

newsletter

BLM

Welcome back!



BACP Approved!



BLM



Hello community!

A very warm welcome to the Autumn issue of our newsletter. It is so fantastic to see all of our wonderful students and members of our community back in the college after such a difficult few months for everyone.

A huge thank you to all of the tutors who have worked extremely hard to keep everything going and enable lessons to restart in the college, and also a huge thank you to all of you hard working students for all of your efforts through this difficult time and compliance with the new Covid 19 rules in the college, in addition to becoming Zoom experts! We do really appreciate your continued Covid 19 compliance with the social distancing, masks and the general maintaining of high standards, keeping each other safe and well! **Your studies towards helping or counselling work are going to be more valuable than ever in our current climate.**

Hoodies



'Tis the season' that it is starting to get a bit chilly, especially with keeping doors open to allow fresh air through our conference room! Sooo we now have a range of lovely Cara Hoodies, if you fancy something really cosy to wear! From S to XXL in purple or grey @ £23 each. To place your order, email Vicky at: news@caracounsellingtraining.co.uk



New Qualification Announcement

bacp | counselling changes lives

cpcab

We are so excited to announce that our Level 4 Diploma in Therapeutic Counselling is now BACP approved!

As part of our commitment to developing competent counsellors and engaging in the development of the counselling profession, Cara Counselling Training with the CPCAB actively engage with other organisations, institutions, and individuals in our field. Among our current initiatives we have engaged with BACP, The British Association for Counselling and Psychotherapy, which is an excellent professional association for members of the counselling professions in the UK.

This new qualification partnership with BACP is designed to support qualification standards and enhance the pathway to becoming a registered BACP counsellor.

Quote



Our lives begin to end the day we become silent about things that matter

Martin Luther King Jr.

#BlackLivesMatter was founded in 2013 in response to the acquittal of Trayvon Martin's murderer. Black Lives Matter Foundation, Inc is a global organization in the US, UK, and Canada, whose mission is to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes. By combating and countering acts of violence, creating space for Black imagination and innovation, and centering Black joy, we are winning immediate improvements in our lives.

BLACK LIVES MATTER

BLM are expansive and are a collective of liberators who believe in an inclusive and spacious movement. BLM also believe that in order to win and bring as many people with us along the way, we must move beyond the narrow nationalism that is all too prevalent in Black communities. We must ensure we are building a movement that brings all of us to the front.

BLM affirm the lives of Black queer and trans folks, disabled folks, undocumented folks, folks with records, women, and all Black lives along the gender spectrum. Our network centres on those who have been marginalised within Black liberation movements.

BLM are working for a world where Black lives are no longer systematically targeted for demise. We affirm our humanity, our contributions to this society, and our resilience in the face of deadly oppression.

The call for Black lives to matter is a rallying cry for ALL Black lives striving for liberation. To learn more about this organisation or to get involved visit: blacklivesmatter.com



Being the caring/helping/counselling folk that we are, it means that in times of crisis we may find that we have a lot of people who turn to us for support. This may be especially true for us right now during this pandemic.

Whilst we see so many around us facing illness, loss, financial difficulties and relationship problems, of course it is natural for us to want to support our loved ones, however it is so important that we look after ourselves first.

How are you feeling at the moment, do you feel over stretched, burnt out, even a bit resentful or angry? When was the last time you took a break? Maybe your boundaries between friend/family member and therapist have become a bit blurred or 'wonky'. **Be clear about your boundaries, set limits on your time and how much of it you give to others and make sure the people you love know that you are only human too, therapist or not!**

'Cara' means 'friend' in Irish. Cara also means beloved in Latin & Kara, the alternative spelling, is from the Cornish word, meaning love.

We can't be with or touch/kiss/hug a lot of the friends and family we love at present. Of course we may be feeling isolation, lack of love, connection and recognition. We all need these things to varying degrees to feel good/healthy. So in these difficult times what we can offer the ones we love are 'Positive Strokes' (a concept in Transactional Analysis that means any form of recognition, verbal or non verbal, which we experience as pleasant). Maybe think about those you care about that you may not be able to see at the moment, what do you respect and like and love about them? Could you reach out and sincerely tell the people you love how you feel? For more information about 'Strokes' visit:

www.uktransactionalanalysis.co.uk

Online Counselling



Face to face counselling is always preferable but the pandemic has forced us online for now. Our fab tutor Hannah shares her experience...

