designated course time.

MA Module 1

The Primacy of the Client-Therapist Relationship

Students will register for the MA programme at the beginning of this academic year. They begin to set up in private practice with the support of tutors and supervisors. The agency placement from the previous year is usually dropped during this year to allow room for the private practice to develop. In addition to this, the course meets for a business meeting, theoretical seminars, facilitated peer supervision groups, and a final one-day workshop.

Each student receives four tutorials of 50 minutes which take place outside the designated course time, and are also required to arrange, and meet the cost of, fortnightly supervision sessions outside of course times, initially with core teaching staff and subsequently with one of the supervisors from our Approved Practitioners Lists.

MA Module 2

Development of an Authentic Therapeutic Approach

The course meets three Saturdays per year for group days. In addition to this, students are required to undertake 'Relational Process', a 72 hour Core Study Course.

Students in this stage continue to develop their private practice and continue in individual and peer supervision. A training contract is established in consultation with the tutor. Overall this year furthers the process of internalizing the learning from previous stages while moving into the role of psychotherapist.

Each student receives two tutorials of 50 minutes in the year.



MA Module 3

Integration within the Wider Context

Again the course meets three Saturdays per year for group days. In addition to this, students will undertake a mental health placement, plus one other core course of 36 hours. The individual training contract is renewed and private practice continues to develop with individual and peer supervision.

Each student receives two tutorials of 50 minutes in the year.

MA Module 4

Articulation of Theory, Practice and Personal Experience

The module consists of 18 day-long meetings. It allows for the students, now confident and competent in their practice of psychotherapy, to articulate their own style and theoretical perspective as they continue to prepare for independent practice and the final submission of written work. The student group forms a learning community to develop their thinking and plan their writing. Students are introduced to experiential research methods to identify and define individual research interests/concerns, and are encouraged to find creative means of exploring the dissertation subject area.

Each student receives three tutorials of 50 minutes which take place outside the designated course time.

MA Module 5

Integration in Therapeutic Practice

By this stage students should have accrued the 450 hours of practice required to submit their final papers and write a clinical case study. Although generally final submission will happen by the end of this year, we allow a further year for students to submit their final qualifying papers for the MA/ Professional Award, since clinical practice develops at its own pace.

There are no course fees during this module. Tutorials are arranged on the basis of individual need and paid for separately. It is recommended that students have a minimum of three tutorials per year.

Core Study Courses

Core Study Courses form part of the MA programme in Modules 2 and 3, and students are offered optional units in Module 3. These courses are also open to practitioners from outside BCPC and are of interest to graduates for CPD purposes, refreshment or further study (subject to availability).

Sample courses include 'The Ecological Self', 'Relational Process', 'Reflection and Presence: a contemplative approach to psychotherapy', 'Intersubjective Dialogue in Working with Difference' and 'Working with Body Process'.

Application & Fees

Please see the 'Course Information' sheet.

STAFF & CONSULTANTS

Training Managers

Jane Purkiss - Head of Training

BA (Hons), PGCE, Dip HIP, MA HIP, UKCP Reg.

Jane is a psychotherapist, supervisor and trainer. She has a private practice in Bristol where she combines humanistic intersubjective, analytic and transpersonal approaches in her work. She has a particular interest in the themes of loss and separation. Her background is in education, and she is a fluent French speaker.

Tree Staunton - Course Director, Psychotherapy - MA Programme Leader, Link Tutor Middlesex University.

BA, MA HIP, UKCP Reg.

Tree is a UKCP registered Body Psychotherapist, trainer and supervisor, and is current Chair of UKCP's Humanistic and Integrative College. She holds a BA degree in Conflict Resolution and Group Studies, and previously worked in the Health Service as an Occupational Therapist. Her private practice is in Stroud, Gloucestershire.

Jim Frost- Joint Course Director, Counselling: Lead Tutor for Year One

BA (Hons), Dip HIC, Dip Stress Mgmt, MBACP (Accred).

