

# AUCC Journal

The Association for University & College Counselling Journal is a quarterly professional journal for counsellors and psychotherapists in Further and Higher Education, published by the British Association for Counselling and Psychotherapy. It is free to members of the AUCC and aims to inform the readership of the latest developments in this field across the country. It includes full length articles, pull outs on professional issues and concerns, updates on research as well as regular features such as 'Managers Dilemmas', book reviews, AUCC news, surveys and reports from the Chair - all aimed at supporting best practice.

The Journal welcomes contributions from members and other experts in the field including feedback and debate through letters to the editor. If you would like to contribute, please contact the Editor, Dani Singer, [d.singer@ram.ac.uk](mailto:d.singer@ram.ac.uk)

Views expressed by writers and individual contributors are not necessarily those of AUCC or BACP.

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A sample of articles can be downloaded from the lists below. Complete issues downloads are available to members from the Members' Area of the website.

Non members can subscribe to the Journal for £25.00 per annum. Single copies of the Journal, either additional or back issues, can be purchased from BACP on request at a cost of £8.50 per copy. Similarly, single articles (other than those available as free samples below) can be purchased for £2.75 each. See the lists below and the Index for details of these. Contact BACP on 01455 883300, [enquiries@bacp.co.uk](mailto:enquiries@bacp.co.uk)

## File Repository May 2010 Issue

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Tackling anger across an institution. Amidst concerns about young people's ability to manage conflict, one FE college met the challenge head on, as Jane Darougar explains. - Higher ambitions. Les McMinn warns that, in the face of cuts, we have to acknowledge the need for our services to add value. - The Canterbury Labyrinth. At the University of Kent, labyrinths are used as part of the counselling process. Maggie Smith describes the benefits. - Developing self-care: small steps beyond ticking boxes. Linda Dubrow-Marshall highlights the importance for university and college counsellors to develop a plan for self-care - Plus ça change. The Student Counselling Service at the University of Edinburgh celebrates its 40th anniversary this year. Ronnie Millar looks back on its development. - Big boys should cry. Sue Dominey and Adam Burns report on a poster campaign at Leeds Metropolitan University which aims to encourage traditionally hard-to-reach male students to access counselling support - Student-Run Self Help. Student Nicola Byrom has set up a project to develop peer-to-peer support for students with eating difficulties - Researching lives. Insight into the narratives of students with mental health difficulties is vital to understanding the learning process for all students, as Olivia Sagan and Emily Candela explain. - In memory of Nicola Benson

## March 2010 Issue

- Please upload a file  
A brush with the law . . . John Cowley, in conversation with Emma Harris, looks at the challenges for students with criminal records who want to forge a 'clean' identity, and explores how education counselling services might be able to help - Regulation Regulation: a lot of work still to be done. Statutory regulation will affect us all. Ruth Caleb, Chair of AUCC, lays out the situation as it applies to the HE and FE sectors - What regulation means to me. A personal view by Sarah

Hinds - Balancing act: defending your service in turbulent times. Anne Marie Bradley and Barbara Lawton on how to help practitioners engage positively with change - The roles offered by counselling services in further and higher education. Ruth Caleb on the many ways that counsellors' skills and training can support their institution, above and beyond one-to-one counselling - A state of trance: integrating counselling and hypnotherapy - a new model. With greater pressure to deliver positive outcomes, Mike Bryant proposes a model to accelerate therapeutic progress by integrating two approaches - 3, 2, 1, you're back in the (class)room . . . Susan Lory explains how the counselling service at Southampton Solent University introduced hypnotherapy for quick results with last minute students with academic-related anxiety issues - Are all tongues pink? A personal view by Peter Eldrid - Manager's musings. Optimist? Pessimist? Realist? Dave Berger ponders on the most useful standpoint for a manager to take

