

# Annual Conference 2007

## Counselling on a global canvas

19–20 October 2007, The Gallery Conference Suite, NEC, Birmingham

baacp

British Association for  
Counselling & Psychotherapy



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## Chair's welcome

There are some sharp points of focus for counselling and psychotherapy in the UK at the moment; regulation, the Improving Access to Psychological Therapies project, changes to voluntary sector funding, to name a few. It is helpful sometimes to take a step back from these important but, in some ways local, concerns and take a look at the bigger picture. This is the space that the 2007 Annual Conference inhabits: Counselling on a Global Canvas. The title brings with it both inevitable and interesting concerns. Is there such a thing as global therapy? Is there even a shared understanding of what therapy means across seven continents? Does it actually mean anything when using that broad a brushstroke?

To make sense of this canvas it helps to move away from an approach that seeks for a unified identity towards a more pluralistic notion of *identities*. There is no one 'therapy', but there might be many. And, in the general sense of finding a way to address distress through communication, all cultures have ways of doing this, each appropriate to its own society and structure. Therapy is continuously developing, whether in America or Kenya, China or Australia, India or the UK.



Nicola Barden – BACP Chair

At this conference we might be able to learn from the richness inherent in diverse definitions and the potential of dialogue between them. My hope is that this will be reflected in the conversations between ourselves as participants, with workshop leaders and speakers, and within the whole conference community over the two days.

On Friday evening two other events of note, to which all are warmly invited, are: the Association's AGM and the BACP Counselling and Psychotherapy Awards and Fellowship presentations, in which we can recognise and appreciate some of the outstanding work achieved in the field over the past year.

However much of the conference you are able to attend, I hope it is a constructive and thoughtful space for you, and look forward to meeting with you there.

## About the venue

*The Gallery Conference Suite, National Exhibition Centre, Birmingham*

Situated on the 1st floor of the NEC Atrium, away from the exhibition halls, the Gallery is a private, self-contained conference area with its own private restaurant and break out area.

Located within the main NEC complex, the Gallery benefits from excellent transport links – air, rail and road. With dedicated, free car parking the venue is extremely accessible to all.

### Directions:

#### By Road

The NEC is situated just off Junction 6 of the M42.

On arrival at the NEC site follow signs for the Atrium and Halls 6–20 to the North Car Park. Park in the designated area for your event. Walk to the Atrium Entrance 2, opposite Hall 8. Take the stairs or lift on your right, one floor up to the Gallery Level.



## Conference information



### From Birmingham International Station and Birmingham International Airport

From the Airport take the free SkyRail service which runs between the Airport and Birmingham International Station. At the station follow signs to The NEC via the covered walkway.

The escalator or lift at the end of this bridge link will take you down to the main Piazza in The NEC. Walk straight ahead following signs to Halls 6–20, Atrium, Gallery and Concourse. Turn right at Hall 3a and take the escalator and moving walkway to the Atrium. At the end of the moving walkway, continue on the same level following the corridor round to the left to enter the Gallery.

Please see the conference website for downloadable maps or visit the NEC website at [www.necgroup.co.uk/visitor/travel](http://www.necgroup.co.uk/visitor/travel)

*BACP's annual conference delivers exceptional opportunities for learning, exchanging information, engaging in discussion and debate, and networking. With a range of topics and types of session on offer, as well as providing space to meet colleagues and friends; this event really does have something for everyone.*

### Conference programme

In addition to a range of eminent keynote speakers, delegates will enjoy a busy programme of learning throughout the two days. There are over 20 sessions per day to choose from and these sessions have been organised into five strands as follows:

#### Crossing boundaries

What are the benefits and dangers of exporting western therapy around the world?

#### Happiness is...? The goal of therapy

The last 12 months have seen a record number of books on happiness and happiness is now taught as a subject in some schools. What can we learn from other cultures about happiness and the meaning of life?

#### Working with trauma

In the world's disaster zones, is the arrival of western therapists a curse or a blessing for traumatised people? What have we learnt about responding to trauma both on a domestic and international level?

#### Diversity training

What can we as western therapists learn from the way other cultures live and cope with life? How should it inform the way we approach diversity training in the UK?

#### Consultancy & politics

Therapy 'thinking' is being sought more and more in the alleviation of political conflict and peacebuilding around the world. This strand focuses on a range of work being done in this area but also on the dangers of taking Western therapy into post-colonial situations.

As well as the core strands described above, the programme will also contain a '*conference extra*' strand, consisting of sessions which are not directly related to the conference theme. The content of this strand has been chosen to provide delegates with the opportunity to gain information and discuss topics that are currently very pertinent to the profession. More information about the sessions within this strand can be found on pages 13 and 21.

### Session types

The programme includes a variety of session types to suit different styles of learning.

**Workshop:** A two hour session of interactive study in a particular subject, involving delegate participation, eg small group work, case studies etc.

- Max no 30 delegates.  
*Pre-booking required*

pre-booking  
required

**Seminar:** A 60-minute interactive session, facilitated by an expert, for discussion, debate and information exchange on a given topic.

- Max no 40 delegates.  
*Pre-booking required.*

pre-booking  
required

**Guest speaker:** A formal 60-minute talk given on a particular subject (to involve little or no audience participation, with the exception of Q & A).

- Numbers limited by room capacity only.  
*No booking required.*

**Master-class:** A formal 60-minute session of tuition with practical demonstration.

- Numbers limited by room capacity only.  
*No booking required.*

All workshops and seminars **must** be pre-booked.

pre-booking  
required

These sessions are highlighted by a 'pre-booking' icon throughout the brochure.

**A maximum of two workshops or seminars can be booked per day.** This is to allow as many delegates as possible the opportunity to attend these sessions.

All other sessions do not require booking and are available on a first-come, first-seated basis on the day itself. Please arrive in good time for these sessions; for health and safety reasons, once sessions are full they will be closed and you will be asked to choose an alternative.

Sessions requiring pre-booking are detailed on the conference booking form and should be requested at the time of booking. You will be informed if your choice is full and given the opportunity to book alternative sessions if required. It is advisable to book as early as possible as places are limited and popular sessions fill up very quickly.

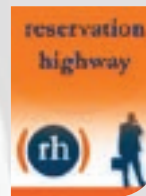
#### Plan your own conference programme

The conference structure has been designed to allow you to plan your own programme. In addition to the main keynotes, you have the opportunity to attend up to four sessions per day and can choose to follow one strand or mix and match sessions from different strands. Please refer to the timetables on pages 7 and 15 when planning your day and remember to ensure the sessions you choose do not overlap.

#### Accommodation

Conference registration is on a day-delegate basis only; there are no residential packages. However for those delegates who require accommodation close to the conference, there is a comprehensive hotel booking service available, provided by Reservation Highway.

Reservation Highway has reserved accommodation at a number of hotels in the area around the National Exhibition Centre and this can be booked by visiting [www.reservation-highway.co.uk](http://www.reservation-highway.co.uk). Click on the 'event list' link and select the correct event. You will need a code to access these pages which is 'bacp' (all lowercase).



If you prefer, you can contact Reservation Highway directly to make your booking:

Tel: 01423 525577  
Fax: 01423 525599  
Email: [admin@reservation-highway.co.uk](mailto:admin@reservation-highway.co.uk)

Alternatively, an accommodation booking form can be requested by ticking the relevant box on the conference booking form, and this will be sent to you with confirmation of your conference place.

#### Delegate connect

*Delegate connect* is a message board service that can be accessed via the conference web pages or by typing the following link into your browser: [www.bacp.co.uk/delegateconnect](http://www.bacp.co.uk/delegateconnect) This is an ideal way to connect with other conference delegates before and after the conference to share thoughts and ideas, and also to arrange lift sharing or to find travelling buddies.

#### Website

There is a comprehensive website for this event. Please visit [www.bacp.co.uk/conference2007](http://www.bacp.co.uk/conference2007) to view all the information for the conference. All presenter biographies can be found here and any additional information, not available at the time of going to print, will be added to the website as it is received. You will also be able to download additional copies of the brochure.

Any amendments or updates to the conference programme or general conference information will be available on these pages too, so please check it regularly.

Friday 19 October 09:15–10:15

Dr Sarah Davidson  
RGN, BSc (Hons), Clin Psy D, CPSYCOL.

#### Emergency response in psycho-social support – Tales from the British Red Cross

The British Red Cross has a reputation for delivering first aid in emergencies, but what of the psycho-social elements of the work? Increasingly volunteers, staff and delegates are asked to provide psychological assessment and intervention to a variety of groups of people who have been through a crisis. Some examples of these will be given, together with ideas about the opportunities and risks associated with this type of work. Does 'psychological first aid' have a place, and what are the implications of delivering this nationally and internationally? Can one size ever fit all and who is in the best position to decide what should be offered?

