

1 newsletter



September 2021

Welcome back!

Hello community! A very warm welcome to the Autumn issue of our Cara newsletter. It is great to see our wonderful students and tutors back together in the college after the summer break. **The Cara Community has grown! We now have 130 students, we are so delighted to have you with us.**

A huge Congratulations is due to all of our students who sat exams this year, we had a 100% pass rate across the board, well done!

We are so proud of all of you and how much you have achieved, especially so during the difficulties we are all facing during the pandemic. What you are all working really hard towards is so important and we wanted to reassure you that you're doing great!



Come home for Cara CPD

CPD is an important part of our ethical responsibility. Here at Cara we offer quality certificated CPD. A great opportunity to add extra knowledge to your portfolio whilst networking with Cara Peers & Therapists.

Trauma Training for Therapists (L4 & above)
Vajralila, Traumatologist Pg Dip

Date: Sat 20th November 2021
Time: 8.30am to 4.30pm
Venue: Worthing College
Fee: £110 per person



Counselling Children, Young People & Families
Iva Coombes (Entry requirements L4 & above)

Dates 2021: Sat 16th October, Sat 23rd October & Sunday 24th October

Dates 2022: Sat 2nd April, Sat 9th April & Sunday 10th April

Time: 9am to 3pm
Venue: Worthing College
Fee: £285 per person



bacp | Ethics

The ethics of asking for 'Covid status' and its impact in the therapy room.

As therapists we are returning to see clients face to face, how should we address the potential 'elephant in the room'...are our clients vaccinated and Covid negative or positive, equally what is our own Covid status?

If a client discloses confidentially to us in the therapy room that they have Covid but are potentially putting others at risk in their home or workplace by not disclosing that to others...what is our legal & ethical duty? BACP members can download: **COVID-19 RESPONSE Confidentiality and disclosure issues for practitioners**

www.bacp.co.uk/news/news-from-bacp/coronavirus/covid-19-resources/

bacp | Workshop

The BACP will be holding a free listening workshop, supporting student members on their professional journey. (24th Sept - 11am to 12pm). Book your place on the BACP website: bacp.co.uk

Quote

If you judge people, you have no time to love them

Mother Teresa

Resource

West Sussex Mind have been very active in offering more support and free training online during the Pandemic, it's a useful resource for counsellors and their clients. The advice and support they offer aims to improve people's physical and mental well-being, strengthen self-esteem and confidence & promote strong relationships with family, friends & communities. They provide accurate information on most mental health disorders on their website.

The youtube channel offers talks on mental health including: Self help and Self care, Parenting, Bipolar, Autism & Anxiety. In addition to this the facebook page offers regular training courses, workshops and webinars, for example supporting people left behind by suicide, self harm support for parents and carers, adverse childhood experiences, attachment and trauma and social anxiety in young people. They also offer a twice monthly support network for Mental Health and Well-being Champions in all mental health settings where you can access support, network and share experiences. www.westsussexmind.org

Samaritans 24/7 116123	If you're struggling, please reach out	West Sussex Mind
Calm Daily 5pm to midnight 0800 585 858	Papyrus Daily 9am to midnight 0800 068 4141	
Sussex Mental Helpline 24/7 0800 0309 500	Anxiety UK Mon - Fri 9.30am to 5.30pm 03444 775 774	



caracounsellingtraining.co.uk

Equine Therapy



Some people naturally have more connection with animals than humans. The quiet wisdom of horses is used in Equine-assisted psychotherapy to help with human psychological problems. Equine therapy can be used to help people with addictions, trauma, anxiety, depression, relationship problems, stress, PTSD, emotional needs, learning disabilities, suicidal thoughts, self harm. It can also be used for team building, resilience workshops, family dynamics and other group situations. The horses are not ridden, but are there to help you understand your current situation by acting as a character or metaphor in your story with support from qualified therapists. For equine therapists in Sussex visit:

www.facebook.com/ESEquineTherapy/
www.sussexequinetherapy.co.uk

Self Care



Counselling work can be emotionally draining even with strong boundaries. When we have clients in high levels of distress or trauma, we can suffer from vicarious trauma where we feel their trauma & distress in our own bodies. It's important to address our self care so we don't suffer from burn out. After a difficult session you can stand and vigorously shake yourself off and brush yourself down, or practice the 'happy place technique', picture your happy place, this may be lying on a beach, warm sun, crashing waves, climbing a mountain, walking through a forest. Immerse yourself in this image...What does it look like, feel, sound & smell like? If you find yourself taking clients issues home, take a moment to 'park them' imagine a multi-story car park, assign a car to a client, visualise it driving to a level & then parking, leave it there until the next session, or your next supervision.

