

newsletter

April 2019

Welcome to the Cara Community Newsletter!

We want to keep you up to date with all things Cara... so have a read though and pop this into your folder for easy access! In this letter we will be looking at Self Care, Resilience, BACP & Counselling tools.

Coming up soon...

Come home for Cara CPD!



Did you know that as a counselling practitioner and as a member of the BACP you must undertake a minimum of 30hrs Continual Personal Development a year?

Why not come home to do your CPD? Cara offer top quality training days which cover many of the more complex aspects of counselling work.

We would really love to see you, & our CPD days are a fabulous networking opportunity too! We also host our own Speak Easy, this is a fantastic way for all levels to practise and enhance their counselling skills & receive lots of invaluable feedback from tutors & peers. For more details visit: www.caracounsellingtraining.co.uk

Speak Easy

Date: April 27th
Time: 9am - 12.30pm
Venue: Worthing College
Price: £30.00



Mick Cooper

Date: May 25th
Time: 9am - 3.30pm
Venue: Worthing College
Price: £95 (for Cara Community)
£125 for General Community



Working Intuitively - Perceiving The Unseen

Date: June 8th
Time: 9.30am - 3.30pm
Venue - Worthing College
Price: £95



Working with Trauma

Date: November 2nd
Time: 9am - 3.30pm
Venue - Worthing College
Price: £95



Suicide Prevention - Grass Roots

Date: November 30th
Time: 9.30am - 1pm
Venue - Worthing College
Price: £45



Interviews

Interview time is fast approaching! Time to think about the next step in your counselling training career!

Level 4 Interviews

Date: April 8th - Time: 9am-12.30pm
Date: May 7th - Time: 9am-3pm

Level 3 Interviews

Date: April 8th - Time: 9am-3.30pm
Date: May 7th - Time: 9am-3pm

Level 2 Interviews

Date: June 12th - Time: 6pm-7pm
Date: July 3rd - Time: 6pm-7pm

Quote!

“
TALK TO
YOURSELF
LIKE YOU
WOULD TO
SOMEONE
YOU LOVE

Brené Brown

Cara Community Summer Event!

You are invited to our Summer BBQ!

Date: June 23rd
Time: 12pm
Location: The Crabtree Pub - Shoreham by Sea
Tickets: £7.50 (purchase from the eventbrite link on Cara facebook page, drinks not included).

Time to enjoy the sun and share some fun and food with the rest of our wonderful community at Cara.



cara
counselling
training

Self Care



Self care in life is a priority and a necessity - not a luxury - especially in the work that we do! So how do you practise self care?

Helping our clients to value & love themselves as well as supporting them to connect with their needs is often a big part of the work in the counselling room...but what about us?

In this profession us 'caring folk' can be the most guilty of not looking after our own needs and looking after everyone else's first...

So ask yourself... who's "garden" are you spending most of your time tending to? What does your garden look like? Have you got weeds growing up that need cutting and ...

where are the boundaries/fences in your garden, or is everyone allowed to tramp freely in and out? What do you need to plant in your garden to make it healthy? (By garden I mean you).

Maybe try out checking in with yourself a few times a day and simply asking yourself **what do I need?**

It could be as simple as a five minute walk or a cup of tea and a biscuit with your feet up. It might be connection with good friends, a funny movie or immersing yourself in a great book or just having a hot bath. It may be going to see your own therapist.

Whatever it is that you need it is vital to make time for you. So get your self care on you fabulous people!

Counselling Tools



Emptying the emotional jug...

Often we will experience clients with anger. It might be spilling out into their everyday lives or into the counselling room or it may be hidden away and pushed down causing anxiety or depression. This anger can come from suppressed, thoughts, feelings and emotions which clients can find really hard to connect to and express (this can apply to us too of course).

This tool can be a really simple way to support our clients in voicing their feelings and releasing some of the emotions that are "filling up their jug".

Maybe practice this on yourself or with a peer...

Ask: "What are you mad about?" Then ask..."If you were mad about anything else what would it be?"

Once the questions have been answered say "thank you" and move on to the next question...

"What are you sad about?"

"If you were sad about anything else what would it be?"

"What are you scared about?"

"If you were scared about anything else what would it be?"

"What are you glad about?"

"If you were glad about anything else what would it be?"

Finish the process by saying thank you. If you try this on yourself, reflect on how you felt before and after.



We want this Newsletter to be useful and interesting for you too, so...

Please let us know if there are any issues you would like us to explore & cover next time, or do you have any burning questions that you would like answered anonymously by the Cara team?!

email us at: sandifordvictoria@gmail.com

What do you think?

Resilience



How resilient are you?

Did you know that if you add up all of the Cara tutors 'counselling & teaching' experience, it totals thousands & thousands of hours...they are amazing right? Have you noticed that our tutors are really fit too? Well this is no coincidence...our tutors know a thing or two about a really important part of counselling work which is having resilience.

Counselling work is an amazingly rewarding career however it is also very hard work. Our Cara tutors understand the importance of being physically fit and the direct benefit exercise has to our mental health, which in turn supports our ability to maintain resilience in our counselling work, so we don't suffer from burn out.

So how do you keep fit and maintain your resilience?

Apps



Breathe guides you through a series of deep breaths & it reminds you to take time to breathe every day. Choose how long you want to breathe, then let the animation and gentle taps help you focus.



MoodKit uses the foundation of (CBT) to offer you a toolkit. The journal feature is a good way to practise self-care by reflecting on the day, noting any distressing thoughts & writing down how you overcame them.



Stay Alive is a suicide prevention resource/toolkit. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

Best Check In!

"I spent this weekend totally naked in a circle of other men... passing around a large wooden cock..."



BACP

The Scope of Practice and Education project (SCoPEd) is a ground-breaking project that aims to set out the training and practice standards for counselling and psychotherapy. It's being undertaken in collaboration with the British Psychoanalytic Council (BPC) and the UK Council for Psychotherapy (UKCP). The NCS (National Counselling Society) have voiced some strong concerns about this project.

What do you think, are there already too many hoops to jump through to become a counsellor, or do you welcome SCoPEd?