In the UK the British Red Cross provides services to people following small-scale domestic crises, such as house fires and after larger scale incidents involving entire communities, such as following floods and explosions. Internationally, as part of a global movement, the Red Cross works following disasters and incidents of all varieties. Using case study illustrations, consideration will be given as to how to avoid pathologising people and populations, and how best to support resilience and coping.

### Biography

Sarah is a Consultant Clinical Psychologist at the Tavistock Clinic and Deputy Clinical Director on the Clinical Psychology Doctorate at the University of East London.

As the Psycho-social advisor to the British Red Cross, she is involved with a variety of services delivered locally, nationally and internationally; including emergency response and refugee services. She was in the first pair to go out to Thailand following the tsunami in December 2004, and has subsequently supported the Foreign and Commonwealth Office in Qatar, Bahrain and Ethiopia. She is currently Vice Chairman, and in her final year on the Board of Trustees.



Dr Sarah Davidson

**Friday 19 October 16:20–17:20**

### Gabrielle Rifkind

Human Security Consultant, Oxford Research Group

#### Why western diplomacy is failing. What can politics learn from psychology?

For many years I had been troubled by the escalating conflicts in the world and felt that we were passing on a very dangerous world to our children. I became restless and frustrated, not knowing how to influence my environment, but I wanted to find a way to become involved.

I come from a psychological background and am a group analyst. For many years I have run groups for men and women who presented symptoms of depression, eating disorders, panic attacks and addiction problems. One of the underlying themes of this work was the inability to manage conflict either because it was avoided or, if expressed, would become dangerous and out of control. I was hungry to transpose some of these skills to the political world of global conflict.

A psychological understanding has much to contribute in this area, whether it is addressing unequal power relationships, the need to build sustained and trusting relationships, the importance of respect

or the need to enter into the mindset of the other. Such ideas are equally relevant to the political stage as they are to the counselling relationship. Whether we are dealing with political insurgency, Iran having nuclear weapons or the Palestine-Israel conflict, in the end all conflict is about people and the current models of intervention are failing.

### Biography

Gabrielle is a group analyst and specialist in conflict resolution and is the convenor and founder of the Middle East Policy Initiative Forum (MEPIF). For the last decade, she has been applying her psychological understanding of human behaviour to conflict with particular focus on the Palestine-Israel conflict and Iran. She is also working on developing dialogue between Iran and the West, and travels to the region frequently. She makes regular contributions to press and media and is author, with Scilla Elworthy, of *'Making Terrorism History'* (Random House, 2005).



Gabrielle Rifkind



Professor  
Cary L Cooper CBE

**Saturday 20 October 09:00–09:30**

### Professor Cary L Cooper CBE

#### Improving mental capital and well-being in the global workplace

This address will highlight some of the major changes that are taking place in the workplace and what they mean for individuals at work. It will draw on the Quality of Working Life survey of a cohort of 10,000 UK managers carried out by Professor L Worrall and Professor C Cooper in conjunction with the Chartered Management Institute. A strategy for improving mental well-being at work, and case study examples of how effective this can be, will be highlighted.

### Biography

Cary L Cooper is Professor of Organisational Psychology and Health, Lancaster University Management School and Pro Vice Chancellor (External Relations) at Lancaster University.

Professor Cooper has been an adviser to two UN agencies; the World Health Organisation and ILO; published a major report for the EU's European Foundation for the Improvement of Living and Work Conditions on 'Stress Prevention in the Workplace', produced a scientific review for the WHO/ILO on workplace violence in the health sector internationally, and was a special advisor to the Defence Committee of the House of Commons on their Duty of Care enquiry (2004–05).

**Saturday 20 October 09:30–10:15**

**Nenita La Rose**

**Listening to calls for help: the role of child helplines in the psychological well-being of children**

Given the high proportion of children and adolescents who do not receive any care for their mental health problems, child helplines around the world can be an effective means of providing assistance to children and young people with mental health issues. Clinical and research literature suggests that phone counselling can be used to provide support, information and protection for children, wherever they live, in whatever circumstances. This is particularly important for children whose access to services is limited by geographical, physical and emotional barriers. It is especially effective in countries without extended mental health services' networks.

Child helplines provide an immediate, direct and anonymous assistance to children without judgment. The work carried out by child helplines is particularly important in the field of mental health prevention because the early recognition of developmental and adjustment difficulties can be a determining factor for the emotional well-being of a child. Listening to children, which means backing up their voices and problems, is a way of promoting their well-being and mental health. Caring for children and adolescents in emergency situations and preventing psychopathological outcomes is possible. A multidisciplinary

and multi-agency approach is necessary and often requires the collaboration of various government agencies, non-profit organisations and child helplines.

The need for children around the world to realise their rights as set down in the United Nations Convention on the Rights of the Child (UN CRC) is evident. Children have the right to voice their concerns and participate in the building of their future. A child helpline is a resource that can bring dignity into the lives of children with psychological issues and provides them with the means to realise their rights.

**Biography**

Nenita La Rose (1956) was born in Suriname and has been living in the Netherlands since 1974. She studied Dutch Law and graduated in 1986 with a major in Child Law.

Ms La Rose has acted as a legal advisor for refugees. She also had broad experience in local government serving as personal advisor to the Mayor of Amsterdam, Head of the International Desk of the City of Amsterdam and acting as Ambassador for the city in the European Network for European Union Capitals.

From 2001–2006 she was Manager General Affairs and Public Services in Amsterdam. In January this year she became Executive Director at Child Helpline International.

**Saturday 20 October 16:20–17:20**

**Professor Susie Orbach**  
Psychotherapist and writer

**Costing the invisible: the unintended consequences of globalism and the development agenda on the female body**

An epidemic of eating difficulties and body image problems is infecting girls and women throughout the world. It is one of the West's more insidious and hidden exports. Recent global studies show that 70% of girls and women are considerably troubled by their body image and consequently are dangerously manipulating their eating both in psychological and physical terms. Costing obesity is now underway by many governments but the more concealed, psychological, physical and economic costs of low self esteem which relate to eating and body disorders represent a public health emergency. Engaging with the issues and finding ways to prevent the growth of body hatred and eating difficulties needs to move up the agenda and be addressed seriously.

**Biography**

Susie co-founded The Women's Therapy Centre in 1976 and The Women's Therapy Centre Institute, a training institute in New York, in 1981.

Her books include *'Fat is a Feminist Issue'*, *'Hunger Strike'*, *'On Eating'*, *'What's Really Going on Here'*, *'Towards Emotional Literacy'*, and, with Luise Eichenbaum, *'Understanding Women'*,

*'Between Women'* and *'What do Women Want'*. *'The Impossibility of Sex'* is a series of imagined tales of therapy told from the psychotherapist's point of view.

Susie is a founder member of ANTIDOTE (working for emotional literacy) and Psychotherapists for Social Responsibility. She is also convenor of ANYBODY working on body diversity ([www.any-body.org](http://www.any-body.org)) and a board member of The International Association for Relational Psychoanalysis and Psychotherapy.

Susie is currently a Visiting Professor at the LSE and has been a consultant to the World Bank, the NHS and Unilever. She has a clinical practice seeing individuals and couples.



Professor Susie Orbach

# Friday timetable

This timetable is to aid your conference planning.

**Please note:**

**Sessions in purple** require pre-booking and should be booked using the relevant section on the conference booking form.

