

# newsletter

## Come home for Cara CPD

### Body Psychotherapy for Therapists Tim Brown

Date: Sat 29th February 2020  
Time: 9am to 3.30pm  
Venue: Worthing College  
Fee: £95



### The Big Speakeasy Hosted by the Cara Tutors

Date: Sat 7th March & 2nd May 2020  
Time: 9am to 12.30pm  
Venue: Worthing College  
Fee: £30 per person



### LGBT Awareness Sophie Cook

Date: Sat 28th March 2020  
Time: 9.00am to 3.30pm  
Venue: Worthing College  
Fee: £95



### Counselling Children, Young People & Families - Alli Spranking

Date: Sat 13th, 20th & 27th June 2020  
Time: 9am to 3pm  
Venue: Worthing College  
Fee: £250 (CPCAB Endorsed)



## Party Time!

### Cara Community Summer Party!

Let's get together and dance the night away with a real Ceilidh band! (Dancing optional of course!)

Date: Saturday 11th July 2020  
Time: 7pm-11pm  
Venue: Worthing Working Mens Club  
Tickets: £5-Available soon

We would love to see you!

## Welcome

**Wishing a really Happy New Year to all of you in our Cara Community as we leap into February 2020!**

In this letter we talk about SAD and Sand tray work and have a look at useful Apps and Web resources!

Also have a look at our fantastic CPD courses, excellent training to work towards those required 30hrs a year!

## CPCAB

**Check-in with CPCAB.** The CPCAB are now offering weekly podcasts to support you on your counselling training journey. They have also collaborated with 'Counselling Tutor' to offer a 10 min section 'Check-in with CPCAB' within their weekly podcast sections. Subjects explored include: Student support networks during the course, Placement Nerves - The First Client Hour and Giving and Receiving Feedback.  
[www.cpcab.co.uk/learners/podcast](http://www.cpcab.co.uk/learners/podcast)

## Next step!

For everyone thinking about the next step in their counselling training, applications for all of our courses are now open on the Worthing College website. We look forwards to hearing from you! [www.worthing.ac.uk](http://www.worthing.ac.uk)

Interviews for the Level 4 Diploma will begin on February 5th!

## Quote

“  
When I look at  
the world  
I'm pessimistic,  
but when I look  
at people  
I am optimistic.”

Carl Rogers

## Cara Mascot Baxter

### Client:

“I just need  
someone  
to listen to me”

### Counsellor Baxter:

“I am all ears”  
(For a biscuit...)



  
**cara**  
counselling  
training

[caracounsellingtraining.co.uk](http://caracounsellingtraining.co.uk)



2020 is a potentially exiting new year ahead of us, full of opportunity and a positivity, many of us will have made new years resolutions and new plans for the year ahead which is great!

However as we enter February it is a time of year where we will have had at least three months of cold, wet and short days with a lot less sunshine and daylight than in our spring and summer months. This yearly change can dramatically effect how we feel in ourselves.

As therapists you may find the seasons reflected in your clients for example changes in mood, increased anxiety and depression, tiredness or sadness, sleep issues, overeating, feeling very run down or ached.

If moods dramatically change with the seasons it may be worth a visit to a GP to check out if you are suffering from Seasonal Affective Disorder (SAD).

Treatments for SAD include:

- Getting as much natural sunlight as possible or having Light Therapy
- Exercise
- Counselling
- Antidepressants - (SSRIs)

For more info visit: [www.sad.org.uk](http://www.sad.org.uk)

If you are a little low, practice extra self care, be kind to yourself, get outside a bit, exercise a little, take vitamin D daily. Also maybe check out 'The Little Book of Hygge' on Amazon. It's all about how the Danish cope so well with their long winter months (they are said to be the experts!)