Jim is a counsellor, supervisor and trainer, working both in private practice and in organisational settings. He's previously worked in a variety of jobs including as a bus driver, cowman and tax man. He's undertaken further training in Gestalt, CBT, supervision and working with couples. He is an enthusiastic believer in the power of time limited counselling as well as the distinct values of longer term work.

Peter Lewis - Joint Course Director, Counselling: Lead Tutor for Year Two

MA, Dip Psychotherapy, Dip Supervision, MBACP (Accred), UKCP Reg.

Peter is an integrative counsellor, psychotherapist, supervisor and trainer. He taught previously on accredited counselling courses in London and Northern Ireland. Peter has several years' experience of work in an NHS Psychological Therapies Service, where he developed his own integration of brief psychodynamic therapy and humanistic counselling practice.

Teaching Staff

Rhonda Brandrick

BA (Hons), PGCE, Dip HIP, UKCP Reg.

Rhonda is a BACP accredited counsellor and experienced supervisor. She has worked in organisational settings, including student and staff counselling, and currently runs a private practice in Bristol, Swansea and at home in Failand. Rhonda is undertaking training with Animas Valley Institute (wilderness & soul guiding) and is committed to exploring the relationship between the transpersonal, psyche and nature.

Derek Catton

BA (Hons), PGCE, Dip HIP, UKCP Reg.

Derek is a psychotherapist, supervisor and trainer. He previously worked as a teacher with emotionally disturbed children and adolescents, and has had an involvement in therapeutic trainings and their delivery and assessment for over ten years. His private practice is in Bath.



Mike Cosford

MA HIP, Dip HIP, Dip HIC, MBACP, UKCP Reg.

Mike is a counsellor and psychotherapist working in private practice in North East Bristol as well as being Head of Counselling for South Glos NHS and supervising counsellors at various prisons in the area. One of his interests is the relational roots of emotional regulation difficulties.

Rae Howling

C of Ed, CQSW, Dip HIP, MA HIP, UKCP Reg.

Rae is a psychotherapist, supervisor and trainer with a private practice in Bristol. Previously she worked as a social worker and family therapist. She is particularly interested in the integration of Intersubjective and Dialogical approaches to Psychotherapy in her work.

Gerrie Hughes

MA (Creative Writing), Dip. GPTI, UKCP Reg.

Gerrie is a Gestalt psychotherapist, supervisor, trainer and organisational facilitator, working in private practice from Penarth, near Cardiff. Her interest is in creative expression, particularly through writing and storytelling.

Ounkar Kaur

MSc, Dip. Counselling and MBACP.

Ounkar was instrumental in setting up and developing the Asian Women's Counselling Service in Bristol. She is a BME Consultant/Advisor and Research Associate with SACHS (University of Bristol). She is interested and committed in making mainstream Mental Health Services more responsive and sensitive to the needs of people from BME communities. She has a small private practice in Bristol and is an accredited Race Equality trainer.

Ailin Kelleher

BSc, H Dip Ed, Dip HIP, MA HIP, UKCP Reg.

Ailin is a psychotherapist, supervisor and trainer. She has a private practice in Bath and integrates Intersubjective and Dialogical approaches in her work. She is particularly interested in trauma and the relational origins of dissociative states. Her background is in education.

Rob Mayne

CQSW, DiP HIP, UKCP Reg and Diploma in Supervision (BCPC).

Rob is a psychotherapist, supervisor and trainer with a private practice in Redland Bristol. His past employment as a social worker included work with children, families and groups. He also worked for many years at a GP practice in Bath. He is interested in working intersubjectively and was recently awarded a post-qualifying MA in Humanistic and Integrative Psychotherapy.

Rebecca Miles*MSc, Dip PCC, BACP Accredited.*

Rebecca is a therapist, supervisor and trainer practicing in Peasedown St. John and Bath. She has a particular interest in an integration of Person-Centred and Jungian approaches. She has recently extended her practice to work with play therapy methods with children.