**Sessions in green** do not require pre-booking.

08:15–09:15	Registration & refreshments							Refreshments
09:15–10:15	Welcome & opening keynote (Dr Sarah Davidson)							
10:15–10:20	Transition to sessions							
10:20–10:45	Break	Break						
10:45–11:20	FS1A Workshop Jane Gilbert	FS2A Workshop Jody Mardula & Eluned Gold	FS3A Seminar Julia Hutchinson & Juan Carlos Lema	FS4A Seminar Dr Harbrinder Dhillon-Stevens	FS5A Guest speaker Hilde Rapp	FCE1 Coaching	FCE2 Core curriculum	
11:20–11:45			Break	Break	Break	Break	Break	Refreshments
11:45–12:45			FS3B Guest speaker Sue Prosser	FS4B Master-class David Tredrea	FS5B Seminar Mark Brayne	FCE3 Board of Governors – What’s BACP really up to?		
12:45–13:45	Break	Break	Break	Break	Break	Break	Break	Lunch
13:45–14:45	FS1B Seminar Claire Smith	FS2B Guest speaker Nick Totton	FS3C Workshop Michael Korzinski & Carrie Tuke	FS4C Workshop Ounkar Kaur	FS5C Seminar Hilde Rapp	FCE4 Regulation		
14:45–15:10	Break	Break			Break	Break	Break	Break
15:10–15:45	FS1C Guest speaker Jasvinder Sanghera	FS2C Guest speaker Dr Richard Stevens & Nevia Mullan			FS5D Seminar Ian Gilmore	FCE5 Ethical helpdesk		
15:45–16:10			Break	Break				Refreshments
16:10–16:20	Transition to final session							
16:20–17:20	Closing keynote (Gabrielle Rifkind)							
17:20–17:30	Comfort break / Reset room							
17:30–18:45	AGM							
18:45–19:15	Welcome drinks for awards evening							
19:15 onwards	Awards evening including a light buffet supper							Buffet

(FS1A) 10:45–12:45

pre-booking  
required

Workshop: Jane Gilbert

**Help or harm? The relevance of Western therapeutic approaches in non-Western cultural contexts**

*“Do not think your way superior to another’s. Do not venture to judge, but see things with fresh and open eyes”*

*“Learn to free yourself from all the things which have moulded you”*

(from ‘To an English Friend in Africa’  
– Ben Okri)

Using small group work and case material, this workshop will challenge participants to:

- reflect on some of their own assumptions regarding the therapeutic relationship
- consider their relevance within other cultural contexts
- examine the possibilities for synthesis and integration in therapeutic work and counselling training in different cultural contexts.

*Pre-workshop reading*

Gilbert, J. (2006) Cultural imperialism revisited: Counselling and Globalisation. *International Journal of Critical Psychology*, Special Issue: Critical Psychology in Africa, 17, 10–28.  
[www.janegilbert.co.uk/publications.htm](http://www.janegilbert.co.uk/publications.htm)

(FS1B) 13:45–14:45

pre-booking  
required

Seminar: Claire Smith

**Family network & community: loss, exclusion, adjustment and the need for social capital for refugees and people seeking asylum**

For refugees and people seeking asylum there may be many barriers to social inclusion, touching every aspect of their daily life. Meeting a new and uncertain life with an alien set of cultures must be immensely challenging, but doing it without the protective and restorative function of a social network must truly compound the difficulties.

Many refugees have lost the supportive framework of people in their lives at the levels of family, network and community (Blackwell 1993) – leaving huge absences in the fabric of their lives and removing the very network which would help them fight against exclusion. Gaining social inclusion relies on a number of things – including human capital (skills, abilities and confidence), occupational opportunity (McDonald 2001), and social network capital (a network of people to call upon for support) (Williams & Windebank 1999). Many refugees, as resourceful individuals, bring their own human capital, but their occupational opportunity is severely restricted (Whiteford 2000) and they have limited social network capital available to them (Putnam 2000, Temple & Moran 2005).

This seminar aims to acknowledge the missing function of social capital in the lives of refugees, and encourage therapists to address some of these issues by acknowledging and tapping into the individual’s existing human capital. By being a resource to the individual, a point of contact and a gateway to other agencies the therapist can open up networks giving them the same levels of support that make everyday life more manageable to us all.

(FS1C) 15:10–16:10

Guest speaker: Jasvinder Sanghera

**The stories of victims and survivors of forced marriage and honour based crime**

The Government’s Forced Marriage Unit deals with approx. 250 cases involving British subjects forcibly taken out of the UK every year. A staggering 30% of these are minors, some as young as 12 years old, making this a child protection issue. Karma Nirvana and many agencies recognise the impact of this and the issues emerging for children and young people in terms of psychological abuse including emotional blackmail, death threats and being disowned by the family.

These child victims suffer silently from isolation, depression, lack of self esteem, guilt and self criticism. They are really afraid of speaking to anyone outside the family for fear of abuse, loss of freedom, a forced marriage or even death.

These experiences of South Asian women, children and men are rooted in practices of honour. These are described as ‘a complex set of rules that an Asian woman has to follow in order to protect the family ‘name’ and maintain family position’.

(FS2A) 10:45–12:45

pre-booking  
required

Workshop: Jody Mardula  
& Eluned Gold

## A mindful approach to happiness

Mindfulness, which developed from Eastern meditation practices, is about being fully awake in our lives, and paying attention with intention and without judgement. This accesses our own powerful inner resources for insight, transformation and healing. Mindfulness-based practices are increasingly used in a wide range of clinical and therapeutic settings.

Where do we find happiness, and what is the nature of happiness?

- in attaining the positives we seek in our lives?
- in a moment of delight in a birdsong, sunset, the laughter of a child?
- or in taking interest in each and every experience as it arises, accepting it just as it is?

In this workshop we will consider, through practice and discussion, how Mindfulness relates to happiness. A core focus will be the paradox that whilst we may be motivated to engage in a Mindfulness course because of a desire to become happy, what we strive for becomes all the more elusive. As we focus on the pleasant what do we do with the unpleasant, the unwanted aspects of our experience?

“In meditation practice we intentionally put aside the tendency to elevate some aspects of our experience and to reject others. Instead we just let our experience be what it is and practice observing it from moment to moment. Letting go is a way of letting things be, of accepting things as they are” (Jon Kabat-Zinn, Full Catastrophe Living).

(FS2B) 13:45–14:45

Guest speaker: Nick Totton

## Therapy has no goal: a radical model of practice

The introduction of any goal – including ‘happiness’ – into the therapeutic situation tends to destroy its core value as a space without goals, a space for being rather than doing. As Bion says, therapy should be conducted without memory or desire. This radical contact between human beings creates the possibility of dissolving the illusory, impossible tasks around which so much of our life is organised, and thus loosening anxiety. However, this is not a goal! As soon as any goal is brought into play (as will inevitably happen over and over again), the anxiety of ‘should’ and ‘ought’ is reimposed on our minds and bodies. Therefore we proceed by constant paradox, as each attempt to let go of goals becomes a new goal in its turn. In many ways, therapy is an enlightenment practice, similar to Zen Buddhism, Sufism and Taoism; and like other enlightenment practices, it is vulnerable to charismatic power plays and dogmatic rigidification. The price of liberty is constant vigilance; but vigilance itself is a form of tension, as unhelpful as any other.

Therapy can help us wake up, or soothe us to sleep; the choice is present in every moment of every session.

(FS2C) 15:10–16:10

Guest speaker: Richard Stevens  
& Nevia Mullan

## How to make people happy: applying the psychology of wellbeing

Happiness has been a topic eagerly taken up by psychologists in recent years. A prominent example of this is ‘positive psychology’ (Seligman et al.), which aims to increase human wellbeing through the scientific study of positive emotions, traits and social institutions. We will briefly review positive psychology and critique some of its assumptions. We will also ground the study of happiness in the earlier work of humanistic psychologists, and look more broadly at the contribution other perspectives can make to our understanding of the topic. In doing this, we will explore what happiness is and what the research indicates makes us happy. The major part of the talk will focus on an innovative project that we embarked on for a BBC-TV series called *Making Slough Happy*. For 12 weeks, together with our team, we worked with 50 volunteers, using various techniques to improve their levels of happiness and life satisfaction. We will describe what we did and some of the methods we devised, and report on how successful our efforts proved to be. Nevia Mullan, the psychotherapist on our team, will discuss how the psychology of happiness relates to counselling and psychotherapy and how they can enrich each other.

(FS3A) 10:20–11:20

pre-booking  
requiredSeminar: Julia Hutchinson  
& Juan Carlos Lema**Narratives of heroism and  
resistance: uncovering resilience,  
competence and growth**

This presentation will be based within a narrative framework and focus on how we can collaborate with clients to move from trauma-saturated stories that limit possibility and meaning for the future, to stories that are possibility-rich, meaningful and ordinarily and extra-ordinarily heroic.

We will identify some principles, assumptions and ideas that guide our interventions, for example: labelling people as abused or suffering from PTSD, can sometimes have adverse influences; people find small ways to resist even the most violent of situations; sometimes the best trauma-therapy focuses on fun, laughter, and everything but the trauma; having our ear attuned to noticing strength and small acts of coping and progressing helps to build success; and small steps towards change are more likely to produce movement.

We will illustrate this with stories of children and adults who have experienced sexual assault, domestic violence, war and torture, and who we have been lucky enough to meet in therapy.

Finally, we will look at some of the lessons research about post-traumatic growth, resilience and other areas of positive psychology has for us in guiding therapeutic intervention with people who have experienced traumatic events in their lives. This will include different pathways to resilience and some tentative understanding of vehicles of change for clients who feel they have experienced positive psychological changes after trauma.