Social Media



During lock down as therapists moved their practices online, some have branched out to support clients through their social media platforms, sharing daily TikToks.

These TikTok Therapists, offer supportive insight and advice on a wide range of topics from coping with anxiety, to support for Neuro-divergent people, to support for victims of Narcissistic abuse. These therapists often open themselves up and share a lot of their personality, lifestyles and experiences.

As holding good boundaries and offering little self-disclosure is such an important part of being a counsellor and being able to focus on the client's agenda and keep yourself safe...is this ethical practice and what might the consequences be? Is the way we offer therapy changing and becoming more directive with more of the counsellor and their experiences being offered? Social media therapists are popular in America but are people in the UK (particularly young people) becoming more switched on to therapy in general and is this fast access to indirect support filling an important need?

The BACP Ethical Framework states: **Build an appropriate relationship with clients by... a: communicating clearly what clients have a right to expect from us, b: N/A, c: respecting the boundaries between our work with clients and what lies outside that work, d: not exploiting or abusing clients, e: listening out for how clients experience our working together.** What do you think, will you have a TikTok account in your therapeutic role? Maybe explore these accounts and see how you feel about them:

@liberationhelen - Psychotherapist for adult children of narcissists.

@thespeakmans - CBT therapists.

@theshaniproject - A 'Dope AF Therapist', connecting with younger people.

@strongtherapy - Daily insight on issues such as childhood trauma and relationships.

@doc_amen - TikTok's self professed brain doctor offering tips for well-being, and positive thinking.

Counselling Tools



Often clients will present in the therapy room with a real lack of a sense of self, they have lost connection with who they are. They may have grown up having to look after others or have had to subconsciously behave in a way that only suited others so they could have their basic needs met (feel loved).

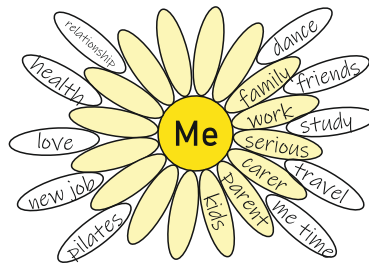
They may have spent years following a path a parent had set out for them or putting everything into raising a family. Often times they just feel unhappy or depressed but don't really know why. A client may be feeling too guilty/ashamed or selfish to spend any time on themselves and are completely lacking in self care, having neglected their own needs.

In this situation it can be useful to complete the flower exercise with the client in the room...firstly ask them to write their name in the centre of the flower, then ask them to think about 'who am I now?' This could include things about themselves that are important to them for example, their current role, interests/hobbies, personality, family. Ask them to fill the petals around the centre with these. You may see there are petals to spare as the client can struggle to identify many things about themselves.

After which you can ask the client to ask themselves 'what do I need & want in my life?'

The client can add more petals around the outside of the flower to represent this (for example it could include, new friends, interests, ambitions, travel, fitness, love etc.) and who they would like to be. The client may want to think about this and re-visit in the next session.

Nearing the end of the therapeutic relationship as the client hopefully gains a better sense of themselves and their needs/wants, it can be a positive experience to look at the tool again and reflect on what has changed.



Mascots Baxter & Brie



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

Podcast



CPCAB are there to support learners on their counselling training journey and offer free weekly podcasts with lots of useful information for example:

- Supporting Students to Gain Counselling Placements
- Preparing for Exams
- Support Networks
- Working with long term clients

They also have a supportive 10-minute section 'Check-in with CPCAB' with Counselling Tutor within their weekly podcast.

<https://www.cpcab.co.uk/learners/podcast>