

Private Practice online 2020

Live: Saturday 26 September 2020

On-demand: Saturday 26 September 2020 - Monday 4 January 2021

9.00am - 9.10am	Welcome to the webcast with our hosts Heather Roberts and Emma Brand	
9.10am - 9.30am	A message from the Private Practice executive	
9.30am - 10.00am	Keynote presentation: Movement and Feeling - William Pullen	
10.00am - 10.25am	Live discussion with William Pullen	
10.25am - 10.45am	Break	
	Strand 1, hosted by Heather Roberts	Strand 2, hosted by Emma Brand
10.45am - 11.45am	Creative approaches to therapeutic communication - Ani de la Prida	Working with deaf clients – Victoria Nelson
11.45am - 12.00pm	Live Q&A with Ani de la Prida	Live Q&A with Victoria Nelson
12.00pm - 1.00pm	Lunch	
1.00pm - 2.00pm	Older and Growing: Working therapeutically with an ageing population - Helen Kelwell	Understanding and Supporting Autistic Clients – Lisa Cromer
2.00pm - 2.20pm	Live Q&A with Helen Kewell	Live Q&A with Lisa Cromar
2.20pm - 2.30pm	Break	
2.30pm - 3.30pm	Confidentiality and Communication: Maintaining ethical boundaries when dealing with the parents of young adult clients - Sally Brown	Monolingual fragility - Power and privilege in therapeutic communication across languages - Beverley Costa
3.30pm - 3.50pm	Live Q&A with Sally Brown	Live Q&A with Beverley Costa
3.50pm - 4.00pm	Break	
4.00pm - 4.50pm	Keynote session: Missed communications: errors we make when communicating across groups - Keon West	
4.50pm - 5.20pm	Live discussion with Keon West	
5.20pm - 5.30pm	Closing thoughts with Lesley Ludlow, Chair of the Private Practice division	

Session information and biographies

Webcast hosts

Heather Roberts

Heather joined the Board of the BACP in November 2019. She established her Private Practice in 2006 and is a member of the Find You..Be You Team which counsels, coaches and supervises clients across Kent. Heather has been a Clinical Lead at the West Kent YMCA, a Director for Facetime Consultancy and is currently tutoring Level 4 Diploma Courses in Therapeutic Counselling with the CPCAB. Heather works with couples, adolescents and adults and supervises individuals and groups. This is the fourth of Heather's professions, she has been a teacher, police officer and PR Director for several organisations including Centrica and Booker Food Services and the award-winning PR and Marketing Agency William Murray.

Emma Brand

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.

Keynote presentations

Movement and feeling

William Pullen

Session information

A presentation detailing the origins of Dynamic Running Therapy, including the background of the presenter and its influences on the approach's development. Followed by an exploration of non-verbal communication in green spaces, 'breaking' the frame, power, gender, apps and choice.

Session aims

- gain an understanding of the inspiration behind Dynamic Running Therapy
- explore some of the influences on Dynamic Running Therapy – Buber, Rogers etc.
- learn about some of the challenges of working outside
- understand how movement can aid the therapeutic journey – journeying together and the therapeutic alliance
- explore the effects of movement on the emotional self

Biography

William Pullen is a London-based psychotherapist, author, and app developer. He is the founder of Dynamic Running Therapy. The wellness and mental health app, also called Dynamic Running Therapy, offers mindfulness walking and running, mediation, and programs for anxiety and depression.

Missed communications: errors we make when communicating across groups

Keon West

Session information

It is increasingly common knowledge that some level of bias continues to pervade our society. However, few people realize how these biases can affect our interpretations of others and spoil the productive communications that we attempt to have with people from other groups. This presentation, based purely on empirical scientific evidence, will introduce listeners to these problems of communication and some methods of overcoming them.

Session aims

- gain an understanding of contemporary intergroup relations
- learn how ethnic biases alter our perceptions of Black people
- explore how gender-biases alter our perceptions of women

- learn how to present yourself as non-biased
- discuss these lessons in terms of your own personal experiences

Biography

Dr Keon West is a Reader (i.e., associate professor) at Goldsmiths, University of London. He received his doctorate from Oxford University and has, since then, published almost 50 empirical papers which have been cited over 1000 times. His main area of research is prejudice, intergroup bias, and ways of improving relationships across groups.

He is a husband, a father of two lovely boys, and sometimes a presenter on the BBC and Channel 4.