(FS3B) 11:45–12:45

Guest speaker: Sue Prosser

**Global emergency humanitarian  
mental health and psychosocial  
response**

When a humanitarian emergency happens who is in charge and how does anyone organise a response, when faced with possibly hundreds of thousands of people in life-threatening situations? The tangible aspects of emergency response: shelter, food distribution, medical care, and water supplies, are down to a logistical science, but the human factors of often brutal loss, death, long-term displacement, sexual violence, and separation are not so tangible and certainly not so scientific. How do you deal with the individual pain when you are faced with the anonymous enormity of distress?

The last decade of emergency mental health and psychosocial response has resulted in an accumulated and collaborative understanding, leading towards best practice in emergencies from first impact and initial response, to recovery and rehabilitation.

This session will lay out the process of emergency mental health and psychosocial response from the perspective of the overall global coordination of responding agencies, the UN and other organisations. How they are all integral in making it possible to effectively reach and support individuals in their recovery and rehabilitation.

(FS3C) 13:45–15:45

pre-booking  
requiredWorkshop:  
Michael Korzinski & Carrie Tuke**Trauma, the body and recovering:  
working with survivors of gross  
human rights' violation**

Dr. Michael Korzinski has worked with survivors of extreme life events such as torture, war, sex trafficking and slavery for the past 20 years. Such experiences have the inherent potential to profoundly alter a person's way of experiencing and relating to themselves and others. His research and therapeutic practice has sought to address the traumatic impact that images and experiences of catastrophic violence and loss have upon survivors and assist them in their recovery. Fundamental to this practice is an understanding of the myriad ways in which traumatic experiences find expression in the lives of individual survivors and the importance of developing a flexible approach that enables a clinician to start from where the person is. Having worked with hundreds of survivors from a wide range of cultural backgrounds, Dr Korzinski has come to appreciate the importance of finding ways of addressing the somatic expression of trauma. This workshop will provide a theoretical and experiential exploration of somato-psychotherapy, its application and relevance. It will be co-facilitated by Carrie Tuke, a colleague who has worked closely with Dr Korzinski at the Helen Bamber Foundation. Carrie is an experienced somatic therapist who has extensive experience in working with survivors of torture and women who have been trafficked.

(FS4A) 10:20–11:20

pre-booking  
required

Seminar: Dr Harbrinder  
Dhillon-Stevens

## Enhancing diversity training in the UK

Dr Harbrinder Dhillon-Stevens will present some of her theoretical and practice-based views and invite participants to engage and dialogue with these issues. The session will explore the concept of diversity training within the UK and address what western therapies can learn from the way other non-western countries and cultures live and cope with life. How can we translate this learning to enhancing and informing the way we approach diversity training in the UK?

By the end of the seminar participants will have:

- Explored what is meant by ‘diversity’ in the UK and a theoretical model to support their work in this area.
- An understanding of the notion of resilience and how this is understood within therapy training organisations and what experiences are validated.
- An awareness of the important role of self concept and how this is translated into western therapies and practice of psychotherapy.
- The impact of physical and mental health on individuals and communities and how this is viewed. How do we assess the mental health of non-white clients and training therapists?

(FS4B) 11:45–12:45

Master-class: David Tredrea

## Getting the message across, especially with kids and in a foreign country

This diversity master-class looks at some of the special difficulties of helping people from other cultures understand something of the issues and interim solutions relating to their trauma and associated needs. How can we set about helping overwhelming numbers of kids, mothers and transient populations when we cannot even understand the language or culture and are only visiting at best for a few days?

What is effective, what is damaging, and what is just merely a waste of time and energy?

Please ... if you attend this session: be open minded, bring some sweets, think in advance of a scenario where your own ‘tipping-point’ of incompetence could be reached, sit next to someone different and have a good joke to tell in case we run out of things to talk about!

(FS4C) 13:45–15:45

pre-booking  
required

Workshop: Ounkar Kaur

## Changing times and evolving cultures?

This workshop may be particularly interesting for people who are teaching in counselling and psychotherapy, and for agencies setting up services which consider the cultural, linguistic and religious needs of clients from the South Asian community. The workshop will explore the following:

- counselling and psychotherapy within a historical context. The major counselling and psychotherapy models used are imported products with a history embedded in, and are a response to, Western and European culture.
- my experience of setting and developing a counselling service for women from the South Asian community.
- addressing ‘minority loneliness’ in a profession traditionally dominated by white middle-class society.
- tutoring for a private counselling and psychotherapy training provider.

Freud adhered to racist thinking and Jung integrated racist ideas more fully into psychological theories. Freud held the view that it was natural that the ‘leadership of the human species’ should be taken up by ‘white nations’ and that ‘primitives’ have a lower form of culture.

Rogers asserted that ‘one of the cardinal principles in client-centred therapy is that the individual must be helped to work out their own value system Rogers failed to consider the Asian client’s ‘cultural’ value system which is based on collectivism. From my experience of working with clients from collectivist cultures, this can create tension and confusion when the two systems are introduced to each other. Can the therapeutic goals of Western counselling be unfamiliar and inappropriate concepts to these clients? Contemporary counselling theories are endemic and yet do little to address the subject of working with ‘cultural difference’.

(FS5A) 10:20–11:20

Guest speaker: Hilde Rapp

**What can psychotherapists and peacebuilders learn from each other?**

Counsellors, psychological therapists, conflict workers and peacebuilders alike work in a collaborative partnership with those that seek their help to explore four developmental tasks:

- 1 Becoming self aware and self reflective regarding our identity and values and our personal qualities and struggles, so that our own needs and desires do not get in the way of enabling the other person to develop their full potential for leading a meaningful and dignified life.
- 2 Developing the humility, non-possessive warmth, the will and the skill to intentionally use the human relationship to listen deeply to what the other person needs and wants, and to search for peaceful means of achieving a fuller life.
- 3 Understanding the vagaries of human emotions and human functioning throughout the life span, so that we can rise to life's challenges adaptively and with resilience and creativity instead of resorting to violence.
- 4 Appreciating that all human life is embedded in social and natural relationships, and to create the conditions for active and inclusive participation in decision making about our shared future and the sustainability of life on our planet.

The talk explores how to develop these four skills in ourselves and others in the context of examples from practical peacebuilding on the ground.

(FS5B) 11:45–12:45

Seminar: Mark Brayne

**Media coverage of violence and tragedy – journalism as the problem or part of the solution**

If a bomb were to go off outside the BACP conference centre in Birmingham, in which direction would most sensible people run? Most probably, in the other direction. Which professions would run towards the bomb? Police of course, rescue workers, first aiders and journalists. As much as 50% of the news agenda involves trauma, sometimes even more.

Journalists do not have much training in how to deal professionally with extreme human distress, and with the psychology that governs how people respond to trauma, in the immediate or longer term. They need to know the ground rules so that, at a time of profound new challenges to humankind, in our relationships with each other and our planet, they might become part of the solution rather than compounding the problem.

Mark Brayne is a former Reuters and BBC foreign correspondent who now works as a psychotherapist and trainer dealing specifically with journalists and their experience of trauma – both individually in the consulting room, and organisationally

with employers such as the BBC, Reuters, German television, Al Jazeera and many others. Mark runs the European arm of the Dart Centre for Journalism and Trauma ([www.dartcentre.org](http://www.dartcentre.org)), and in this interactive seminar, he will facilitate an in-depth discussion on how the culture of news reporting in the UK and worldwide needs to change and is perhaps already changing – for the wellbeing of the journalists and society.

(FS5C) 13:45–14:45

Seminar: Hilde Rapp

**How to address the three roots of violence that feed conflict: direct, cultural and structural violence**

Conflict and competition are as fundamental to life as is balance and cooperation. Violence is not fundamental, it is a choice.

Consultancy work, whether personal or political, usually explores how to transform the use of violence in the pursuit of personal and political goals into the use of respectful forms of negotiation.

This requires a good understanding of the roots of direct, cultural and structural violence on the one hand, and the use of a repertoire of non violent forms of communication and action on the other.

This seminar will explore these issues in the context of participants' personal and professional experience and expertise.

(FS5D) 15:10–16:10

Seminar: Ian Gilmore

**Therapeutic Consultancy**

*Therapeutic Consultancy* is the umbrella term that denotes an increasing level of activity these days, particularly, though not exclusively, under the auspices of the managed care sector; but how should this work be approached? This 60 minute seminar will be used initially to set the scene by introducing *Therapeutic Consultancy* in its various forms, as follows:

- International Consultancy Assignments
- Critical Incident Response
- Forensic Assignments

The remainder of the time may be used to discuss any issues emanating either from this exposition or from participants' questions and/or responses.

