



COUNSELLING
TUTOR

THE COUNSELLING STUDENT

THE COUNSELLING TUTOR NEWSLETTER

Welcome to the second edition of 'The Counselling Student'. The feedback from the first edition has been overwhelming with lots of positive comments and a general consensus of 'More of the same, please!'.

We are trying to create a newsletter that speaks to students of counselling and psychotherapy, addressing the hopes and concerns you experience through the 'ark of training'.

With this issue hitting your inbox a few weeks before the Christmas break, one of the topics covered is that sometimes tricky area of preparing clients for breaks.

This issue also contains some useful phone numbers for your 'Black Book', a term used to refer to those handy resources a therapist may need if they have to make a referral or get some ethical advice.

One of the new sections is '**Learner of the month**' where we celebrate the achievements of those who have overcome personal struggles to achieve their learning goals and help others.

We need your help! – The feedback you give us, shapes the content we make. If you want some particular subject covered in the newsletter email Rory@counsellingtutor.com

Happy Holiday's!



In this Issue

Welcome
A message from Rory
Tip of the month
Did you know?
CSR in focus
Your comments
Learner of the month
Referencing made simple
Meet the moderators
Content update
Useful contact numbers

A MESSAGE FROM RORY



At around this time of year, therapists start to look forward to a seasonal break and some well-earned self-care.

Agencies may close for an extended period, interrupting clients regular sessions, so preparing clients for breaks is good practice and an ethical prerogative.

A key element of this is knowing your client and being aware how they may react to a break and also how you structure supervision if this is the case.

A good break is one which you can focus on self and not be preoccupied with your clients.

“A key element of this is knowing your client and being aware how they may react to a break “

DID YOU KNOW?

The BACP provide a definitive guide to what constitutes acceptable CPD.

Included are the following activities -

Conference attendance

E-learning CPD modules
(Like the lectures in the CSR)

Formal education lectures

Seminars

Reading books

Mentoring

Peer support groups

In-service training

Delivering Training

For a definitive overview from the BACP
Click [Here](#)

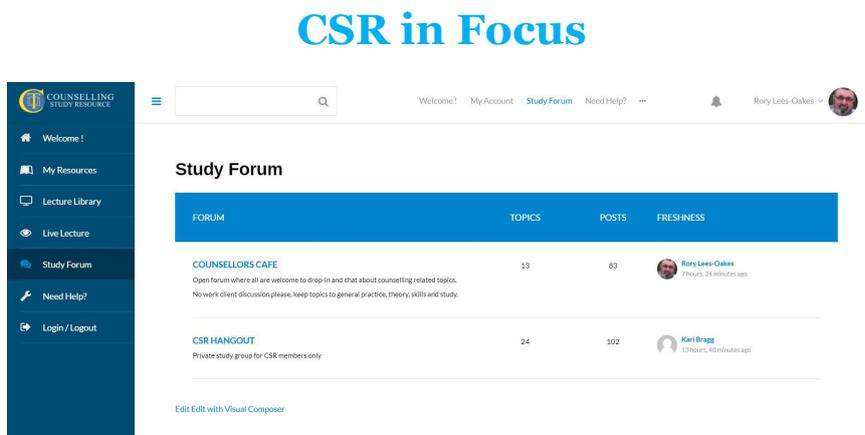
Tip of the Month

Preparing clients for breaks should start well in advance in supervision. Discuss with your supervisor any client who discloses they struggle with issues of attachment or disclose they may struggle over certain holidays such as Christmas.

Have clear lines of support, (*phone numbers of agencies or charities that offer support, such as the Samaritans*).

Try to avoid crossing boundaries, such as giving out your phone number (*just in case*).

- Be aware of any historic difficulties your client may have around endings.
- Give one weeks notice for every month you work with the client.
- If your client is concerned about a break, help them map their support network (*people or agencies they can contact in a crisis*).
- **Finally! Remember, it is ok for you to have a break.**



Join the CSR Forum

Recently one of the most iconic social media platforms [VINE](#) closed its doors and evicted its tenants.

It effectively meant that members who had put a lot of effort into building meaningful online communities watched them turn to sand .

For some community members, it felt like they had lost a family.

