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PLEASE ADVISE US IN GOOD TIME SO WE CAN TRY TO  
ACCOMMODATE YOUR NEEDS.**

### **About Network Counselling & Training Ltd**

An organisational member of the British Association for Counselling and Psychotherapy (BACP), Network is a well-established Bristol-based charity offering **affordable counselling** to all, alongside a person-centred integrative counselling training programme.

Network Training offers **two introductory courses** in listening skills/counselling, one of which can also be delivered to outside organisations in a flexible workshop format to meet their specific training needs.

Network also offers a one-year part-time **Certificate in Counselling Skills** and a two-year part-time **Diploma in Counselling**, both accredited by The National Counselling Society.

In addition, Network offers a full programme of **Continuing Professional Development** for counsellors and other professionals in the form of short courses and workshops on a range of specialist topics.

**For further information about Network  
please visit our website – [www.network.org.uk](http://www.network.org.uk)  
– or telephone us on (0117) 9507271.**

# **network:training**

## **Continuing Professional Development Workshop**

### **An introduction to counselling people with severe and enduring mental illness**

**led by P-j Charters**

**Friday 22<sup>nd</sup> April 2016**

**9.30am to 4.30pm**

**Venue: Network Training  
12 The Courtyard, Woodlands, Woodlands Lane  
Almondsbury, Bristol BS32 4NQ**

Registered charity no: 292801  
Company limited by guarantee reg no: 01951370

# An introduction to counselling people with severe and enduring mental illness

## The workshop

This workshop is for counsellors who wish to explore some of the key issues surrounding working with clients who may have previously been given a diagnosis of a severe and/or enduring mental health problem. The aim is to enhance our awareness of this client group and their needs, and to deepen our self-awareness of some of our own attitudes and behaviours in connection with this client group.

Some of us occasionally feel “out-of-our-depth” or anxious about engaging with clients who have a diagnosis of a major mental health illness such as, for example, schizophrenia or bi-polar disorder. The focus of this study-day will be that this client group, whilst presenting with specific needs, are people who are no different in many regards to our regular counselling clients and who may, therefore, benefit from a therapeutic space to work on issues.

The workshop will give us the opportunity to explore some of our own experiences, assumptions and beliefs about ourselves and contact with this client group, and how these might impact upon our engagement with these clients. We will also look briefly at wider issues of prejudice and stigma, and how society treats this client group.

There will be an overview of the different categories of major mental illness and the signs and symptoms that they may or may not present with. However, I appreciate that for many a “diagnosis” can be prejudicial and its association with the medical model very unhelpful. We will seek to review how we work with this client group whilst maintaining contact with statutory mental health services. We will consider the limitations of counselling and issues around managing risk. And we will review the importance of “looking after ourselves” and the place for supervision.

The style of the course will include some up-front teaching and whole group discussion, some small group work, and individual reflection.

## The facilitator

P-j has worked in a variety of settings with those with severe mental health problems: as a team member for an inner city acute mental health admission ward, as a Community Psychiatric Nurse and Care Co-ordinator and then for over 10 years as a Cognitive Behavioural Therapist working as part of an early onset psychosis service in inner city London. He is an accredited BABCP therapist and supervisor, and is currently a volunteer counsellor with Network.

P-j is passionate about working with this client group, recognising that for too long many of them have been excluded from psychological therapies and counselling because they are not deemed able to benefit from it; or that their problems are considered intractable; or because professionals and counsellors feel ill-equipped to help them.

## Refreshments

Tea, coffee and biscuits will be provided – but please bring your own lunch.

## Cost

The cost of this workshop is **£70 per person** – or **£40 per person** for students, volunteer counsellors and volunteer supervisors. There is an ‘early bird’ **discount** of £5 off the above if the booking is received before **Friday 26<sup>th</sup> February 2016**.

## To reserve a place ...

... please complete and return to us the relevant booking form (which is either with this flyer or downloadable from our website).

## Cancellation policy

Please note that we require a minimum of **seven days’ notice of cancellation** before the date of the workshop, otherwise the full fee will be payable. Regrettably no part of the fee can be refunded for non-attendance on the day.