




The background features a large, flowing blue wave graphic that spans across the middle of the slide. To the right of the wave, several thin white lines radiate from the top right corner towards the center, creating a sense of movement and depth. The overall color palette is a range of blues, from light sky blue to deep navy blue.

# COURSES AND SERVICES DAY 2024

Abigail Denny-Jakes MBACP,  
PGCE.

## My lived experience, training as a counsellor and continuing to practice in the counselling profession.

- ▶ Registered with the BACP.  BA Hons level 6 Counselling studies and PGCE.
- ▶ Hospice work.  Bereavement support volunteer.
- ▶ School Counsellor.  Private practice Counsellor and Supervisor.

# INTRODUCTION

- ▶ To spread awareness of the disabled professional.

AIM

- ▶ Emotional Barriers.
- ▶ Unconditional Positive Regard (UPR).
- ▶ Working Within Diversity.
- ▶ Communication.

## LEARNING OUTCOMES

- ▶ The date was 31<sup>st</sup> July 2010.
- ▶ I woke up 3 weeks later in Hull Royal Infirmary (HDI) High Dependency unit; unable to move, talk, makes any noise, eat etc...
- ▶ This is such a massive, traumatic, life changing event. Why is it not being recognised as such?
- ▶ I was 'lucky' I had that internal fight, drive but what about all the others who can't locate their inner resources?

# MY STORY

- ▶ What does UPR mean to you?

REFLECTION



- ▶ 'Associated with Carl Rogers the founder of person-centred therapy, UPR refers to accepting and valuing the client precisely as they are without judgement, criticism or evaluation' (Counselling Tutor, 2024).

# UNCONDITIONAL POSITIVE REGARD (UPR)

- ▶ Would you welcome me as part of the Counselling community?

REFLECTION.



- ▶ '10. The practitioners personal and relational moral qualities are of the utmost importance. Their perceived presence or absence will have a strong influence on how relationships with clients and colleagues develop and whether they are sufficient quality and resilience to support the work' (BACP Ethical Framework, 2018).

PERSONAL MORAL QUALITIES.

## Physical

Parking Space

Lift

Speech

Writing

## Emotional

Independence

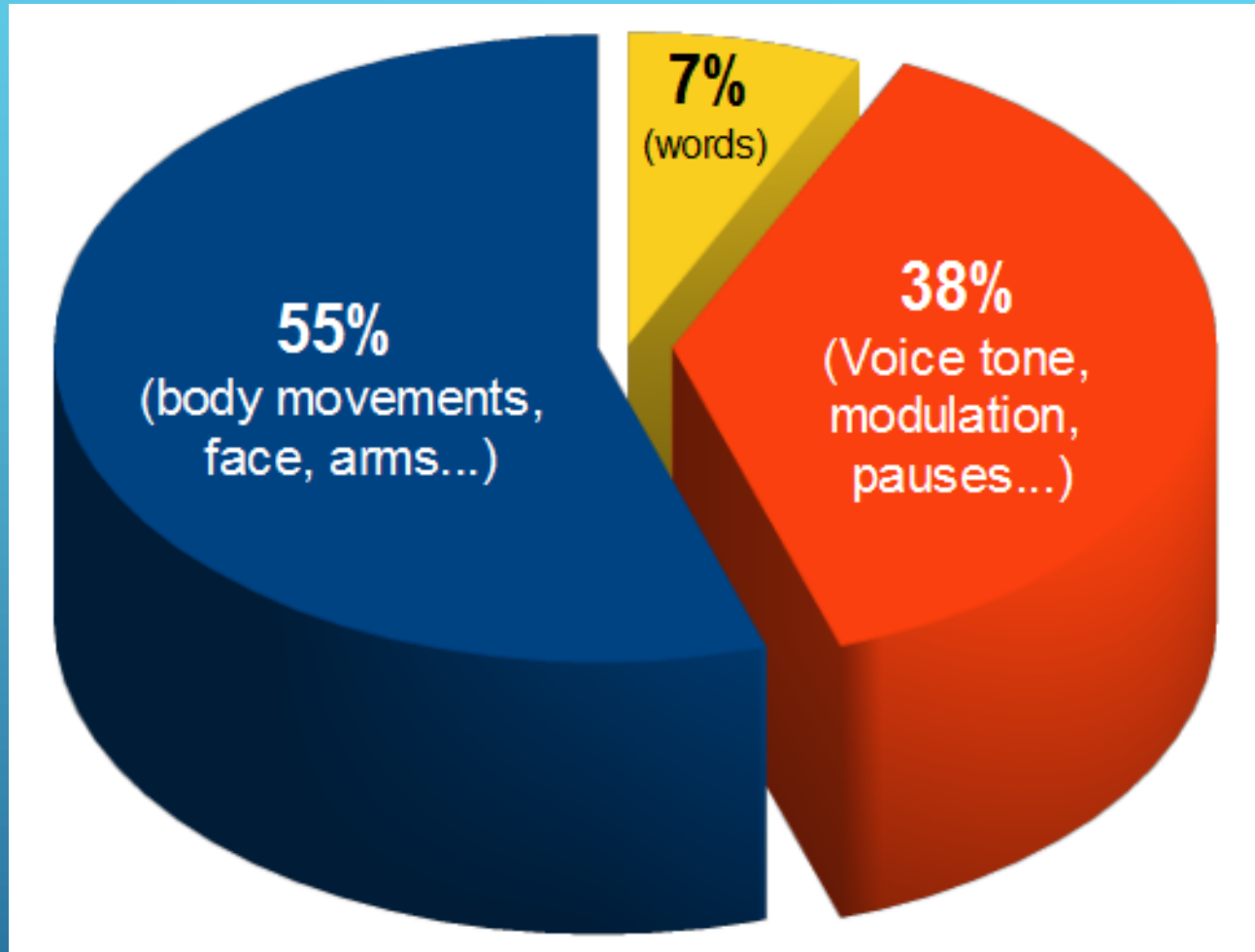
Belonging

Validation

Self worth

ENTERING THE COUNSELLING WORLD





COMMUNICATION.

Why would anyone assume a person's needs?

Are individuals frightened?

Is ethical mindfulness being overlooked here?

OPPRESSIVE PRACTICE

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- ▶ How do you feel working within diversity?

REFLECTION



Abigail Denny-Jakes MBACP, PGCE

Email: [therapy.abigail@gmail.com](mailto:therapy.abigail@gmail.com)

Telephone No. 07375915296

THANK YOU FOR LISTENING.

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