## November 2009 Issue

- Nov 09 cover Counselling Services in an institutional context Hugh Clarke looks at how the impact of counselling services on the wider institution can be maximised when they become part of an integrated student services provision - 'Horizons are closer than you think . . . ' Feedback from the 'New Horizons' conference and the potential future challenges the profession faces as mental health and wellbeing move up the political agenda, Les McMinn - Senior Welfare Teams. Increasing demand for services means new responses are necessary for the diverse needs of students say Vivienne Purcell and Charles Kenderdine - Living Life To The Full. Moira Tattersall describes her experience of successful groupwork for students with depression when teaming up with a community based programme - Slugs and snails and puppy dogs' tails. A new men-friendly drop-in facility helps male students and staff engage with counselling - Brian McMinn and Andrew Reeves report. - BACP Service Accreditation David Mair on what is involved in accrediting a counselling service and why it is worthwhile. - Action on bullying. Approximately 10% of staff in HE and FE experience bullying in the workplace. Angela Hodgson explores what action can be taken. - Mailbase Dilemma. Mental health and when to refer to the Disability Office. - CALM: two years on. Online self-help tool for students with anxiety, depression, insomnia and stress issues - an update by Catriona Davis-McCabe - The use of single session therapy in a university counselling service. Linda Dubrow-Marshall shares her experiences - Attachment and the academic Toni Wright looks at how development style influences learning and development

## August 2009 Issue

- August 2009 Cover Who do we think we are?

In excerpts from her conference keynote speech, Nicola Barden considers integrity and identity in times of change - Fractured selves: the joy and pain of identity

Dr Andrew Reeves considers the parallels between individual and professional transition as counsellors face one of the biggest threats to identity for many years - Chess Denman - Psychiatrist and psychotherapist

Chess Denman in conversation with Janet Aldridge - Finding oneself in the crowd

Lennox Thomas considers some key factors in student selfdiscovery - One man and his identity

Ian Thompson reflects on experiences that have shaped his identity - The digital divide - How is technology shaping the relational styles of young clients?

Kym Winter argues for increasing debate and dialogue on the collision of the 'new technologies' and asks whether our previously held assumptions and beliefs about self and identity may need to be

revisited - Working with trainees on placement

The practice of making use of trainees who are studying counselling in the same institution has long been controversial. Judy Moore reflects on her experience and outlines future changes in her institution - All things to all people?

Dorothy Griffiths considers the impact of multiple roles on professional practice - Open letter

Are 'competencies' enough? Or do our souls need something more, asks Gill Leach - Self-harm: the tale of a local project

Following a recent training, one FE college decided to take action. Sandy Hamilton and Mary Oldham report - How to organise (or not) a local practitioners' networking day

Mary Jones shares her experience

May 2009 Issue

- may 2009 cover Life-story narratives of gay, bisexual and queer male students

David Mair puts the case for counselling services to be bold and proactive in taking a lead in mirroring diversity, and considers the implications for training and service delivery. - Men's mental health. In March more than 100 delegates gathered for a day's conference entitled 'Men's mental health: science, stigma and solutions. Paul Lawrence reports. - Universities and the NHS; effectively integrated. Student health and wellbeing can be as important to the community in which they are based as to the institution they attend, explains Nigel Humphrys. - Let's get together. As roles become more specialised, it can be harder to address complex situations in a coordinated way while maintaining confidentiality. Janet Aldridge looks at a pilot project in her institution. - Organisations behaving badly

Marie Feltham and Jules Howdin reflect on how staff might help their institutions operate more effectively. - Extraordinary Possibilities. Working as a lone practitioner, Justin Miller finds the ability to exchange texts with students to be invaluable. - DNAs – just a fact of life? Are DNAs just an occupational hazard or are they a form of coded communication, conscious or unconscious? Eve Parsons shares her views. - Measuring the impact of counselling on student achievement. Gill Leach reflects on how practitioners might measure the 'effectiveness' of what we do in relation to academic 'success' by students. - To exchange or not to exchange? Ulla Cameron and Heidi Gilhooly interview a counsellor from inner city London and a counsellor from the central coast of Australia, who exchanged workplaces for four months.

