

Student conference 2021

Live: Friday 26 and Saturday 27 February 2021

On-demand: Monday 1 March 2021 – Monday 31 May 2021

Friday 26 February 2021

9.30am – 9.45am	Welcome to the webcast with our hosts, Caz Binstead and Kris Ambler	
9.45am – 10.15am	Keynote session from Natalie Bailey, Chair of BACP and Michael Golding, BACP Governor	
	Strand 1, hosted by Caz Binstead	Strand 2, hosted by Kris Ambler
10.15am – 11.00am	Common pitfalls when setting up in private practice – Andrew Harvey, Michelle Seabrook and Daniel Winstanley	Reflections on the post qualification career journey – Dr David Morrison
11.00am – 11.15am	Break	
11.15am – 12.00pm	Student to private practice – use of the BACP toolkit – Caz Binstead	Clinical adaptation in a HR function – Caroline Sheldon
12.00pm – 12.30pm	Hear from BACP staff members about the work they do	
12.30pm – 1.30pm	Lunch	
1.30pm – 2.15pm	Working online and in person – John Wilson and Kate Dunn	Getting the most from your supervision – Stephen Hitchcock
2.15pm – 2.30pm	Hear from BACP members about their journey's	
2.30pm – 2.45pm	Break	
2.45pm – 3.30pm	Safeguarding and risk management in action – Lynne Gabriel	Towergate Insurance: More than just an insurance provider – Towergate Insurance
3.30pm – 3.45pm	Closing thoughts from our hosts	

This programme is subject to change

Saturday 27 February 2021

9.30am – 9.45am	Welcome to the webcast with our hosts Caz Binstead and Kris Ambler	
9.45am – 10.15am	Keynote session from Hadyn Williams, BACP CEO and Fiona Ballantyne-Dykes, BACP Deputy CEO	
	Strand 1, hosted by Kris Ambler	Strand 2, hosted by Caz Binstead
10.15am – 11.00am	Stepping stones to accreditation – Jens Bakewell	Setting up in Private Practice in the 'new normal' – Martin Hogg
11.00am – 11.15am	Break	
11.15am – 12.00pm	Integrating coaching into your practice – Judith Plastow	Charging for therapy – Cathy Towers
12.00pm – 12.30pm	Hear from BACP members about their journey's, and BACP staff members about the work they do	
12.30pm – 1.30pm	Lunch	
1.30pm – 2.15pm	A system's approach/role of other stakeholders in return to work and mental health in the workplaces – Dr Jo Yarker	Transitioning from training into the workplace – Conversation between Jens Bakewell, Caroline Kitcatt and Alex Church
2.15pm – 2.30pm	Hear from BACP members about their journey's, and BACP staff members about the work they do	
2.30pm – 2.45pm	Break	
2.45pm – 3.30pm	Done with my counselling studies; now what? – Vianna Boring Renaud	Spring Forward Bounce Back: Stress Management and Resilience in Turbulent times – Maureen Slattery-Marsh and Kathryn Lock
3.30pm – 4.00pm	Closing thoughts from our hosts	

This programme is subject to change

Session information and biographies

Friday workshops

Common pitfalls when setting up in private practice

Andrew Harvey, Michelle Seabrook and Daniel Winstanley

This session will look to provide those who are thinking of setting up in Private Practice an idea of common mistakes that can be made, especially early on in the journey of setting up your own practice. The aim of this session is to enable you to hear from three experienced private practitioners and learn from mistakes that they have made or have seen being made in their time in the profession. Andrew, Michelle and Daniel provide advice in areas they wish they'd have known more about during their time as students in the hope that you are able to learn from and consider if you do choose to set up your own practice.

Biography

Andrew Harvey has been in private practice for 7 years, providing counselling to clients both in-person and online, he has a special interest in working with clients seeking addiction recovery. In addition to his private practice work, he provides consultancy services supporting counsellors in establishing and/or growing their practices.