The internet and in particular social media can be a very transitory place. Anyone remember [Friends Reunited?](#)

We know just how much the Counselling Tutor community means to you. So with that in mind, we have built two forums.

The **Counselling Café**. For members of **The Handouts Vault** and the **CSR Hangout** for full members of the CSR . Speak with fellow members and tutors, ask questions about the dreaded criteria.

Don't forget all CSR members can post questions in the **Let me help you** forum where Rory will try to guide you to relevant content.

Not a CSR member and wondering what it is? click here to see the CSR Overview. (this will link to <https://counsellingtutor.com/csr/>)

YOUR FEEDBACK

'Hi Rory,

Thanks for link to newsletter.

Felt it was a positive introduction with relevant information.

Many thanks –Via Email'

'Hi Rory

Finally got my counselling Tutor Newsletter and just wanted to say I love it.

It will be great to see how it develops and I'm looking forward to reading what other students/trainees have to input.

Thank you for producing this, personally I can't recommend counselling tutor highly enough - so many of my fellow students are now using it :)

Kind regards—Via Email'

'Brilliant Rory!!!

You certainly keep me interested in my learning - if I relied on just college I think I would struggle.

Just been dipping in and out of Kens book on skills for some tips - brilliant!!

Thank you Via Email"

Thank you so much for the positive responses to our first Newsletter. -Rory

LEARNER OF THE MONTH

Neil Kerr



Learner of the month shines a spotlight on individuals who have overcome significant obstacles to achieve their learning goals and in doing so help others

Facebook contributor Neil Kerr shares his incredible learning journey from difficult beginnings as a child through battling addiction and homelessness to completing his Level 5 Diploma in Counselling.

Neil shares his story -

“At age 9 I was attending remedial classes which filled me with humiliation. I said to myself “no one will

ever find out I am thick”

I acted-out playing the clown to mask my inability to take direction on tasks.

I gambled from an early age ending up in Barllinie prison to feed my addiction aged 21.

I was taking hallucinating magic mushrooms from aged 14 ending being locked away for 6 months with psychoses.

At 22 I was living like a derelict in a bus shelter in Winchester attending first AA meeting.

Next 18 years homeless hostels drifting from town to town.

At aged 40 ,I had thought it's the drink doing the damage three days later I had my last drink to this day. At 41 I stopped gambling attending both AA & GA also at 42 stopped smoking.

At College I discovered through testing I had dyslexia when completing my entry level 2 English, my first certification in 2010. Moving forward 8 years I have level 5 Diploma in integrative counselling.

I work part-time in mental health and have a paid position counselling problem gamblers

Napoleon Hill stated “ what the mind can conceive and believe the mind can achieve “

I am sure we all agree ,Neil's story is so inspiring and we thank him for sharing it.

Do you have a story about your learning journey? Perhaps how you over-

**insurmountable challenge? Want to share your story and inspire others?
Email rory@counsellingtutor.com We are waiting to hear from you.**

Referencing made simple

Many of the emails we receive are about referencing. Below are some examples of Harvard Referencing as well as a link to '[Cite 2 Write](#)' a useful online referencing tool available free from the University of Belfast.

Referencing a Book.

Cooper, M. (2015) *Existential psychotherapy and counselling* , London: Sage

Referencing a Website.

Bond,T. Et al (2016) *BACP Ethical Framework 2016*, Available at: http://www.bacp.co.uk/events/learning_programmes/ethical_framework/documents/ethical_framework_mono.pdf (Accessed: 18th November 2017).

Referencing a Journal.

Rogers, C. (1951) 'The Necessary and Sufficient Conditions of Therapeutic Personality Change ', *Journal of Consulting Psychology*, Vol. 21 , pp. 95–103.

Referencing a Podcast.

Lees-Oakes, R . Kelly. K ., 2017. *When your personal beliefs differ from the clients* [podcast]. 29 November [accessed 3 February 2018]. Available from: <https://counsellingtutor.com/059-when-your-personal-beliefs-differ-from-the-clients-eugene-gendlins-focusing/>

Referencing a Video.

Counselling Tutor (2011) . Available at: <https://www.youtube.com/watch?v=ZBjhUJoqzyU> Accessed: 23 November 2016).

Referencing the CSR Lectures (Recording).

Common themes in survivors '(Lees-Oakes 2017).