March 2009 Issue

- AUCC March Cover Developing web-based university mental health resources: James Taylor describes a pioneering project working with students who may be falling through the net by exploring the possibility of counselling online in real time - Email Security: Stephen Allsopp outlines some of the choices for secure electronic communication - The online alliance: Terry Hanley describes some of the nuances in online counselling based on a recent research project focusing on the experiences of adolescents and young adults - Online supervision: Counsellors in university and FE contexts are increasingly optioning for 'virtual' supervision. Jane Evans considers the implications and two of her supervisees share their experiences - New blogging: How do counselling and welfare services plug in to the powerful interactive potential of the web safely and ethically? Denise Meyer describes new developments at the Students Against Depression website - Critical incidents and student death policies: It is a sad fact of life that in every university, the counselling and chaplaincy services are called upon when there has been a trauma or death affecting a student or member of staff, says Suzanna Stein - It's so unfair

The loss of a parent can be particularly devastating for a student. Liz Oxley shares her experience

of facilitating a support group for premature bereavement - International Student Barometer: League tables are a part of every day life in our institutions. Alison Barty reports on her experience of participating in a student survey - Auditing a small service: Angela Hodgson describes how her service aims for proper auditing, monitoring and evaluation while continually striving to improve

#### November 2008 Issue

- November 2008 Cover Who cares? Who cares!: Student counsellors have a particular expertise that could help our institutions provide improved care to students with mental health difficulties. Marie Murray and Susie Jackson report from Ireland and Scotland; Eileen Smith and Susie Jackson outline the work of the Universities UK/Guild HE working group; and Ann Heyno asks 'who's afraid of mental health?' - The solution-focused approach: Focusing on what students want to happen and what they want can have a positive impact as well as some unanticipated ones – and not only on the students. Anne Proctor reports - Single session second opinions Mark Pearson reports on a research project, describing the contribution that a single session of assessment by a psychodynamically trained psychiatrist can make to a student counselling service - Do teachers need to be therapists?: Many student-teacher interactions have a potent personal effect on students, at times bridging the gap between teaching and counselling. Amanda Baker explores student perceptions - Supporting care leavers: Ongoing and positive relationships can make all the difference to care leavers as they negotiate the world of higher education. Annie Blackburn reports on how this can be achieved - Holy loitering: The university or college chaplain is charged with the duty of guarding the spiritual aspects of their community. The Revd Charles Sargent considers the difference between counsel and counselling - Dilemma: To care or not to care... and when is a duty not a duty, asks Dave Berger

#### September 2008 Issue

- September 2008 Cover Professionalising Therapy - Could therapy as an institution perpetuate social inequalities, asks Gill Proctor - Counselling Staff- Jill Collins outlines some of the opportunities and dilemmas - Disorienting sex and gender- Therapists should reflect on their assumptions, says Craig Hutchinson - Working with students with a disability- Anne-Marie Bradley reports on a workshop at the AUCC conference - Research: a question of accountability or marketing- Ainslie Green reports on a masterclass with Scott Miller - BACP Annual Research Conference- Barbara Lawton reports - Services under threat- The AUCC staff special interest group offers timely and practical advice - Write here and now- Tanya Zybutz & David Petherbridge describe a project to enhance dyslexia support - The Cardiff Model: an update- John Cowley reports on the results one year on - Is CBT really the end of therapy as we know it?- Peter Eldrid comments on issues raised by the Cardiff Model - From the FE Mailbase- Martin Thornber wonders whether lone counsellors in FE are being asked to contravene ethical codes - London Nightline- Paul Bouanchard and Laura Talanti report on new developments - One in four- Mark Brown introduces a new mental wellbeing magazine for students - Ann Heyno- Elsa Bell marks Ann Heyno's retirement from student counselling

#### May 2008 Issue

- May 2008 Cover

Julia Buckroyd suggests that the fundamental issue for people who misuse food is a problem of affect regulation - Challenging and Changing Eating Difficulties in a Group Setting. Penny Hayman shares her experience of tackling disordered eating in a university group setting - Why tamper with perfection? The development of a workshop on perfectionism. Mel Wright explores what can be done when the process of education gives way to the supremacy of the goal - Email Security for Counsellors