By way of illustration only, issues that may arise could include: the expanding place of *Therapeutic Consultancy* in the therapist's portfolio of activities; how to navigate as safe a path as possible overseas in difficult or even hostile circumstances; or ethical issues attaching to *Therapeutic Consultancy*.

As no prior familiarity with this line of work will be assumed, this seminar will be suitable either for people who would like to enter this line of work, or for those who may already have some knowledge and would appreciate a forum in which they may further consider *Therapeutic Consultancy*.

pre-booking  
requiredpre-booking  
required

**(FCE1) 10:20–11:20**

**Gladeana McMahon**

### **Understanding coaching and its place as a means of self-enhancement**

A number of therapists are also Life, Executive or Specialist Coaches, and there is a growing interest in the discipline of coaching amongst the therapeutic community. This workshop will provide an overview of coaching and consider the differences between coaching and counselling.

#### **Biography**

Gladeana McMahon is a Fellow and Vice President of the Association for Coaching, a Fellow of BACP, the Institute of Management Specialist and the Royal Society of Arts. A BABCP Accredited Cognitive-Behavioural Psychotherapist, she is UKCP registered.

**(FCE2) 10:20–11:20**

**Sue Wheeler & Mick Cooper**

### **Core Curriculum – Implications for counsellor training**

This session will begin with a summary report of the main findings of the core curriculum consortium. It will then consider the implications of the Core Curriculum for the future of counsellor training.

#### **Biographies**

Sue Wheeler is Professor of Counselling and Psychotherapy and Director of the Counselling and Psychotherapy programme at the University of Leicester. She has recently been the co author of a BACP commissioned report that detailed core generic competencies for counselling and psychotherapy and is currently a member of the consortium that is producing a core curriculum for the profession.

Mick Cooper is a Professor of Counselling at the University of Strathclyde, a practicing psychotherapist, and a member of the Steering Group of the Core Curriculum Consortium.

**(FCE3) 11:45–12:45**

**Members of the Board of Governors**

### **What's BACP really up to?**

Do take this opportunity to come along and meet members of the Board of Governors and senior members of the executive team in an informal and relaxed setting. Share your thoughts, ideas and questions; ask for information and clarification on anything to do with the Association; find out more about the issues currently facing BACP and its future strategy and direction.

**(FCE4) 13:45–14:45**

**Sally Aldridge**

### **Regulation – what will this mean to you?**

In February 2007 the Government published the White Paper: Trust Assurance and Safety – The Regulation of Health Professionals in the 21st Century. In this document the Government stated its intentions for our professions:

- “7.2 The Government is planning to introduce statutory regulation for applied psychologists,....psychotherapists and counsellors and other psychological therapists...”
- “7.16 Psychologists, psychotherapists and counsellors will be regulated by the Health Professions Council following that Council's rigorous process of assessing their regulatory needs and ensuring that its system is capable of accommodating them. This will be the first priority for future regulation.”

This lecture looks at the implications for individuals working in the psychological therapies.

#### **Biography**

Sally's involvement with BACP began as a student member then as an accreditation assessor, becoming Chair of the Accreditation Committee, and a member of the then Management Committee (now Board of Governors). In 1999, Sally took up the post of Head of Accreditation at

BACP. In November 2006 she became BACP's Head of Regulatory Policy. Sally is currently undertaking research for her PhD on professionalisation of counselling at University of Leicester.

**(FCE5) 15:10–16:10**

**Members of the Information Service Ethics Helpdesk**

### **Ethical helpdesk session**

Do you have some concerns about ethical practice? Members of the Information Service Ethics Helpdesk will be available for an hour to discuss your practice dilemmas and offer you some perspectives on ethical issues.

The Ethics Helpdesk has been in existence for more than six years, and the team receives regular supervision and training from Alan Jamieson and John Eatock, both well known and very experienced practitioners. Although we cannot offer advice, we try to be an objective sounding board to help explore any options and information that may be helpful with your dilemma.

**17:30: Annual General Meeting**

The AGM is where members can find out about the Association's activity and achievements over the past year, as well as play an active part by voting on statutory issues and any resolutions that may be presented, having first had the opportunity to join in the debate or simply listen to others' views. During the Open Forum item, Members will also be able to bring to the fore any enquiries or issues of concern about the Association and its work or, indeed, about the profession generally. The AGM is where the results of elections to the Board of Governors and to the AGM Business Sub-Committee, and the appointment of any new Vice Presidents are announced. The AGM is an important part of the conference and we hope many members will exercise their democratic right to be involved in their professional Association.

**18:45 onwards: Counselling & Psychotherapy Awards and Fellowship Presentations**

BACP is once again running an annual award scheme and dedicated evening event as an integral part of its annual conference programme. These awards aim to recognise, reward and celebrate innovation and excellence in the field of talking therapies, as part of the Association's commitment to spread and promote best practice.

Winners in all categories will receive a specially designed award, which will be presented at the BACP awards evening. BACP's new Fellows will also receive their Fellowship certificates from the Association's President.

Beginning with a drinks reception, the evening is designed to provide excellent networking opportunities in a relaxed and informal atmosphere. The evening will include presentation of the awards and Fellowship certificates, a light buffet supper and entertainment.

**Last years awards winners & guests of honour**



(l-r) Denise Meyer  
Esther Rantzen  
Sir Mark Waller



(l-r) Nicola Barden  
Amanda Webb-Johnson

# Saturday timetable

This timetable is to aid your conference planning.

**Please note:**

**Sessions in purple** require pre-booking and should be booked using the relevant section on the conference booking form.

**Sessions in green** do not require pre-booking.

08:15–09:00	Registration & refreshments						Refreshments
09:00–10:15	Welcome & opening keynotes (Prof Cary Cooper & Nenita La Rose)						
10:15–10:20	Transition to sessions						
10:20–10:45		<b>SS2A</b> Seminar Prof Colin Feltham	<b>SS3A</b> Guest speaker Sue Prosser	Break	<b>SS5A</b> Guest speaker Prof Andrew Samuels	<b>SCE1</b> Accreditation	<b>SCE2</b> Ethics and complaints
10:45–11:20	<b>SS1A</b> Workshop Meera Kapadia	Break	Break	<b>SS4A</b> Workshop Claire Smith	Break	Break	Refreshments
11:20–11:45		<b>SS2B</b> Guest speaker Dr Nick Baylis	<b>SS3B</b> Guest speaker David Tredrea		<b>SS5B</b> Seminar Ian Gilmore	<b>SCE3</b> Board of Governors – how does it work?	
11:45–12:45	Break	Break	Break	Break	Break	Break	Lunch
12:45–13:45							
13:45–14:45	<b>SS1B</b> Seminar Andrew Grimmer	<b>SS2C</b> Guest speaker Dr Daniel Nettle	<b>SS3C</b> Seminar Alison Russell & Michael O'Connor	<b>SS4B</b> Guest speaker Kate Anthony	<b>SS5C</b> Workshop Nick Totton	<b>SCE4</b> Practice-based commissioning	
14:45–15:10	Break	Break	Break	Break		Break	
15:10–15:45	<b>SS1C</b> Master-class Arthur Fuhrer	<b>SS2D</b> Seminar Dr Nick Baylis	<b>SS3D</b> Guest speaker Noreen Tehrani	<b>SS4C</b> Seminar Dominic Davies	Break	<b>SCE5</b> Systematic reviews	
15:45–16:10						Refreshments	
16:10–16:20	Transition to final session						
16:20–17:20	Closing keynote (Prof Susie Orbach)						

(SS1A) 10:45–12:45

pre-booking  
required**Workshop: Meera Kapadia****Has European psychological theory (Eurocentric) crossed its boundaries? “The Hair Dryer theory...”**

- Internal vs. external boundaries: my experience of providing therapy in earthquake stricken rural India
- Experiential exercises to highlight developmental lifespan differences in ‘I’ self culture boundaries and ‘we’ self culture boundaries
- Clinical implications for UK: recognising different psychological languages of distress (Assessment) and culturally inclusive treatment models
- The problem of ‘exporting’ Eurocentric societal theories to clients from collective societies.

Eurocentric theories, from Freud onwards, based their theories on culturally-embedded assumptions from the middle-class European society of the day. These theories are therefore socially constructed, yet are treated as though they are universal truths. This assumes that there is no boundary between Europe and the rest of the world. Yet we know that a geographical boundary does exist, and so the question has to be redefined – can Eurocentric theories be unquestioningly ‘exported’ to the majority of the world’s population where the fabric of society is inherently different?

