

AIP Journal

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Autumn 2009

- Autumn 2009Up front

Thoughts from Justine Oldfield-Rowell, chair of AIP - EAP changes

Kevin Friery, Right Corecare clinical director, responds to questions posed by AIP Chair Justine Oldfield-Rowell - How to choose a personal therapist

Stacey Goldman asks a critical question - Should we be happy?

Ros Pirani ponders an age-old question - Online supervision: perspectives

'Virtual' supervision is becoming increasingly popular. Jane Evans considers the implications and two of her supervisees share their experiences - Boundaries

Nancy Cole considers a central issue in treatment - AIP conference 2009

Full details and your booking form - Counselling with a visual impairment

Caroline Waite shares some of the questions and answers that she has exchanged with her

Summer 2009

- Summer 2009How I work: multi-aspect therapy in general practice- Edwin Alan Salter shares his philosophy and style of practice - The struggle for authenticity in the second act- Greg Madison confronts his 'black speck' - BACP Fellow Patricia Justice, 1945-2009- Friends and colleagues offer memories and tributes - Brief psychotherapies: the evidence- There is a paucity of evidence relating to decisions about treatment length, writes Michael Barkham - Still not convinced about CBT?- A summary of NICE treatment recommendations for the use of psychological therapies - AIP pilot- Update and a chance to take part - Neuro-linguistic programming- Matt Hudson shares the way NLP can be used in harmony with, as well as in isolation from, counselling and psychotherapy - To download a copy of the above articles in PDF format please click the link below:Summer 2009

Spring 2009

- Spring 2009Home thoughts from the jungle- BACP vice president Esther Rantzen reflects on her loneliness and isolation during her time on 'I'm a celebrity... get me out of here!' - The open secret- Emily M Brown, author of Patterns of infidelity and their treatment, takes an in-depth look at the dynamics of extra-marital affairs - Self-injury: self-expression inside out- self-injury and self-harm can be distressing for caring professionals, yet provide relief from intolerable distress, writes Wedge. When you see clients who habitually hurt themselves, what can you do to help? - Borderline personality disorder- Once a borderline, always a borderline, says Morag Wolverhampton Fabriano - Online counselling: another string to your bow?- Gill Jones explains what it is and answers some commonly asked questions - For your toolbox: 10 steps to happiness - Professionalism and supervision- preparing for the future Alun Jones shares his experience of the AIP conference last November - Spirituality and counselling in independent practice- Counsellors interested in spirituality will find much of interest at the APSCC annual conference, says John Eatock - To download a copy of the above articles in PDF format please click the link below:Spring 2009 PDF

Winter 2008

- Winter 2008 Cover Crossing cultural borderlands: counselling in a non-native

language- Beverley Costa is inspired by articles in therapy today - Should I stay or should I go?- Michael Alexander ponders the

adolescent male's need to separate - Data retention- Useful advice for independent practitioners - Relax – do it!- Useful relaxation and visualisation techniques for your toolbox - On the receiving end- Helen Pattinson presents her

'Idiot's guide to counselling me' - Taken to supervision- John Rowan's moving account of

how supervision enabled him to keep going - To download a copy of the above articles in PDF format please click the link below: Winter 2008 PDF

Autumn 2008

- Autumn 2008 The importance of examining your own prejudices as a supervisor: Originally published 10 years ago in the RACE division journal and in the PRG newsletter, Angus Igwe's thoughts are as provocative and pertinent now as then - Supervision - how is it for you?: Issues to contemplate - Guidelines for effective use of supervision: Margaret Akmakjian-Pitz shares tips on how to be prepared and make the most of supervision, - Issues for supervision: Case studies to help you consider what might do in similar situations - Working with abuse: Supervision is crucial both for understanding the client and for the protection and support of the therapist, says Moira Walker - A brief introduction to some AIP members: AIP members share details of their training, their practice, their hopes and fears - From an AIP counsellor: A moving experience with a client

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Summer 2008

- Summer 2008 Intercultural therapy: Ursula Troche explains why an understanding is important for all practitioners - Green rooms: Consider the room in which you work, suggests Selena Chandler - it may well have an impact on the therapeutic process - Attachment: Letting go can help clients move forward, explains Jack Allen - Making sense of the world around us: Julie Wales shares her thoughts and some suggestions - Resolving conflict and solving problems: Relationship therapist Madge Holmes offers ways to help couples - Diagnostic assessment and levels of counselling/psychotherapy: Ray Landon suggests some differences between counselling and psychotherapy - AIP executive committee: Newly co-opted members John Crew and Wendy Halsall introduce themselves - To download a copy of all the articles listed above please click the link below:

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Spring 2008

- Spring 2008 Up front: Thoughts from Justine Oldfield-Rowell, chair of AIP. - Regulation and the independent therapist: Justine Oldfield-Rowell interviews Nicola Barden for clarification on how regulation might affect independent therapists. - NHS reform in England: BACP's Louise Robinson explores the implications for AIP members - our services, practice and clients. - Being clear about boundaries: Jonathan Coe outlines an initiative designed to raise awareness of boundary violations, and provides some tips for practitioners on managing boundaries. - Counterresistance: A thought-provoking look at a fascinating topic, by Margaret Akmakjian-Pitz - Discovering who you are through the enneagram: Reflections on the ancient typology by Susie Holden Smith - To download a copy of all the articles listed above please click the link below:

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Spring 2007

- Spring 2007 Delivering CBT: Counsellors could provide a much needed workforce capable of delivering a listening version of CBT, says Frank Wills. But they need to drop their prejudices about the model. - Pre-empting panic attacks: Paul Bress suggests being proactive so clients might not need CBT for help with anxiety - The gentle art of pottering: Ros Piranni points out the usefulness in what might be considered idling your time away. - Seven steps to creating a secure therapeutic environment: Paul Bress suggests ways to provide a holding environment in the counselling room. - What does a typical AIP member look like?: Part one of the analysis of the 2006 AIP membership questionnaire - Last word: Editorial from Margaret Akmakjian-Pitz. - To download a copy of all the articles listed above please click the link below:

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