

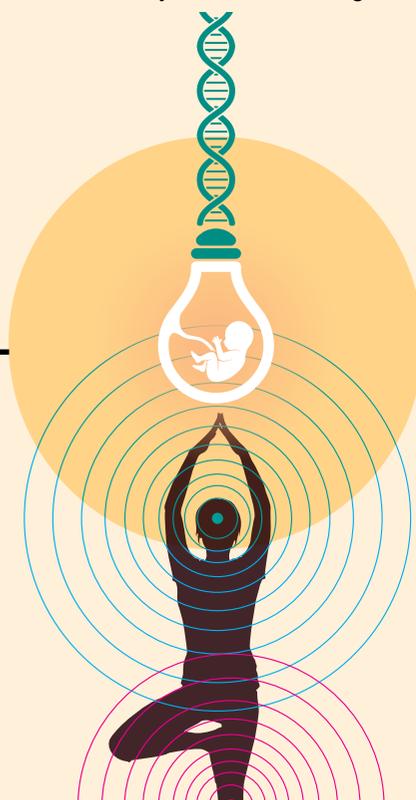
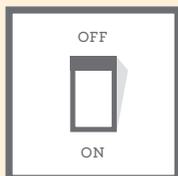
One of the most fascinating presentations of the Practitioners' Conference for me was Nikki Kiyimba's talk about epigenetics. We are all aware of the ongoing debate about the respective roles of nature and nurture in terms of human behaviour. The new field of epigenetics sheds fresh light on this, as it demonstrates that our genes can actually be switched on or off by our environment. Nikki provides us with a straightforward overview of this complex field and explains how it is of relevance to the counselling and psychotherapy environment.

Many of us will have had clients in our counselling rooms who have been diagnosed with autism or Asperger syndrome. Sometimes the interventions and approaches that we might use with other clients can seem ineffective with this particular client group. Elaine Nicholson, who established the Action for Asperger's charity, provides us with some helpful practical suggestions for working with clients with Asperger syndrome and explains why we might find ourselves failing miserably when we try to use some of our standard approaches. I, for one, will certainly be introducing some of her practical suggestions in my therapy room.

If you would like to share some of the innovative practices that you have developed in your service or organisation, please do not hesitate to contact me. We always welcome fresh ideas and best practice examples. I look forward very much to hearing from you.



Joanna Benfield, *Editor*
hcpj.editorial@bacp.co.uk



CONTENTS

FEATURES

HAPPY HOUR IN IAPT: IMPROVING WORKPLACE WELLBEING 8

Lowri Dowthwaite presents an innovative approach to supporting counsellor and psychotherapist wellbeing

THE BODYMIND APPROACH™ TO WORKING WITH MEDICALLY UNEXPLAINED SYMPTOMS 14

Helen Payne outlines an innovative groupwork approach to working with medically unexplained symptoms

DEVELOPMENTAL TRAUMA AND THE ROLE OF EPIGENETICS 18

Nikki Kiyimba explores the interaction between genes and environment in shaping human behaviour

WHAT WORKS WHEN COUNSELLING AUTISTIC CLIENTS? 22

Elaine Nicholson provides practical advice on working with clients with Asperger syndrome

REGULARS

FROM THE EDITOR 02

NEWS AND RESEARCH 04

CHAIR'S REPORT - BACP HEALTHCARE:
Satinder Panesar 06

HEALTHCARE UPDATE:
Judy Stafford 07

THERAPY IN PRIMARY CARE:
Elaine Davies 28

THIRD SECTOR PERSPECTIVE:
Michael Lilley 29

REVIEWS 30

BACP HEALTHCARE ROUND-UP 31