Stephen Allsop explains how sending an email is the equivalent of an unsealed letter - and what can be done about it - Peer Mentoring: a positive role in Further Education? Kim Parish shares her experience of this powerful resource - Creating a New Culture: Group Work past, present and future

Penelope Aspinall - Gap Year for Counsellors? Peter Eldrid describes his experiences in Brazil

March 2008 Issue

- March 2008 Cover

How can counsellors engage with students in a meaningful conversation that will empower, sow the seeds of self-help and seek out different creative ways to harness this activity? Steve-Scott Marshall & Catriona Davis-McCabe report from the University of Teesside - From By-standing to Standing By: Peer Support in a university setting. Peer Support can provide an important transition to professional help increasing the welfare options of students. Jane Cooper & Carol Dasgupta - Understanding the refugee experience. The refugee issue is a sensitive one. Ali Zarbafi explains the difference between refugees and migrants, and considers how counsellors in education may be able to help - Helping Students Achieve

The working environment in FE has its own sector-specific issues and practices. Gill Leach describes the personal and academic concerns FE students bring and how she helps tutors understand the issues that may hinder achievement

December 2007 Issue

- Stepped Care

The Cardiff Model. John Cowley explores a radical new approach aimed at turning around the perennial problem of waiting lists - Perspectives on Mental Health in Colleges. Kate Birch shares her research into students' changing mental health needs - Changing Rooms and Changing Lives. Gill Leach reflects on changes as a lone counsellor in an FE college since 1993 - "It may just have saved my Life!". Denise Meyer reviews some of the feedback on the new-look Students Against Depression website - Where the wild winds blow. Diana Bass considers the amplification of the transitional conflict between adolescence and adulthood in a particular group of students - A Pull out guide to online counselling and psychotherapy in universities and colleges. Jane Evans - Working with Trauma: EMDR in Higher Education. Alice Cook & Colin Brazier describe a project that used EMDR as a treatment intervention - Record keeping and the Law. Peter Jenkins & Stephen Potter report on the impact of the Data protection Act 1998

September 2007 Issue

- In conversation with Andrew Samuels. Dave Berger talks to Andrew Samuels about his keynote speech at the AUCC conference, entitled 'Promiscuity, aggression, solitude and hysteria; back passages to the experience of intimacy' - Conferences and committees. Attending the AUCC conference for the first time as a committee member, David Glyn reflects on the impact of joining and not joining - AUCC Conference 2007

A debutante's view. Trish Middlemist shares her experience of attending conference as a lone FE counsellor - Conference: Delegate Feedback. - Exploring the Unknown Known: the complex process of assessment in an organisational setting. Ann Heyno explores how assessment differs in institutions from the traditional form in private practice - How prepared are you? Reflections on critical incident preparedness. Major incidents and even traumas outside college can have an impact in the classroom. Martin Thornber explores some of the issues facing counselling services - Staff Counselling at the interface: working creatively and flexibly within the organisation. Nicola Benson considers how best to work with organisations, and looks at the value of preventative work - 'Lost in the crowd': Colloquium on the student experience. Vicky Seddon describes a unique forum that considers the changing face of HE

May 2007 Issue

- Managing 'risk of harm'. Peter Jenkins explores how the concepts of duty of care and managing

risk of harm apply within higher and further education - Working with Disturbance: Future realities for counselling services. Inclusion of mental health under the disability act impacts on what institutions expect from counselling services. Paul Lawrence outlines the issues that lie ahead - Student Suicide

Improving prevention and response. Ruth Caleb reports on the result of a study aimed at helping higher education institutions develop services to support students and families on the issue of student suicide - Coming up for air: counselling service managers' use of supervision. Based on a pilot research project, Rachael Cretney explores how the use of supervision can be affected when the counsellor is also a service manager - Guidelines for Mental Health Promotion in Higher Education- UUK/ Guild Higher Education Committee for the Promotion of Mental Wellbeing in HE. Rosalind Crouch, Philip Scarffe and Sian Davies - Retention of international students. Paula Reardon describes a simple and cost-effective approach for engaging and supporting international students - Enjoying relationships. Carol Dasgupta describes how an unusual combination of group and individual work helps students deal with relationships - Sex and the Student Counsellor. Paul Pavli looks at the information available to students and considers how the topic of sex might be introduced in the counselling setting of higher education institutions