Michelle Seabrook is an accredited member of BACP. She works as counsellor, psychotherapist and clinical supervisor based in Leicestershire. Michelle works in private practice with individuals and organisations. She has a special interest in clinical

supervision and the wellbeing of practitioners working in the helping professions. Michelle is a practitioner-researcher, currently completing a Doctorate researching supervisee self-care in clinical supervision.

Daniel Winstanley is an integrative therapeutic counsellor in private practice, working in Central London and online. Daniel describes his work as LGBTQ+ affirmative and has a background in equalities work and mental health services. He also has several years' experience in working with various client groups including people of trans* and non-binary experience, lesbian, gay, and bisexual people, people in non-monogamous relationships, people with disabilities and people living with HIV and other long-term conditions. Daniel has lived experience as a gay man growing up in the North-East of England and as a carer for his family member with dementia.

Reflections on the post qualification career journey

Dr. David Morrison

Employability is a challenge which confronts all trainee counsellors. After qualification, there is stiff competition for a limited number of jobs and it can be a struggle to establish yourself as a self-employed practitioner. As a result, pathways into a career in counselling can appear unclear and uncertain.

In this session, David reflects on his post qualification career journey to offer 5 tips for trainee counsellors to improve their employability. These tips will give students a competitive edge when applying for jobs or setting up an independent practice after completing training. For students already in a counselling placement, David's suggestions will help you make the most of your placement experience. And for students yet to begin a placement, this session will help you choose a placement that supports your post qualification career plans.

Biography

Dr. David Morrison is an award-winning practitioner psychologist specialising in mental health and wellbeing. He has an independent psychology practice based in Glasgow and works with private and corporate clients across the UK and Europe. In addition to his independent practice, David is an associate lecturer at The Open University, a visiting lecturer at Regent's University London, and a professional adviser to the Scottish Public Services Ombudsman.

Student to private practice – use of the BACP toolkit

Caz Binstead

This session provides a unique opportunity to listen to Caz Binstead, one of the leading forces behind the creation of the BACP Private Practice toolkit. Caz will guide students into beginning to think about preparing for potential work in Private Practice upon qualification. The workshop will look at what it's like to move from being a student to new in Private Practice, the struggles, the opportunities, and how BACP can support you.

Biography

Caz Binstead is a therapist and supervisor working full time in private practice. She sits on the Private Practice Divisional Executive at BACP, and is divisional lead on the 'BACP Private Practice Toolkit'. She specialises in interacting, connecting and working with 'on the ground' therapists, and co-runs #TherapistsConnect; a large therapists community which focuses on connection, networking and support for all those in our profession. She runs this with Dr. Peter Blundell, and they are particularly proud of their student wing #traineeTalk. Caz has been working in Private Practice since 2012, and absolutely loves her work. She continually feels inspired and privileged working with clients. Finally she enjoys writing (both professionally and personally), and photography.

Clinical adaptation in a HR function

Caroline Sheldon

The how, the who, the what and the when, of what it would or could look like becoming a "passport holder" to the corporate sector. When working with a knowledge base and skill set from the therapeutic background. Bridging the gap. Options to how work dynamically with an evolutionary mindset and adaptation of a practitioner skillset.

Biography

Caroline is currently managing high profile campaigns and implementation of new cross government initiatives with stakeholders including trade unions, Senior Government ministers, healthcare officials, courts and MOJ senior leadership. In addition to holding clinical private practice as CBT therapist, Mediator and Peer to Peer wellbeing advocate Caroline also throughout the pandemic has been holding Trauma Debriefing services for those working within in front line roles.

Working online and in person

Kate Dunn and John Wilson

The COVID-19 pandemic has led to an unprecedented growth in the use of technologically mediated, distance-based approaches to therapy. Much attention is rightly being given to establishing safe and ethical settings for the delivery of psychotherapy. Matters of security, confidentiality and technological understanding are stressed. Are we also paying sufficient attention to the psychological impact on clients and therapists of moving between online and offline spaces? How do we assess and monitor individual responses to these movements and the effect they have on psychotherapeutic alliances? This session considers the importance of integrating our knowledge and understanding of attachment theory and concepts of change and resilience into assessment and other decision-making processes involved in the delivery of 'hybrid' or 'blended' therapy, both at the outset and throughout its course.