Workshop presentations

Creative approaches to therapeutic communication

Ani de la Prida

Session information

Being creative is good for us. Creativity involves imagination. It involves perceiving in new ways, solving problems, and developing ideas. Engaging in creative arts has been shown to help reduce anxiety, stress and depression. It can help us to process feelings, adapt to challenges, tolerate uncertainty and to promote integration and a deeper authentic connection to ourselves. Whilst there are creative methods such as art therapy, counselling and psychotherapy in the main has tended to focus on the spoken word as the main mode of therapeutic communication. But as humans we have many ways of communicating how we feel, and as digital technologies are developing so too are the range of ways we can communicate. This webinar will explore a pluralistic approach to therapeutic communication and will give participants simple exercises they can safely use with clients face to face or online. Bring paper and pencils if you can!

Session aims

- outline the importance of creativity
- explore how a creative and pluralistic approach to therapeutic communication can be incredibly surprising and powerful
- illustrate how creative methods can enhance therapeutic effectiveness
- outline how to keep things safe when working with creative methods
- take away ideas and exercises you can safely use with clients without additional creative arts training

Biography

Ani de la Prida is a creative arts counsellor, psychotherapist and supervisor who has worked in schools, voluntary sector, drug treatment programmes, police, fire and probation services. She has worked in private practice for 15 years and is an executive committee member of BACP Private Practice Division. Ani is founder of the Association for Person Centred Creative Arts and currently teaches at the University of East London and Dandelion Workshops. She has worked on projects including Counselling MindEd, SCoPEd and recently authored BACP Good Practice across the Counselling Professions 004 What Works in Counselling and Psychotherapy Relationships.

Older and Growing: Working therapeutically with an ageing population

Helen Kewell

Session information

Notwithstanding the impact of COVID-19, we are a rapidly ageing society.

Prior to 2020, 40% of 65+ in GP practices and 60% in care homes are reported as having a mental health problem with only 20% of this age group receiving help via the NHS.

And never has the mental health of our ageing population been more urgent. Of the 3.6m living alone in the UK, 2m are over the age of 75 (Age UK). The effects of lockdown and living through a pandemic will be profound.

Thus, in private practice, we are all likely to find ourselves working with older adults, even if we don't specialise in this area. This session will explore the socio-political trends that influence this work and the theory and philosophy that can underpin it. It will also highlight the challenges and benefits it presents in clinical practice and discusses the ethical dilemmas it can provoke. All interspersed with accounts from Kewell's own practice as well as signposts to further sources.

Session aims

- Understand the social and political trends concerning ageing, and their influence in the therapy room
- Gain an overview of theoretical and philosophical underpinnings of ageing, and its relevance to therapy
- Understand the challenges and benefits of working with older clients
- Gain an awareness of the complex clinical and ethical considerations of working with older clients in private practice
- Be inspired to undertake work with older clients

Biography

Helen Kewell is a humanistic counsellor, educator and author with a private counselling practice in Sussex. She

specialises in working with older adults and considers this area of psychotherapeutic work to be underrepresented in literature and under-resourced and hopes to continue to promote a wider dialogue on it. Helen is part of the Older People Expert Reference Group for the BACP.

Her book 'Living Well and Dying Well: Tales of counselling older people' is out now: www.pccs-books.co.uk/products/living-well-and-dying-well

Confidentiality and communication: maintaining ethical boundaries when dealing with the parents of young adult clients

Sally Brown

Session information

Contemporary parents remain closely involved in the practicalities of their children's lives as they emerge into adulthood, providing support both emotionally and financially. Even young adult clients who have moved out of the family home often consult their parents on every decision or rely on them for advice when they encounter problems. Research suggests a third of the costs of parenting are spent on children after the age of 18. When young adults come to therapy in their 20s and 30s, it may be a parent who is paying. In my private practice, I increasingly find that parents expect to have a say in an adult child's therapy, or get progress reports, if they are paying.

How do we as therapists manage this 'silent' third (or fourth) person in the therapeutic relationship? Does a third party become a stakeholder in the therapy if they are funding it? How do we manage the conflict created when you and your client are focussing on something completely different in therapy than the parent thinks they are? How do we ensure our communication with any third party is in line with our commitments under the Ethical Framework?

This workshop draws on my personal experience of working with young adults in private practice, and on research for a feature for Therapy Today and will include a power point presentation based on research and case studies from my practice.

Session aims

- learn strategies for communicating with 'over-interested' third parties when working with young adult clients
- learn how to use contracting as a more effective form of communication with clients
- refresh your knowledge of the Ethical Framework in relation to client confidentiality
- reflect on your decision-making processes in relation to ethical dilemmas in their practice, and how communication is impacted as a result
- explore your personal boundaries in terms of client communication, and the dynamics that have helped to shape those boundaries

Biography

Sally Brown is a counsellor and coach in private practice. She specialises in working with anxiety, perfectionism, burn-out and low self-esteem in Millennials. She is also an established journalist, a regular contributor to the national press, and the editor of Therapy Today.