Lees-Oakes, R .2017, 'Preparing to work with Clients Who Have Experienced Sexual Abuse, lecture recording, Counselling Study Resource, delivered 4 June 2017.

Always check with your tutors, what referencing style your College or learning centre use.

Other useful referencing resources can be found at the [University of Belfast](#) and the [University of East Anglia](#) (*click names to access*).

MEET THE MODERTION TEAM

Your Facebook community now has over 14,000 members, all sharing their learning journey.

Our moderation team of Darren, Julie and Steve make sure that posts comply with the [community guidelines](#) and act on any inappropriate content. Most importantly they keep the group '**a safe space**'.

They also help new members by directing them to any relevant Counselling Tutor Resources. We asked them to write a little about themselves , this is what they said-



*I am **Darren Hopgood**, I am currently studying a Foundation Degree in Counselling run by Sunderland University, based in East Durham College. I Keep an eye on reported posts and act to address any issues.*

I love writing Friday Posts and enjoy commenting on people's posts, finding them a big help, I hope that this helps others too.'



*'Hi everyone. I'm **Julie Naylor**. I tentatively dipped my toes into the long-awaited dream of counselling training. I'm currently on year 1 of a level 4 diploma and finding it exhilarating, fascinating, hugely inspiring,.*

I support the group at moderator level by accepting new comrades, checking posts are in keeping with the contract of the group, offering support with signposting (if necessary) and directing people to further study within the CSR'.



*'My name is **Steve Rigler** and live in Basingstoke. I started my counselling training with a 10-week course back in 2012, and currently tying up the loose ends of a Foundation Degree in Humanistic Counselling based on Transactional Analysis at Peter Symonds College in Winchester.*

Alongside keeping this amazing group protected by removing unsafe posts, I have contributed writings to the Counselling Tutor site theory section, and recently a promotional presentation of Counselling Tutor ,to the college'.

Not a member of our Facebook Community? Click [here](#) to Join !

CSR UPDATES—NOVEMBER

The Counselling Study Resource is the go-to place for students “In the know”.

Inside you will find a wealth of information in the form of lectures handouts as well a vibrant online learning community. Gain ideas of how to tackle assignment questions, develop your practice base. Why not join the conversation in our lively forums?

We are adding to the resource all the time, below are the recent uploads. Not a member? Click or search counsellingtutor.com/CSR/ for more information.

Upload 26th of November
Eugene Gendlin’s Focusing Therapy

Upload 23rd of November
Lecture replay
Working with Bereaved Children-Theory and Practice
Video
Slidepack

Upload 11th of November
5 ideas in Existential Counselling

Upload 10th of November
Object Relations Theory -Key Quotes

Upload 7th of November
Lecture replay
Introduction to Existential Therapy
Video
Slidepack

Upload 6th Of November
Object Relations Theory

Upload 4th of November 2017
Experiments in Gestalt Therapy

Upload 2nd of November 2017
How CBT Tackles Cognitive Errors

USEFUL CONTACT NUMBERS (UK)

CLICK ON NAME TO VISIT WEBSITE

[BACP](#) - 01455 883300

[UKCP](#) - 020 7014 9955

[Samaritans](#) - 08457 90 90 90

[Child Death Helpline](#) - 0800 282986

[Cruse Bereavement Care](#) - 0808 808 1677

Medical Emergencies - dial 999

Medical advice in a non-emergency situation - dial 111



WHILE YOU ARE HERE!

Why not take time to have a look at our full range of resources, designed to make your learning journey stress free -



Counselling Tutor - is the leading website, suppling **free** information to students of counselling and psychotherapy .

[Click here to visit and browse the latest updates.](#)



COUNSELLING
STUDY RESOURCE

Want More?

Then why not check out the CSR? Your online resource containing, lectures, handouts and **access to the live bi-weekly lectures and CPD Certificates.**

[Click here to find out more.](#)



Listen - Hear.

Our **free** weekly term time podcast. Where Ken and Rory discuss a wide range of counselling related topics.

[Click here to catch up with latest episodes.](#)

Join us in social media (Click the icon)



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The newsletter contains information about counselling. The information is not advice, and should not be treated as such.

For any information on articles or submissions please contact Rory@counsellingtutor.com