

Working with mental health in the workplace: developing and enhancing your portfolio

Programme Thursday 20 June 2019

Time	Session	Presenter
8.30am to 9.00am	Registration and Refreshments	
9.00am to 9.15am	Workplace welcome and introduction	Nicola Neath
9.15am to 10.00am	To be met as a person at work - attachment theory in action	Nicola Neath
10.00am to 10.45am	Getting down to business - a dynamic workshop	David Leckie and Julie Hughes
10.45am to 11.15am	Refreshment break	
11.15am to 12.00pm	Are counsellors the antidote to toxic workplaces?	Helen Jones
12.00pm to 12.45pm	Becoming an organisational trauma counselling specialist	Noreen Tehrani
12.45pm to 1.45pm	Lunch	
1.45pm to 2.30pm	Working with the efficacy of workplace counselling - the value of the counsellor to the organisation	Paul Veevers
2.30pm - 3.15pm	Working with local businesses - a guide to growing your counselling portfolio	Sharon McCormick
3.15pm to 3.45pm	Refreshment break	
3.45pm to 4.15pm	6 sessions - what can you do?	Nicola Banning
4.15pm to 4.30pm	Event Close	BACP Workplace

Presenters

Nicola Neath

'To be met as a person at work - attachment theory in action'

Session information

Nicola Neath shares how she used attachment theory with staff at the University of Leeds to understand how our early patterns of behaviour formed in childhood can drive our professional lives.

Nicola is a senior staff counsellor at the University of Leeds and Chair, BACP Workplace

David Leckie and Julie Hughes

'Getting down to business - a dynamic workshop'

Session information

This workshop will be co-facilitated by the two business partners of Mind Matters a national provider of workplace counselling.

David Leckie and Julie Hughes will generate lively discussion and debate about what every EAP counsellor needs to know - from contracting to marketing ourselves.

Helen Jones

'Are counsellors the antidote to toxic workplaces?'

Session information

Are some workplaces embracing the rhetoric of mental health and wellbeing whilst shifting the responsibility for this on to their employees? This session will explore through research, experience and history the challenge faced by therapists when the workplace clients are referred from is itself toxic. We will consider what we define as a 'toxic workplace'? And reflect on our response once we realise that the workplace is the primary cause of our client's mental health issue. Are we treating the symptoms rather than tackling the cause? If so are we in danger of becoming the army doctors of the workplace, merely patching our clients up so that they can re-enter the fray?

An entrepreneur, counsellor and leadership and management training specialist who is a Fellow of the Institute of Leadership and Management with 25 years multi-sector experience. Currently completing a Professional Doctorate in Counselling Psychology following a Post Graduate Certificate in Counselling, an MSc in Occupational Psychology and BSc in Psychology.

Helen speaks at a range of industry events and works directly with organisations across all sectors, promoting mental health and wellbeing in the workplace, and provides staff development solutions including mental health and wellbeing training and leadership and management training up to Level 7 (Masters Level).

Noreen Tehrani

‘Becoming an organisational trauma counselling specialist’

Session information

This session will look at the role of specialist trauma counsellors working in high risk organizations. There will be a brief review of the nature of trauma in high risk organisations and remind ourselves of the common responses.

Noreen will describe the development of her programme of organisational trauma support and how it works in practice. There will be a description of the role of the trauma practitioners and opportunity to think about some of the key skills and attributes essential for undertaking early interventions shown to be effective. There will be some case studies and observations from some of the trauma therapist working in the programme.

This session will be interesting for anyone thinking about going deeper into working with trauma and will provide an opportunity to ask questions which may lead you into what could be a fascinating new area of work.

Noreen has worked with trauma for over 30 years. She has an interest in working with organisations to support both the organisation and the workers dealing with traumatic incidents and traumatising work. Currently, she is working with the College of Policing to help make all police forces trauma aware.

Noreen is widely published and currently represents the UK on the European Federation of Psychological Association’s Crisis, Disaster and Trauma Standing Committee.

Paul Veevers

‘Working with the efficacy of workplace counselling - the value of the counsellor to the organisation’

Session Information

The session will focus on both the visible and hidden benefits of a large organisation operating with an in-house counselling provision. The session will outline the journey that has taken place and describe the challenges that have been faced as well as the many lessons learnt along the way. Now that momentum has been created the impact that this is having will be shared as well as some thought-provoking observations about how the current and future challenges will need to be addressed.

Paul Veevers is the current Director of Health and Safety Services at the University of Leeds where he has worked for the last 5 years. Paul has 19 years’ experience working in Health,

Safety and Wellbeing roles working in the voluntary sector, Leeds City Council, Leeds Teaching Hospitals as well as private industry. Paul has managed diverse portfolios across a vast range of cultures and work activities and is currently responsible for a large portfolio at the University which includes an in-house Occupational Health and Staff Counselling and Psychological Support provision.

Sharon McCormick

‘Working with local businesses - a guide to growing your counselling portfolio’

Session Information

Delivering counselling in the workplace does not have to exclusively be via EAP’s. With over 50% of employers providing an occupational counselling service, there is space in the market for more providers.

Sharon McCormick became a qualified counsellor in 2002 and set up The Listening Centre a regional EAP provider with a core team of 30 affiliate practitioners providing psychological support to local businesses. She tells her story and offers her insights, experiences and explores the challenges to this type of work.

Sharon McCormick is the Director of The Listening Centre, an organisation specialising in workplace employee assistance in the Midlands region. She is also a BACP Accredited Counsellor, Workplace Mediator, Critical Incident Defuser and Adult Lecturer.

Nicola Banning

‘6 sessions - what can you do?’

Session Information

The power and potential of workplace counselling is too often underestimated. It can be life-changing and profound.

Nicola Banning, therapist, writer and editor of BACP Workplace shares practice from the frontline.