Working with deaf clients

Victoria Nelson

Victoria Nelson will present a 60 minute powerpoint presentation on Deaf awareness, Deaf mental health past and current, her experience as a deaf therapist and will provide tips on how to communicate with deaf clients in your practice. She will talk about setting up www.Deaf4Deaf.com in 2016 and the reasons why.

Session aims

- explore your own deaf awareness
- learn about models of deafness
- understand deaf Culture, history and education
- learn about BSL, lipreading and interpreters
- understand the barriers to counselling for deaf people and learn about deaf mental health services

Biography

Victoria Nelson was born deaf, orally educated then learnt BSL later on due to exposure to the Deaf community. She trained as a Psychotherapeutic counsellor at Metanoia institute in 2010 and is a director/ owner of the first deaf-led, Deaf Counselling and psychotherapy services www.Deaf4Deaf.com that deliver 1-1 direct therapies, via online and F2F to deaf, deafened and Hard of hearing clients nationally in the UK. She is currently in her final year doing the UKCP Psychotherapy CTA and will be completing this in 2021. She is passionate about equality, accessibility, diversity and inclusion.

Understanding and Supporting Autistic Clients

Lisa Cromar

Session information

The workshop will have two main parts. In the first part, Lisa will provide information about autistic functioning, looking at the differences which someone on the spectrum brings, compared to a neurotypical person, how it is to live with autism, understanding the world of an autistic person and getting a sense of how it is for them.

Moving on to look at how we might work with someone on the spectrum, what we need to be aware of, for example, how to form psychological contact and the relationship, how to attend to the environment, thinking about sensory issues for example, what we might 'do' to help facilitate, how we can adapt our approach to incorporate visual strengths. What we might

need to be mindful of not 'doing' or assuming, for example addressing personal and body language which can be quite different. This training is suitable for most counselling modalities.

Session aims

- learn what autism is and what difference an autistic person brings
- understand more about the world and lived experience of an autistic person
- explore how to work with and provide acceptance to an autistic person
- explore some creative counselling methods
- improve your confidence in working with autistic clients

Biography

I am an autistic Person-Centred Counsellor, working predominantly with autistic clients and studying towards a PhD at the University of Chester whereby I aim to improve research in counselling and autism. In my academic career, I am honoured to have received some awards, including a Professional Learner of the Year Award from Cheshire College, and a Dean's Award and the Vice-Chancellor's Award from the University of Derby. I have also appeared on Anna Kennedy's Autism Hour for the Women's Radio Show. I provide autism awareness workshops training counsellors in how to make counselling more accessible to this client group.

Monolingual fragility - Power and privilege in therapeutic communication across languages

Beverley Costa

Session information

Think of a time when you were in deep distress. Maybe you accessed some help – some counselling or psychotherapy sessions. But, and here is the catch, you could only access that help in your second, third or other language. The counsellor or therapist didn't speak or understand your language - the language of your home and of your heart. What would that have felt like?

Nelson Mandela said: "If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart."

The inequality of languages – the power of speaking some and the powerlessness of speaking others - is still hidden. Why is multilingualism avoided in counselling and therapy training? Are our practice models, rooted as they are in a monolingual culture, robust enough to withstand exploration?

In this workshop we will consider how people's cultural and multilingual identities impact on emotional expression, experience of trauma and recovery and ethical practice.

We will also explore some of the complexities of working with interpreters. Throughout the workshop we will use case examples and ethical dilemmas to illustrate some of the difficulties as well as the benefits of working with interpreters.

Session aims

- explore communicating effectively across languages
- consider the impact of working in English as a lingua franca – the colonial legacy
- be introduced to the concepts of linguistic agency, linguistic power/justice, linguistic empathy
- examine the multilingual experience in terms of emotional expression, identity, memory recall and trauma processing
- consider the power dynamics, insider/outsider status and the sense of inadequacy when working as a therapist/counsellor with an interpreter

Biography

Dr Beverley Costa grew up in a family with three languages. She is a counsellor, psychotherapist and supervisor and founder of the multi-ethnic counselling service Mothertongue (2000–2018), the Mental Health Interpreting Service in 2009, the Bilingual Therapist and Mental Health Interpreter Forum in 2010, Colleagues Across Borders in 2013 and the Pásalo Project in 2017. She is a Senior Practitioner Fellow at Birkbeck, University of London. She has written a number of papers and chapters on therapy across languages. Together with Professor Jean Marc Dewaele, they won the 2013 British Association for Counselling and Psychotherapy, Equality and Diversity Research Award. Beverley has delivered training and supervision to statutory and voluntary sector health and social care organisations for the past two decades. She has produced two anthologies of interpreters' stories and a play about a couple in a cross-language relationship, for the Soho Theatre, London. She co-founded the performance group of interpreters, Around the Well, in 2018.