### March 2007 Issue

- The glorification of terrorism and curtailments to public and private thinking spaces. Do we still believe in freedom of expression? David Petherbridge explores to what extent this issue penetrates the counselling setting of higher education institutions - The Terrorism Act 2000 and its impact on Counselling. David Berger considers the requirements for HE and FE counsellors to disclose knowledge - gained by any means - that may relate to terrorism. - Dealing with the Media

Gilly White explores some of the potential benefits and drawbacks of agreeing to an interview or undertaking any publicity work - A Question of Balance: Using CORE-OM when assessing Suicide Risk. How do practitioners make use of these forms in HE and how do they evaluate their experience? Andrew Reeves & Elizabeth Coldridge report. - Know the Territory- an overview of the UK Higher Education arena. A handy overview of legislation, statistics and trends relevant to student support in UK universities FEDORA (pullout) - Reporting suspected child abuse in Colleges and University Counselling. Peter Jenkins sheds light on the pitfalls and dilemmas faced by counsellors reporting child abuse - Online Counselling. Gill Leach shares her experience as a volunteer 'client' in a training programme and considers its implications for use in colleges

### December 2006 Issue

- December 2006 Cover

Mark Dooris and Sharon Doherty describe the benefits of signing up to a health-promoting agenda - Student retention: Developing students' emotional intelligence aids retention. Paul Vella and Nicky Schlatter explain - New technologies: The impact of technology on students in the counselling room - Online student support: Counsellors should get together online to share resources and best practice, says Terry Hanley - Online discussion forum: Jane Evans shares her experience of piloting online counselling - Computer therapy: Solution-focused computer counselling? Jonathan Hales explains - Internet Power

Denise Meyer discusses the importance of getting to grips with the cultural revolution that isn't all good news - Relaxation workshops: Penny Hayman sets out the format for counsellors who would like to offer relaxation sessions for students - International students: Are groups run for this cohort successful? Alison Barty reports on a recent survey - Art therapy: Carol Davies makes the case for art therapy groups as an alternative route to 'emotional literacy' - Research: An overview of the recent review of research in FE/HE counselling - Using CORE: Nic Streatfield reports on the positive therapeutic benefits of using CORE outcome measures as part of the counselling process - A client's story: A student tells how counselling was the best thing she ever did

## Autumn 2005 Issue

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Jill Manthorpe, Nicky Stanley, Sharon Mallon and Jo Bell report on the work of the Responses and Prevention in Student Suicide (RaPSS) study - Supporting staff dealing with suicide: Andrew Reeves offers a straightforward practical approach for staff and institution - HOPElineUK: Tony Cox highlights the importance of supporting those who are most likely to notice the early signs of suicidal tendencies - Suicide: a student's perspective: A vivid and moving description of the pain of student depression - Assessing 'risk' vs promoting resilience: Marilyn McGowan discusses the importance of a multidisciplinary, 'whole institution' approach to suicide prevention - New website resource: Denise Meyer introduces the comprehensive self-help Students against depression website - Online peer support for students: Internet-based support for students experiencing psychological problems at University College London - Mentoring for mental health: Ann Heyno describes a pioneering mentoring programme - Inductions - the importance of meeting and greeting: Alison Barty explains how counsellors can make a unique contribution to effective induction programmes - Stress Control for Students

Barbara Fairfax and Vicky Groves describe their experience of delivering and evaluating an innovative psychoeducational programme - 'Mindfulness' groups- stress reduction skills for students: Lyn Mooney explains the therapeutic uses of mindfulness and the success of a mindfulness group for students - Writing survival skills: 'Disarming the inner critic' is a crucial skill for writing essays and dissertations - Nightlines- welfare by night: A look at the best established student peer support scheme, Nightline - Developing student counselling in Sri Lanka: John Cowley rises to the challenge of counselling training in a different culture - AUCC news: Latest tools from the Advisory Service - Book reviews