"I'm the first to admit that pre-covid I was one of those therapists who said **they'd never work online!** And although it may not be the ideal, I've found it better than I anticipated, indeed I've come to really appreciate it as a new element in my toolbox."

Here are my 5 key learnings I've taken from the last 7 months of working online:

1. Have a clear online contract. This should include a clear process for when technical issues inevitably occur. I include a direct link to the 'Privacy and Legal' policy of the platform I use for sessions. It's important to highlight the responsibility of the client to create a 'distraction free' and 'confidential' space as they possibly can on their end.
2. Acknowledge with clients about the differences there are when working in this medium & check out any feelings or issues this

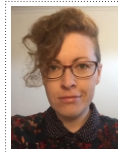
may bring into the space for them.

3. Don't try & cram all your sessions close together. In person this can be draining for any counsellor, but when staring at a screen & focusing it's even harder to pick up on pertinent non-verbal information, which creates a new level of fatigue.

4. Keep the backdrop for your sessions as neutral as possible. As with in person it can take up therapeutic space if we have personal possessions out, a form of self-disclosure.

5. Keep focus on continuing to hold the boundaries of the space. This makes elements like time even more vital to providing a consistent & safe environment. For your own self care those boundaries are imperative to separate your work and home life!

The BACP offer a free course 'How to do counselling online', for when face-to-face therapy is neither possible nor safe, (visit the BACP website for links to the online training).



Get in touch



Please let us know if you have any questions or worries that we can help you with. We are here for you.

To get in touch email Vicky at: news@caracounsellingtraining.co.uk

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Baxter's Spooky Tale... 🦋



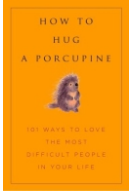
Dancing Skeletons..."Now did you know that once a year on Broadwater Green opposite Worthing college, under the old oak tree, there can be seen dancing skeletons...these animated bones appear on a midsummer night's eve to dance and jig until the sun rises on the following day...sounds delicious!" "Woof!"



How to Hug a Porcupine - 101 Easy Ways to Love the Difficult People in Your Life. You may be having a particularly difficult time at the moment if you are spending more time in the company of your family or partners than usual...especially if they are a bit 'prickly', always seem to cause problems, irritate others, or incite conflict. The truth is that these 'trouble makers' haven't necessarily asked to be this way. Sometimes we need to learn new approaches to deal with people who are harder to get along with or love.

This book offers some insight to help us cope with the more 'prickly' aspects of others and ourselves! Including tips for 'calming the quills' of parents, children, siblings, strangers, and other prickly people you may encounter. Among other tips, How to Hug a Porcupine includes: Three easy ways to end an argument, how to spot the porcupine in others & how to spot the porcupine in ourselves!

By Sean Smith & Dr Debbie Joffe Ellis



Ten Times Happier: A guide on how to let go of what's holding you back. Owen O'Kane, is a psychotherapist & former NHS Clinical Lead. Ten Times Happier reveals how to choose new, healthier perspectives and ditch harmful patterns in the 10 key areas we all over think about or manage poorly, including: the past, our minds, other people, worry, our behaviours & the future using the latest evidence-based tools and techniques from across a range of therapies including CBT, mindfulness and interpersonal therapy, Owen provides empowering solutions to managing what keeps you stuck.



Podcast



Beatrice Kamau is an inner child healing coach and the host of the 'Self Love Fix' podcast. The self love fix podcast is dedicated to helping women delve deeper into their inner child to help them cultivate within themselves self love, self worth, and high self esteem. Beatrice's podcasts are particularly useful for work with younger female clients, she will make you laugh, cry, grow, and learn the truth of who you are and what you deserve. Beatrice also provides many other insightful podcasts including her own experiences of Narcissism and Co-dependency. All of Beatrice's podcasts can be found at selflovefix.libsyn.com and for more information about Beatrice and her work, including access to her self love work book visit: www.beatricekamau.com