Biography

Kate Dunn is a private practitioner, having previously worked for many years in educational and health settings. Kate has a particular interest in the online therapeutic relationship, the subject of my research and writing. She has been privileged to have engaged with clients and supervisees throughout the world over many years, using a variety of online approaches and applications. Kate is committed to promoting effective, safe, and ethical practice wherever and however practitioners and clients meet, either through choice or circumstance.

John Wilson has been in private practice since 2005 and trained to work therapeutically online in 2007. John is currently in practice as a psychotherapist, supervisor, coach & large group facilitator. He is director at Temenos Education Ltd and a founding partner at onlinevents.co.uk and has been passionate about opening up opportunities for experiential learning online

for over a decade. John is fascinated by the capacity humans have to connect over long distances with and without the aid of technology. Throughout the current pandemic he has extended his large group facilitation to online groups of between 10 and 1,000 participants and constantly learning about the ways we relate that can be both difficult and deeply healing.

Getting the most from your supervision

Stephen Hitchcock

In this session we will be looking at your own needs as you begin your counselling practice, and how those needs can best be met through supervision. We will start by considering the value of supervision in our profession, then exploring ways of finding a supervisor, what to look for in a supervisor to ensure a good 'fit', contracting with a supervisor, and how you might prepare for and structure a supervision session. Also included will be the professional requirements for supervision and practical issues around logs and record-keeping. We will be showing that supervision can be so much more than just reporting on case work, instead seeing it as an opportunity for personal growth and reflection on whatever might be affecting your practice, with the aim of providing the best possible service to your clients.

Biography

Stephen Hitchcock is a counsellor and supervisor with over 20 years' experience in various settings: private practice, student counselling services, counselling agencies, primary care and EAPs. He worked for many years in BACP's Professional Standards as an Accreditation Assessor and Moderator, and is now BACP's Ethics Consultant for supervisors. Stephen has a passion for grappling with ethical dilemmas, and helping to make the Ethical Framework come alive.

Safeguarding and risk management in action

Lynne Gabriel

This session considers risk management and safeguarding in counselling. This is often an area of practice that is most feared and hopefully the session will support participants to prepare for or develop their approach, to risk management. We will consider key features involved in working with risk, as well as 'tools & tips' to support you and your client work.

Biography

Lynne is a trained therapist, coach, group facilitator and supervisor of professional helping practitioners, with extensive experience of leading on clinical work and undertaking research projects. She is an Emeritus Chair of British Association for Counselling & Psychotherapy (BACP) and is Chair of BACP Ethics and Good Practice Steering Committee.

Researching counselling and mental health practice and developing both 'practice-based' (based on in-depth case studies) and 'evidence-based practice' (based on statistical data gathered through the Centre and associated research consortium) is something Lynne is passionate about. She enjoys collaborating with students, staff, and external partners to develop meaningful projects that have a positive impact on peoples' lives and wellbeing. The Centre offers multiple placement and research opportunities for York St John University students and staff.

Towergate Insurance – More than just an insurance provider

Diane Calpehorn and Haydn Dodds-Jones

Towergate are a leading UK insurance intermediary, created to offer consumer and commercial customers specialist insurance policies. We offer a comprehensive range of market leading products, combined with our dedication to exceptional customer service. With over 4,400 committed staff based across more than 100 offices (our knowledge centres) in the UK, we are able to offer our clients easy access to real product knowledge, insurance expertise and impeccable service standards.

Towergate Caring Professions have been providing insurance to individuals, companies, partnerships and charities for over twenty years. Our knowledge and expertise have allowed us to design specialist products tailored to the needs of the sectors we serve.

As one of the UK's leading insurance intermediaries, with Towergate you can be confident that you are dealing with an organisation dedicated to its clients.

Biography

Diane Calpehorn began her career in insurance over 20 years ago. She joined Towergate 3 years ago and she currently looks after over 100 associations with their insurance requirements.