You wouldn’t want to take a hairdryer abroad without checking whether it’s the right voltage for that country first! We need to be mindful of the dangers of exporting theories from an individualistic society to clients from collective societies where the aim is often increasing interconnectedness. Implicitly there is a process of homogenising people into the same cultural brand of humanity ie one based on the ‘I’ self, and people who don’t fit this model, might be pathologised, which is a colonial mentality.

So how can we adapt Eurocentric theories to listen to collective cultures psychological language of distress, whereby cultural difference neither falls on deaf ears, nor is disproportionately pathologised?

(SS1B) 13:45–14:45

pre-booking  
required**Seminar: Andrew Grimmer****Weaving the strands of experience: a European counsellor’s perspective on working with Maori clients**

This seminar is an introduction to issues relevant to working with Maori clients. The presenter is a British-born counsellor who moved to New Zealand in 2002, and the seminar is a reflection of his experience of adapting his practice to a New Zealand context. In particular it will explore the opportunities and challenges presented by working with Maori clients. Topics will include: the principles of protection, participation and partnership and their relationship to cultural safety and bicultural competence; an introduction to Maori

models of health and counselling such as *whare tapa wha* (four sides of a house) and *Paiheretia* (relational therapy with Maori clients); *Te Pounamu* (a Maori-centred psychological assessment protocol); and personal reflections on the challenges and opportunities presented by learning to work as a counsellor in New Zealand. Participants will have the opportunity to reflect on the potential relevance to their own practice of Maori approaches to counselling. Discussion is encouraged on similarities and differences between multicultural approaches to counselling and New Zealand’s bicultural model. The seminar could be of interest both to counsellors considering working in New Zealand, and also any counsellor interested in learning more about diverse perspectives on cultural competence.

(SS1C) 15:10–16:10

**Master-class: Arthur Fuhrer****Online counselling in a global context**

Over the past few years, online counselling has established a place in the worldwide counselling and psychotherapy community. With the availability of professional counselling services 24 hours a day, as well as the ability to communicate with counsellors across the globe in real time, clients can receive the services they need in a radically new way.

One of the main benefits of online counselling is its immediacy. Whereas in traditional therapy, clients wait for weekly meetings to report their progress; with online counselling, a person can process thoughts and feelings as they happen, and more easily integrate the benefits of treatment into their daily life.

The instant relief that online therapy can provide has many far reaching applications – from remotely assisting in disaster relief, to making high-quality counsellors available to rural populations – online therapy has become a valuable tool to provide access to those who need help most, but for whom counselling has been otherwise unavailable.

This master-class session will cover online counselling from a global perspective. We’ll look at specific counsellor case studies and ascertain the benefits and drawbacks of this new paradigm. Most of all, this presentation will focus on how online counselling is pushing the traditional therapeutic environment forward, and changing the face of the mental health care industry forever.

(SS2A) 10:20–11:20

pre-booking  
required

Seminar: Colin Feltham

## Critiquing happiness: is accentuating the positive and ignoring the negative really going to work?

The pursuit of happiness in the form of positive psychology and related therapies is fashionable and superficially plausible. Almost everyone will sign up to wanting to be happy or being happy. But a closer examination of what this means doesn't support its claims.

I will specifically suggest that the concept of happiness is:

- ill-defined and anachronistic
- driving an individualistic philosophy of hedonism that undermines collective needs
- naive in the face of our many strata of suffering
- of decreasing importance in relation to consciousness-raising about the human condition, and the survival attitudes and skills necessary in the probable coming era of global warming, resource scarcity, conflict and austerity
- a poor relation to the concept of enlightenment.

Key points will be made and dialogue encouraged within the time constraints.

(SS2B) 11:45–12:45

Guest speaker: Nick Baylis

## What can we learn from wonderful lives?

"Stress is *not* the problem, and happiness is *not* the solution."

"*Beautiful partnerships* are what allow profound progress in our relationship with life."

These are testing times! We 21st century homo sapiens are suffering from a host of problems, including all the usual suspects, which I call '*the circle of symptoms*'.

My research methods try to better understand 'our relationship with life'. At the heart of my work, I use the leading studies of lifetimes as they evolve, as well as autobiographies, and long interviews/life-shadowing with impressive individuals of all ages, examples can be seen at [www.YoungLivesUK.com](http://www.YoungLivesUK.com). I also use the analysis of 'cultural indicators of wellbeing' ie the popular fashion for everything from film to cars, and from books to clothes.

The good news is... we can *all* improve dramatically. We *all* have the ability to make profound and lasting progress in the quality of our life-journey.

But first, let's debunk some myths and challenge the 'received wisdom'. For example, the reductionist focus on single concepts such as 'emotional intelligence' or 'optimism' or 'happiness'

or 'stress-management courses'. Nothing in life works in isolation; profound and lasting progress is always a team effort of a number of key factors. Wellbeing comes from *synergy*, not one-off or single panaceas.

What can we do? Nick presents 12 highly related strategies for profound improvements in our personal and professional lives.

(SS2C) 13:45–14:45

Guest speaker: Dr Daniel Nettle

## Emotional wellbeing: in the genes, in the wiring, in the social environment, or in the way you think?

This talk reviews recent research on the causes of emotional wellbeing and distress. There is good evidence that genetic and neurobiological factors are important in people's wellbeing or vulnerability to emotional disorder. This might lead one to suppose that environmental factors would be unimportant, and that non-biological therapies would be ineffective. However, this would be a mistake. Genetic factors interact with environmental ones, and cognitive and psychotherapeutic interventions can be very effective at helping people to manage the effects of their particular temperamental makeup. Thus, the discovery that biological factors are operative in emotional distress only makes the social environment and cognitive understanding of one's situation more important, not less important.

(SS2D) 15:10–16:10

pre-booking  
required

Seminar: Nick Baylis

## 'The paramount role of our subconscious mind'... in achieving profoundly rewarding progress in life

Nick will consider how our subconscious can, if unharnessed, hold us back via emotional trauma, psychosomatic illness, and 'self-sabotage'; whereas, if worked with sympathetically through Ericksonian Hypnosis and other subliminal techniques, our subconscious can help us forge wonderful progress.

- a) Good evidence for the role and power of our subconscious/subliminal mind in our everyday lives... to alter our automatic physical behaviours, as well as our social behaviours.
- b) Good evidence for psychology's ability to benevolently improve the rapport between our subconscious and conscious mind so that mind and body communication, and harmony between mind and social behaviour, can all thrive.
- c) How fundamental techniques (eg of Ericksonian Hypnosis) can safely be taught so that our clients can calm and encourage their own subconscious motivations in the school classroom, in the home while parents communicate with their children and in the workplace.

**(SS3A) 10:20–11:20**

Guest speaker: Sue Prosser

**Acute emergency mental health and psychosocial responses**

This session will take the audience through an emergency mental health and psychosocial response programme in a camp setting of ~130,000 refugees and with new arrivals increasing the size of the camp by ~5,000 per day. Through the real-time events, it will raise the ethical and moral dilemmas of humanitarian aid work in mental health and psychosocial activities. It will discuss how these challenges can best be met, if at all, in conditions and circumstances where 'normal best practice' may simply not be possible. It also raises the issues of local cultural belief, etc that challenge traditional western therapeutic approaches.

The session will explore the psychological reactions of aid workers and the affected population to an emergency situation. Where aid workers are driven by 'doing' and the affected population are driven to survive, and how consequently our efforts may make us feel better but have little actual impact on the beneficiaries themselves.

Finally, how these experiences have added to the wealth of knowledge working towards more effective and efficient emergency mental health and psychosocial responses for the beneficiaries.

**(SS3B) 11:45–12:45**

Guest speaker: David Tredrea

**What really makes a good front-line trauma counsellor?**

Different scenarios require different talents and personalities. How well can you play the game? Life in the front-line is always very tough yet it requires immense sensitivity. How are your own needs balanced and nurtured? Clinically, there can be tremendous freedom about what to do but simultaneously an overwhelming sense of personal inadequacy and loneliness. How can we decide quickly what victims really need when often they do not know themselves? They will sometimes be unsure physically and mentally where they are and may be using unique verbal and body languages for the first time.

In this lecture, we will look at a number of real-world scenarios and try to match essential characteristics so you can see where and how you might best fit in and contribute... **WARNING:** This session carries a health warning and you may be rather upset if you have a very nervous disposition.

**(SS3C) 13:45–14:45**

Seminar: Alison Russell &amp; Mike O'Connor

pre-booking  
required**Healing or harming? – Working with a community in the aftermath of a major disaster involving young children.**

The presenters were members of a multi-agency team set up in the aftermath of the shootings in Dunblane primary school in March 1996. In this seminar they will reflect on their experience of working with children and families in Dunblane following this tragic event and on the relevance of these experiences in their day-to-day work.

