

Staying Connected

Tuesday 25 January 2022

10.00am - 10:05am	Welcome and introduction with Kate Smith, BACP Governor
10.05am - 10.50am	<p>Emma Brand - Communication and working creatively with clients with sensory needs</p> <p>This session will explore and discuss Emma’s experience in communicating and working creatively with clients with sensory impairments and disabilities within her private practice. The session will also explore different approaches when engaging with clients, building rapport and the therapeutic alliance, tools for working online and the importance of respecting individuality and taking into account client’s unique needs.</p> <p>Emma’s Biography Emma is a Person-Centred Counsellor and Registered BACP Member with her own private practice based in Kent. Emma has experience in counselling diverse groups, such as the LGBTQ+ Community and enjoys working creatively as part of her client work. Emma’s experience of working with people with sensory needs has allowed Emma to explore and reflect on the role communication plays in the counselling room, alongside the challenges. Emma is passionate about raising awareness and sharing her experiences regarding the importance of communication, accessibility and individuality underpinning the therapeutic relationship.</p>
10.50am - 11.05am	Live Q&A with Emma Brand
11.05am - 11.20am	Morning break
11.20am - 11.50am	<p>Two-minute platforms</p> <p>Hear from BACP staff about projects and workstreams relevant to you and your practice.</p>

11.50am - 12.30pm	<p>Connecting together</p> <p>This session will be divided into different areas of interest, for more focused and structured networking, to engage with colleagues, volunteers and BACP staff to network, share ideas and meet new people with similar interests.</p>
12.30pm - 1.30pm	Lunch break
1.30pm - 2.15pm	<p>Kate Rufus - Making Sense of Self-Injury in Children and Teens</p> <p>Looking at and listening to self-injury from a young person's perspective. Why they say they do it and what it does for them. Sharing some amazing research into the physiology of self-injury. How young people have told us they want to be supported.</p> <p>Biography Kate is passionately committed to changing the way self-injury is seen, understood and responded to. Years of working in education, across key stages and provisions, provided a broad view of the challenges faced by children today. Kate spent two years working for the NHS, creating and delivering the ground-breaking Self-Injury Pathway Project as a Tier 1 CAMHS service.</p>
2.15pm - 2.30pm	Live Q&A with Kate Rufus
2:30pm - 2.35pm	Afternoon break
2.35pm - 3.20pm	<p>Caroline Hickman - Catastrophe or Transformation? Being a Therapist in a Time of Climate Change</p> <p>Caroline Hickman is a psychotherapist and lecturer at the University of Bath researching children and young people's emotional responses to climate change in the UK, Brazil, The Maldives, Nigeria & USA for 10 years examining eco-anxiety & distress, eco-empathy, trauma, moral injury and the impact of climate anxiety on relationships. She is co-lead author on a 2021 quantitative global study into 10,000 children & young people's emotions & thoughts about climate change published in The Lancet Planetary Health.</p> <p>A practicing psychotherapist and board member of the Climate Psychology Alliance she has been developing a range of therapeutic approaches to ecological distress including a psychological assessment model for eco-anxiety, and delivered workshops in climate psychology, emotional resilience and mental health internationally.</p>
3.20pm - 3.35pm	Live Q&A with Caroline Hickman
3.35pm - 3.45pm	Event close

**Please note this programme is subject to change