## Summer 2005 issue

### - Summer 2005 Cover

Colin Lago considers how counsellors might help institutions respond to the needs of international students - Coming to an end: Jean Clark describes the process of ending her 34-year counselling career - AUCC fit for the future: Following the review of AUCC structure and organisation, Dr Les McMinn outlines the main changes and addresses some of the questions that may arise - Setting up a staff counselling service: Angela Hodgson explains how to set up a service in line with best practice - Employee counselling: Tony Buon considers the controversial issue of management involvement in counselling - Students against depression: A pioneering new website aims to help students with depression or suicidal thinking - The future for FE colleges: Dave Berger reports on the progress of the Foster Review, which is considering the future of FE in the UK - FE sub committee - meeting your needs? Mary-Teresa Green presents the results of the online survey asking members of the counsellors-in-FE mailbase their views on the FE sub committee - The large group: source of fear or learning opportunity? Colin Lago argues that the large group experience can provide an ideal opportunity for learning about how institutions work and how you can work within them - AUCC conference: a newcomer's experience: Kate Dunn of Portsmouth University counselling service shares her experience

## Spring 2005 issue

### - Spring 2005 CBT in higher education

Nicky Mitchell describes some of the principles of CBT, answering criticisms and setting out its uses in the higher education setting - Client resilience: Hikaru Okuno, of Nishogakusha University in Japan, puts forward the notion of 'resilience' as a useful concept with which to work with students' strengths while recognising their difficulties - Supervision of placement students: During eight years of running BACP accredited counselling training, Susannah Izzard made a particular study of ethical placement provision. This article summarises the key points of her workshop at the 2004 AUCC

conference - Latest legal guidelines for sexual abuse issues: Jill Collins and Peter Jenkins answer questions about the implications for counsellors of the new Sexual Offences Act 2003, the Children Act 2004 and the policy document Safeguarding Children in Education - HE counselling in Italy: Gloria Ruggieri, a counsellor at Oxford University, reflects on the differences between the UK and Italian approaches - Leadership begins with the chair: Past chair John Cowley reflects on the main aims, challenges and hoped-for achievements of his time as chair.

#### Summer 2004 issue

- Summer 2004 Cover

There is great sensitivity about addressing black issues in therapeutic relationships and the training and supervision of counsellors. Isha Mckenzie-Mavinga, of London Metropolitan University, discusses - Helping university staff to help students: Dr Carol Lomax, senior counsellor at Manchester Metropolitan University, describes a model for training and supporting university staff in their roles as potential helpers to students in distress - Debate: what research do we need to do? Led by chair Morag Patten, the AUCC research sub-committee has recently completed consultation on a strategy document to support funding bids to consolidate and expand its work - Counsellors in FE mailbase discusses work with a client who is deaf: The counsellors in FE mailbase is an active, supportive discussion community where counsellors exchange ideas, compare contexts and conditions, and disseminate a wealth of experience and knowledge - Working with interpreters using British Sign Language Bernie Tuohy writes about the challenges and rewards of working with an interpreter using British Sign Language with deaf clients - Complementary eating disorders support service: Nicky Linfield describes the aims of a pioneering project that supports young people with eating disorders through further or higher education - BACP service accreditation builds on pioneering AUCC work: Alan Percy describes the recent review of the AUCC service recognition scheme and the process by which it has merged with the BACP scheme - Assessing and working with students at risk: a HOCHE one-day conference: Lynn Murley reports on the one-day conference in March 2004, on assessing and working with students at risk

#### Spring 2004 issue

- Spring 2004 Cover Action research on eating disorders Vicky Groves and Julie Devlin - Eating disorders prevention and management: Pat Davies - 'When I write, I think': some uses of personal writing by international students: Colin Lago - Reshaping the future - student peer support for sexual harassment and assault: Lilian Wissink - Supporting counselling with complementary therapies: Suzanna Stein