The overall focus of the seminar will be to discuss the challenges faced and the lessons learned from working in a community unused to the presence of 'professional helpers'. One of these challenges was to persuade parents and professionals that the children most directly affected could benefit from skilled therapeutic interventions.

Both presenters will present case material illustrating the use of EMDR with children who survived the shootings.

**(SS3D) 15:10–16:10**

Guest speaker: Noreen Tehrani

**Why don't they understand that we are here to help?**

During the past 20 years we have become more aware of crises and disasters as they occur throughout the world. Media coverage brings into our living rooms images of desperate and distraught people. It is not surprising therefore that those of us whose job it is to provide support and counselling feel impelled to offer some of our skills to provide something to alleviate the suffering.

- Is it enough to be well-meaning?
- Are human emotions really universal?
- Picking up the pieces after the trauma tourists
- Is there another way?

In this presentation I will be looking at some of the issues involved in offering support to victims of catastrophes, disasters and trauma from other cultures. My views are informed by supporting victims, counsellors and other disaster workers involved in incidents occurring in the Antarctic, Iran, Turkey and Alaska. Working on disaster planning and support programmes for major incidents such as 9/11 and the Tsunami and supporting traumatised individuals, including trafficked women in the UK.

(SS4A) 10:45–12:45

pre-booking  
required

Workshop: Claire Smith

### Therapy through interpreters

One of the principle features of therapy is the alliance that exists between client and therapist, which can be unique, special and curative in its own right. Most therapeutic approaches are heavily reliant on aspects of interpersonal communication, and therefore introducing another individual into the relationship dynamic to interpret for clients can alter it significantly, raising issues and anxieties for client, therapist and interpreter.

Effective therapy through interpreters places particular demands on all three participants as it can involve a lengthy consultation covering abstract and sometimes unfamiliar concepts which tests comprehension, linguistic skills, emotional literacy and, perhaps most critically, trust.

Many concerns have been raised over recent years about the suitability of mental health services for people from different ethnic backgrounds, highlighting lack of cultural sensitivity and poor access, yet little acknowledgment has been made regarding language barriers as a key aspect of access. Opportunities for therapy opportunities are limited for those who do not speak the language of the therapy providers, resulting in lower referral rates. There remains a reluctance amongst some therapists to engage interpreters, even wondering if it is possible to effectively provide psychological therapies in this way.

This workshop aims to address these concerns by exploring the relationship dynamic and demands from the perspective of clinician, interpreter and client. It will take a practical and positive approach to enabling effective therapy through interpreters, to ensure access to high-quality mental health provision for all.

*Please see the conference website for details of all references.*

(SS4B) 13:45–14:45

Guest speaker: Kate Anthony

### Training international therapists online to become online therapists

OnlineCounsellors.co.uk offers a short online training course that trains mental health practitioners to transfer their traditional talking, counselling skills to using text to form and maintain a therapeutic relationship over the Internet. The course consists of six modules encompassing the basic theoretical, practical and ethical elements of online work, and is held completely online.

The trainees who undertake the course include mental health practitioners from the UK, USA, New Zealand, France, Australia, Turkey and Ireland. The members use forum software to network and discuss issues that arise on the course such as: definitions of counselling and psychotherapy in their respective countries; differences in licensing laws and regulation; the differences in cross-cultural online counselling and psychotherapy from their geographical perspectives; and what a counselling qualification means to their clients and peers if it was gained in a country outside of the UK.

This presentation will include discussion of these issues, and draw conclusions about being a trainee on an online course with such culturally diverse peers and also the issues that arise being the trainer designing, improving, and facilitating a training programme with such culturally varying participants.

(SS4C) 15:10–16:10

pre-booking  
required

Seminar: Dominic Davies

### Finding global relevance locally – on learning from sexual and gender minorities

They are all around us, people of minority gender or sexual orientation, and though they've been ostracised or marginalised for centuries by majority cultures, have much of value to teach others. In tribal peoples, as well as in some parts of the developing world, this has always been formally recognised and used. In the so called developed world, despite being massively disproportionately represented in healing, teaching, spiritual and cultural work, their contribution has gone unacknowledged.

This seminar intends to present and discuss what the majority (heterosexual) culture might learn from gender and sexual minorities, and how this might be incorporated into training therapists to work with these diverse populations. Therapists of all sexual and gender identities are welcome to participate in this seminar.

(SS5A) 10:20–11:20

Guest speaker: Andrew Samuels

**Psyche and power: the role of therapy thinking in the alleviation of political conflict**

The people and institutions responsible for alleviating political conflict are struggling. The world is spiralling downward into an ever-more violent condition and the human psyche suffers. Given the failure of those with power to manage geo-violence, it may no longer be such a difficult sell to suggest that ideas and practices deriving from the therapy field could be useful. Gradually, therapists are beginning to make their contribution. But we do have to sort out a lot of problems first. The kind of psychology many of us use isn't easy to understand. We need to get better at translating it into plain language without turning ourselves into something like journalists. We also have a reputation as a disputatious and crazy professional group. A further problem is our Eurocentric way of thinking. In my talk, I'll work through some of these difficulties because my enthusiasm for the cause is tempered by a lot of scepticism and doubt. Then I'll move on to outline a series of ideas that I have been working on and testing out in political contexts for many years. These include (i) how to address the mutual incomprehension that is the hallmark of intense political conflict; (ii) making use of what therapists know about violence, aggression and self-assertion to understand political conflict better; (iii) seeing if we can do away with the moralistic, blame-blame culture that pervades national and international politics.

(SS5B) 11:45–12:45

Seminar: Ian Gilmore

**Therapeutic Consultancy**

*Therapeutic Consultancy* is the umbrella term that denotes an increasing level of activity these days, particularly, though not exclusively, under the auspices of the managed care sector; but how should this work be approached?

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By way of illustration only, issues that may arise could include: the expanding place of *Therapeutic Consultancy* in the therapist's portfolio of activities; how to navigate as safe a path as possible overseas in difficult or even hostile circumstances; or ethical issues attaching to *Therapeutic Consultancy*.

As no prior familiarity with this line of work will be assumed, this seminar will be suitable either for people who would like to enter this line of work, or for those who may already have some knowledge and would appreciate a forum in which they may further consider *Therapeutic Consultancy*.

pre-booking  
required

(SS5C) 13:45–15:45

Workshop: Nick Totton

**What about the politics? The shadow of helping**

The application of therapy to political issues like conflict and societal trauma can be highly fruitful; however, the further we move from our own cultural base, the more problematic the issues become.

While respecting the excellent work done by certain practitioners, this presentation will play devil's advocate, pointing to the dangerous possibilities of taking psychotherapy into post-colonial situations and imposing a model from one culture onto another culture's experience. PTSD is one example of such a model, which has often been used to override local ways of understanding the effects of violence. It will argue that there is a risk of therapy becoming an arm of globalisation, presenting itself as an expert system which overrides local models. Therapy inevitably and necessarily represents Western culture to the rest of the world. The question is, what facet of Western culture does it identify with? If therapy is to be truly useful to non-Western societies, it needs to bring a genuine humility, and a desire to learn rather than to teach.

I will also draw a reverse analogy and raise questions about the neo-colonial aspects of ordinary psychotherapy in Western society.

pre-booking  
required

**(SCE1) 10:20–11:20**

Presenter to be confirmed

**Accreditation – 10 tips to help you pass**

This session will include:

- An explanation of eligibility
- Clarification of the criteria
- Advice on how to present your case material
- Information about what the assessors are looking for.

**(SCE2) 10:20–11:20**

Gráinne Griffin

**Balancing ethics and justice**

This one hour workshop will endeavour to raise awareness in the complex area of balancing ethics and justice in a complaint situation. It will demonstrate how adjudication panel members grapple with these sometimes conflicting principles when reaching decisions in professional conduct matters.

The workshop will contain some experiential learning.

**Biography**

Gráinne Griffin is BACP's Head of Professional Conduct and a member of the Professional Conduct Committee.

**(SCE3) 11:45–12:45**

Members of the Board of Governors

**BACP's Board of Governors – how does it work?**

Have you ever wondered what actually happens at the Board of Governors' meetings? Have you considered putting yourself forward for election to the Board? Why not come along and join in this simulated Board meeting to find out what happens, gain some insight into the way the Board operates and get a flavour of the skills necessary to be a Governor.

**(SCE4) 13:45–14:45**

Yolande Watson

**Explore the unique culture and language of practice-based commissioning**

This session will prepare you for a journey into this newly discovered country. It will provide you with the basic facts – enabling you to get around by learning some of the customs, key words and phrases.