Haydn Dodds-Jones began his career with Towergate in 2013 as a Retention Advisor. Now Haydn's responsibilities as Sales Manager include assessments to identify what clients need to protect their civil liabilities, alongside managing the team.

Saturday workshops

Stepping stones to accreditation

Jens Bakewell

This session gives an overview of BACP accreditation and the route from Student member to Registered Accredited Member. In the session we will look at reasons for becoming accredited, the application process and the standard for Individual Accreditation.

Biography

Jens Bakewell works part-time at BACP as Lead Accreditation Assessor, one member of a team that assesses accreditation applications from Individuals, Services and Courses. The rest of their work time is as an ecotherapist, supervisor, counselling lecturer and researcher. Outside of work they enjoy reading, films, drumming, yoga and open-water swimming. Their current research is about the mental health benefits of 'wild swimming'.

Setting up in Private Practice in the 'new normal'

Martin Hogg

Private practice in the new normal?

- why clients choose PP
- why Counsellors choose PP
- is PP for me
- key challenges in PP
- 8 Mistakes that Counsellors make and how to avoid them
- one Golden Rule
- planning for Success
- access to free resources

Biography

Martin Hogg MBACP has been a counsellor in Private Practice since 2005 working exclusively with young people and adults with anger management issues. A serial social entrepreneur he established Citizen Coaching

in 2005 and Birmingham Counselling Services in 2011. Martin and his team of counsellors deliver over 7,500 counselling sessions a year from their base in Birmingham. Martin has been a committee member of the BACP Private Practice division for eight years and has delivered courses for the BACP including; Marketing (Grow My Practice), Business Stress and Anxiety in the Workplace.

Integrating coaching into your counselling practice

Judith Plastow

Have you ever thought of how you might develop your practice in the future and perhaps look to introduce coaching as part of your offering to clients? If so, this presentation is a must in helping you think about where to start. As well as providing a brief overview of coaching, Judith will talk about the different ways we as practitioners can offer coaching as part of our counselling services and the practical issues to be considered when thinking about adapting our practice.

Biography

Judith Plastow is an Integrative Counsellor and Coach. Following twenty years as a senior manager in the media industry, Judith retrained and set up the Co-Thinking Company, based on her first-hand observations of the changing needs of effective people-development in business. Her work focuses on driving employee performance through building self-confidence, enabling clients to have a more positive relationship with themselves.

Judith also spends one morning a week supporting the excellent work of the Lewisham Refuge and Migrant Network. She also lectures at the University of East London on the PG Diploma in Integrative Counselling and Coaching.

Charging for therapy

Cathy Towers

This presentation explores elements of charging for therapy with regard to paying clients (whether in private practice or voluntary sector). What is fair? What costs do we need to take into account? What emotional factors do we need to consider? What if the client can't afford us?

With arguments about money being the top predictor of divorce, our ability to attend to financial exchange with clarity and confidence is essential in creating good communication patterns, and in building a safe and healing therapeutic relationship.

Cathy underpins this workshop with the idea that giving and receiving helps address inequalities in therapy and also heal the wounds of past relationships through symbolic value.

Biography

Cathy Towers runs workshops under the banner of Business Therapy. These deal with the challenges, struggles and sticky issues for private practice by "putting your relationship with your business on the couch", particularly reflection on your relationship with money and financial exchange with clients.

Thirty years a therapist, Cathy has helped counsellors and other micro-businesses with CPD since 2007, who are seeking the skills and confidence to become professionally visible and viable in a way that feels clean, ethical and authentic.

She is a fierce voice for confidence and communication, as it took so long to grow into that herself.