David Slattery*Dip HIP, MA HIP, UKCP Reg.*

David is a psychotherapist, supervisor, couples therapist and trainer practicing in Nailsworth and Bath. He has undertaken further training in Body Process, Dialogical Therapy, Couples Therapy and Supervision. He also runs the Centre for Relational Couples therapy.

Penny Thomas*CQSW, Dip HIP, UKCP Reg.*

Penny is a psychotherapist, supervisor, couples counsellor and trainer in private practice near Nailsworth. She previously worked in therapeutic communities and as a family therapist in Child and Family Guidance Clinics. Penny is a student at the Ridhwan School.

Paul Venables*MA, Ad Dip, UKCP Reg.*

Paul is a psychotherapist and trainer working privately in Cheltenham and Stroud. He has also worked as a psychotherapist in the NHS and for Gloucestershire Occupational Health. He has created and taught Emotional Resilience Workshops and Stress Reduction programs for Gloucestershire County Council. He has a particular interest in attachment theory.

Rosemary Williams*BSc, Dip HIC, Dip Supervision, MBACP (Accred).*

Rosemary is a counsellor, trainer and supervisor. She has worked for a number of years in her local voluntary and community sector and recently within an employee assistance time-limited counselling service. She has a private PR Moderators and Consultants.

Moderators and Consultants

External Moderator - Counselling:

Janie Dickson*MSc in Counselling (Bristol), CQSW, MBACP, Certificate in Counselling Supervision (CPCAB validated).*

External Consultant - Counselling:

Rebecca Midwinter*MSc, PG Diploma in Counselling; Advanced Award – Mediation in the Workplace; IIHHT Diploma in Aromatherapy.*

External Moderator - Psychotherapy:

Katherine Murphy*BA, MSc (psych), Dip. Applied Soc Sci/CQSW, PGCE, UKCP Reg.*

Middlesex External Examiner - MA:

Rosalind Pearmain*Ph.D., M.A. Dip.Ed. B.A.Hon. Accrdt Guild, UKCP*

International Honorary Fellows

Bob Stolorow

Robert D. Stolorow is one of the original members of the International Council for Psychoanalytic Self Psychology, the group which evolved over 25 years from one begun by Heinz Kohut in 1980 and named by him the "Self Psychology Publications Committee". The 1995 recipient of the Distinguished Scientific Award (given by the Division of Psychoanalysis [Division 39] of the American Psychological Association), Dr. Stolorow has been a sought-after presenter, teacher, and supervisor on the national and international scene since the inception of his career. He is a founding faculty member and a training and supervising analyst at the Institute of Contemporary Psychoanalysis in Los Angeles and a founding faculty member and supervising analyst at the Institute for the Psychoanalytic Study of Subjectivity in New York City.

Donna Orange

Donna M. Orange, Ph.D., Psy.D. holds two doctorates: one in Philosophy from Fordham University and the other in Clinical Psychology from Yeshiva University. A faculty member of the Institute for the Psychoanalytic Study of Subjectivity and a supervisor at the Graduate School of Applied and Professional Psychology at Rutgers University, she maintains a private practice in New Jersey.

Rich Hycner

Rich is the author of *Between Person and Person: Toward a Dialogical Psychotherapy* (1993, Gestalt Journal Press) and the co-author with Lynne Jacobs of *The Healing Relationship in Gestalt Therapy* (1995, Gestalt Journal Press). He and Lynne are currently editing a new book *Relational Approaches in Gestalt Therapy* due to be published in February 2010. Rich has been a psychotherapist for thirty five years and is a licensed Clinical Psychologist in California. He and Lynne are described by Erving and Miriam Polster as belonging to the third generation of Gestalt therapists - bringing richness, clarification and thoughtful perspective to the continuing renewal of Gestalt therapy.

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