**For really useful therapy tools & printable worksheets:**

- [www.therapyworksheets.blogspot.com](http://www.therapyworksheets.blogspot.com)
- [www.therapistaid.com](http://www.therapistaid.com)
- [www.psychologytools.com](http://www.psychologytools.com)

**For great therapy blogs & topics:**

- [www.psychologytoday.com](http://www.psychologytoday.com)
- [www.goodtherapy.org/blog/](http://www.goodtherapy.org/blog/)

## Apps



**Moodflow is a minimalistic app that keeps track of your emotions, moods, thoughts & general well-being. Moreover, Mood Pixel accompanies you throughout your year and gives you knowledge about yourself that you might have not known before.**



**Headspace - Learn to meditate and live mindfully. Hundreds of themed sessions on everything from stress and sleep to focus & anxiety. Bite-sized guided meditations for busy schedules. Includes SOS exercises in case of sudden meltdowns. Great for use by both adults and children.**



# Counselling Tools



**Sand tray therapy** - was first developed by Psychologist Dora Maria Kalff.

Adult clients can get 'stuck' in therapy or maybe they just find it a struggle to talk about themselves, some things can just be too hard to talk about due to trauma or shame for example.

Using a sand tray as a tool can be a really useful way to help clients visualise a current situation they are in or talk about something difficult, without feeling quite so much intensity or scrutiny from looking directly at their counsellor. It creates a contained, third person scenario which can make a client feel safer to open up.

If you feel it may be helpful for your client, suggest it in advance to give them a chance to decide if they want to try it in the next session.

Have a selection of items, toys, shells, stones, sticks or toy fences as options for the client to add into their tray. Invite the client to pick an item to represent themselves, ask them to name the item, for example: 'Shell', you can then ask them to place 'Shell' in the sand tray

wherever they want to. **Always refer to the items by the names the clients have chosen.**

Gently support the client by inviting them to add more objects if they wish, (using the same method of picking an object to represent a person/thing then asking them to name it and place it wherever they want to). Let the work gently evolve, the main purpose of the counsellor is just to be an observer, you can use helpful questions such as "what does shell need?" "Is there anything shell would like to say to stone?"

Encourage the client to speak in the same way about their items for example the client may reply: "Shell feels scared & Shell is hiding in the sand". Sit near to the tray with your client keeping your focus on what is happening in the tray and not on looking at your client. Keep the time limited to only half of a session, so the client has time to compose & reflect before the end. When the allotted time for the sand tray work is ending, invite the client to take a picture of the tray if they wish for reference and also

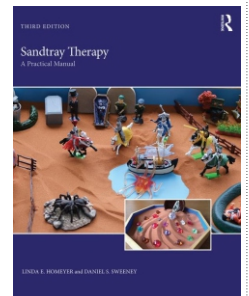
invite them to remove all of the items and put them away, the counsellor does not touch any of the items in the session. You may invite the client to physically shake themselves off to end the experience of being connected to the sand tray if they wish to.

This tool can aid powerful work for the client, which is why you allow a good amount of time for the client to reflect before the end of the session.

You can support reflection by asking gentle questions about what was happening in the tray without making assumptions. Share what you noticed about where and how the items were placed & notice the look, colour or texture of the objects chosen.

**Useful resources:**

- [sandplaytherapy.co.uk](http://sandplaytherapy.co.uk)
- [southernsandtray.com](http://southernsandtray.com)
- Sandtray Therapy A Practical Manual** (Amazon)



# Get in touch



Hi there, let me introduce myself! I am Vic, one of your Cara team. I am also a freelance counsellor for a mental health charity. I would love to hear from you if you if you would like any subjects included in the newsletter next time...or do you have any questions about your course or counselling in general? If you do, I will do my very best to answer them!  
**email: [news@caracounsellingtraining.co.uk](mailto:news@caracounsellingtraining.co.uk)**

# Connection



Connection is so vital for all of us and often we will have clients who are isolated and are desperately needing or wanting human interaction, but they just don't know where to start!



[www.meetup.com](http://www.meetup.com) is a fantastic website where you can find all of the groups in your area, incorporating a vast range of different interests to suit everyone.