A system's approach/role of other stakeholders in return to work and mental health in the workplace

Dr Jo Yarker

In this session, we will explore the role counsellors and related practitioners can play in supporting individuals to return to work safely and confidently. Mental ill-health sickness absence is a challenge for individuals, organisations and society. Over 57% of lost working days are due to stress, anxiety or depression. Research suggests that the longer people are off work, the less likely they are to return to employment, and the more likely they are to relapse. Many managers and returning employees have indicated that they lack the knowledge or confidence to know what to do for the best. During this session we will explore current research and practice, drawing from our IGLOO approach to sustainable return to work to map a pathway to a successful return and explore how you could develop a career, working with other professionals in and outside the workplace, to help people return to, and stay at work.

Biography

Dr Jo Yarker is passionate about understanding what we can do to foster fulfilling, healthy and productive work, particularly under times of challenge. She is an award winning occupational psychologist, specialising work, health and well-being. Jo is a Director of Affinity Health at Work, and leads the Professional Doctorate in Occupational Psychology at Birkbeck, University of London, in both roles she works in a job-share with Dr Rachel Lewis. Working with a network of leading academics, Jo's research has been sponsored by the HSE, DWP, CIPD and the Mental Health Foundation.

Transitioning from training into the workplace

Conversation between Jens Bakewell, Caroline Kitcatt and Alex Church

This discussion session between three very experienced practitioners will look at addressing the potential challenges that you may face when transitioning between training and the workplace. You will be given advice on how to manage these challenges and also so tips of how to go about carving out your career in the profession.

Done with my counselling studies; now what?

Vianna Boring Renaud

In this session, Vianna will be sharing her journey since the completion of her studies in 2008. Whilst discussing entering the Private Practice and EAP world amongst other areas, this session will enable participants to reflect upon their own expectations and will hopefully aid them in ensuring that they are manageable and realistic. There will also be time to explore creative approaches and ideas when thinking about their own personal skillset.

Biography

Originally from Northern California, Vianna Boring Renaud is a Person Centred counsellor in Poole Dorset involved with various EAPs and private practice. Following her studies at Queen's University Belfast and placement at the Belfast Model School for Girls, she was a Counselling Associate at Peter Symonds College Winchester, the Universities of Portsmouth and Southampton, and the Counselling Information Trust in Poole. She served as the School Counsellor for the Bishop of Winchester Academy in Bournemouth for five years and is currently on the BACP Workplace Division Executive.

Outside the counselling space she is a Placement Development Advisor within the

Faculty of Media and Communication at Bournemouth University supporting undergraduate and postgraduate students during their sandwich placement out in industry, doctoral student at the BU Centre of Excellence in Media Practice, piano teacher and church musician.

Spring Forward Bounce Back – Stress Management and Resilience in Turbulent times

Maureen Slattery-Marsh and Kathryn Lock

In these turbulent times, students continue to be faced with sudden and severe changes to routines, frequent disruption to daily and social life and profound levels of loss. Familiar ways to self-care have been thrown off course and even upturned. How might we replenish hope and resilience and discover new pathways to self-care? How might a holistic approach to self-care enable a greater capacity to spring forward and bounce back in response to our personal and contextual turbulence. In this session we will offer ways to identify various 'turbulences' in your life and circumstances, consider the impact of these turbulent times on overall wellbeing, explore some holistic approaches to managing stress and turbulence, suggest ways to respect and respond to their self-care needs, and gain an understanding of how to cultivate transformative resilience in our lives.

Biography

Maureen Slattery-Marsh MBACP (Accred), Chair BACP Spirituality Division

Maureen is a therapist, supervisor and trainer working in the voluntary sector and in private practice in Birmingham. She lectured in counselling at Newman University, Birmingham between 2009 to 2013. Her research interests are in spirituality and belief, social justice, equality and diversity in counselling. Her spirituality is rooted in the reality of human suffering. We are all 'wounded healers' privileged to receive and

give healing grace to one another on our journeys towards greater wholeness.

Kathryn Lock MBACP, Executive Committee Member Spirituality Division

Kathryn joined the Spirituality division in 2019 with an active role of encouraging awareness of the division online. She is an Integrative Counsellor based at Cardiff University

and counsels students. She also counsels in private practice. She encourages collaborative

working and discourse around pastoral support, spirituality, faith and non-belief.