**Biography**

Yolande Watson is the Chief Executive of two social enterprises and co-Director of a consultancy business. She has worked in health and primary care for more than 20 years. Yolande is currently working with more than 50 voluntary sector agencies and helping them to successfully link into local and regional commissioning frameworks.

**(SCE5) 15:10–16:10**

Kaye Richards & John McLeod

**Systematic reviews: a global research endeavour**

Systematic reviews are one way in which international research is both gathered and synthesised. They are essential in informing research, policy and practice and in any global research endeavour. They offer the opportunity to collate and assess the research evidence. Without them it can be difficult to know what the research really tells us and what future research needs to be done.

Given the political regulatory changes and the need for a knowledge-based profession, this session will identify why research reviews are important and relevant to what we do. We'll give an overview of different aspects of a systematic review – its uses and limitations. And we'll then present findings from the most recent BACP international reviews on counselling in the workplace and supervision.

This session will launch the updated systematic review on counselling in the workplace by Professor John McLeod.

**Biographies**

John McLeod is Professor of Counselling at University of Abertay Dundee. He is author of *An Introduction to Counselling* (3rd edn, Open University Press, 2003), *Doing Counselling Research* (2nd edn, Sage, 2004) and *Counselling Skills* (Open University press, 2007), as well as books and articles on a wide range of topics in counselling and psychotherapy. He is interested in the role of counselling in society, and the use of research to enhance the quality of service delivery for clients. He is also author of the BACP systematic review on counselling in the workplace (2007).

Kaye Richards is Research Facilitator in BACP's Research Department. Her role is to undertake research, promote research awareness and facilitate research into counselling and psychotherapy. She is passionate about bridging the gap between research and practice, and her previous research has included the development of outdoor adventure therapy interventions for women with eating disorders, and developing research initiatives with, and about, young people. Amongst other publications, she is co-author of the BACP Systematic Review on the Impact of Clinical Supervision on Counsellors and Therapists, their Practice and their Clients (2007).

# Booking terms & conditions

Full terms & conditions are available at [www.bacp.co.uk/events](http://www.bacp.co.uk/events)

To book, please contact the  
BACP Events Team on:

Tel 01455 883390 | Fax 01455 550243 |  
Email [events@bacp.co.uk](mailto:events@bacp.co.uk)  
Events Team, BACP House,  
15 St John's Business Park,  
Lutterworth, Leicestershire LE17 4HB

Bookings can be made by telephone,  
fax, email or post.

Booking by any of the above methods  
does not automatically constitute  
confirmation of a place. BACP will confirm  
all bookings in writing on receipt of a  
completed booking form and payment in  
full. Booking reservations without payment  
in full will be held on a provisional basis  
(excluding workshop choice) and places  
can not be guaranteed. All bookings are  
made on a first-come, first-served basis.

## Late bookings

Bookings received after 28 September  
will incur a late booking fee of £25 per  
delegate. We will accept late delegate  
bookings subject to availability and  
immediate payment in full. BACP will try  
to ensure that late booking information is  
incorporated into the event administration  
process, however this cannot be  
guaranteed if the booking is made after  
5 October 2007.

## Payment

All fees must be paid in full no later than  
28 September, 28 days from invoice, or  
immediately for late bookings. Cheques  
should be made payable to BACP.  
BACP is also happy to accept payment  
by the following credit/debit cards: Visa,  
MasterCard, Delta, Switch & Maestro.  
VAT reg. no 443 854 436.

## Cancellations

Written notification of cancellation  
after 7 September or failure to attend  
the conference without prior written  
notification will be subject to a 100 per  
cent cancellation charge. Cancellations  
before 7 September will incur a £25  
cancellation charge.

## Substitute delegates

BACP will accept substitute delegates  
without charge where notification is  
received before 28 September 2007.  
After this time an administration charge  
of £25 will be required.

## Special requirements & dietary needs

BACP is committed to meeting the needs  
of all delegates and will try to ensure any  
special requirements are fully met subject  
to reasonable prior notice. Please state  
your request at the time of booking and  
we will confirm by phone or letter prior to  
your arrival.

## Group bookings

Group bookings of 5 or more delegates  
from the same organisation will receive a  
discount on registration fees. Please call us  
for more information.

## Conference package inclusions

### Day delegate package

A day delegate package consists of lunch  
and refreshments.

Delegates wishing to attend the awards  
evening must book by 28 September  
2007.

## Limitation of liability

1. BACP does not accept responsibility  
for accident, injury or loss suffered  
while attending events unless it is  
directly due to negligence on its part.
2. BACP accepts no responsibility for  
any loss incurred while using material  
or information gained at BACP events.
3. The copyright of all training material  
rests with the trainer or speaker, and  
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for any infringements as a result  
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misuse of any material.

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BACP reserves the right to amend  
or cancel any event or event times  
and dates. This includes changes to  
speakers, content and programme.  
In the unlikely occurrence of an event  
cancellation, BACP will return any  
payments received in advance. BACP  
will not, however, refund any costs  
incurred as a result of this cancellation.

# Booking form

## Annual Conference 2007 – Counselling on a global canvas

19–20 October 2007, The Gallery Conference Suite, NEC, Birmingham



British Association for  
Counselling & Psychotherapy

Please fill out this form and fax back to: 01455 550243, or post to: bacp events, BACP House, 15 St John's Business Park, Lutterworth LE17 4HB

Please use block capitals and print clearly. Details marked \* will be used for the delegate list and your badge.

### Personal details

Title..... Forename ..... Surname .....

Job title\* ..... Organisation\* .....

Mailing address .....

..... Postcode .....

Country ..... Telephone .....

Email address ..... Home postcode (if different from above).....

Membership status ..... BACP membership no. (if applicable).....

### Specific requirements

To list any any specific requirements you have please see the section overleaf.

### Workshops & seminars

For details of workshops and seminars please see overleaf.

### Package details

#### Day delegate rates (per day)

BACP member  £95 Non-member  £150

BACP reduced fee member  £75 BACP student member  £75

Please indicate which day/s you require at conference:

Friday  Saturday

#### Additional items

Fri night awards & fellowship presentations\* AGM

free of charge – \*pre-booking essential  free of charge

The above prices are for bookings **before 28 September 2007**.

Bookings received after this date will be subject to a £25 late booking fee

Please send me an accommodation booking form

### Payment method

Invoice (official purchase order must be attached)

Cheque (payable to BACP)

Credit/debit card

Receipts are available to download from the BACP website via the Members Area

Card no.                  Exp   /

Issue no. (Switch only)   Security no. (last 3 digits on signature strip)

House no. & postcode of billing address .....

I agree to abide by the booking terms & conditions (see page 22).

Name (as on card) .....

All charges are inclusive of VAT. Please make cheques payable to BACP and return to: BACP House, 15 St John's Business Park, Lutterworth LE17 4HB. If your company requires an invoice please attach an official purchase order with this booking form.

Signed ..... Date .....

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# Booking form – *continued*

## Workshops & seminars

Pre booking is required for all workshop and seminar sessions. All other sessions do not require pre-booking and can be accessed on a first come first seated basis on the day. Full details of all the sessions can be found on the website at [www.bacp.co.uk/conference2007](http://www.bacp.co.uk/conference2007)

**A maximum of 2 sessions per day may be chosen from the list below.**

Please place a tick in the relevant box. If you would like to choose a reserve in case either of your choices is fully booked, please indicate this by placing an R in the relevant box. You will be notified if any of your choices are fully booked.

### Friday

#### Crossing boundaries

- FS1A (J Gilbert)
- FS1B (C Smith)

#### Happiness is?

- FS2A (J Mardula & E Gold)

#### Working with trauma

- FS3A (J Hutchinson & JC Lema)
- FS3C (M Korzinski & C Tuke)

#### Diversity training

- FS4A (H Dhillon-Stevens)
- FS4C (O Kaur)

#### Consultancy & politics

- FS5B (M Brayne)
- FS5C (H Rapp)
- FS5D (I Gilmore)

### Saturday

#### Crossing boundaries

- SS1A (M Kapadia)
- SS1B (A Grimmer)

#### Happiness is?

- SS2A (C Feltham)
- SS2D (Nick Baylis)

#### Working with trauma

- SS3C (A Russell & M O'Connor)




#### Diversity training

- SS4A (C Smith)
- SS4C (D Davies)

#### Consultancy & politics

- SS5B (I Gilmore)
- SS5C (N Totton)

## Specific requirements

- Wheelchair accessibility required 
- Hearing loop required 
- Sign language interpreter required 

To help us ensure that all delegates attending the conference are able to participate fully please give details of your specific requirements

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Please specify if you have any dietary needs or food intolerances

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Lutterworth LE17 4HB

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