

## Venue

The Oak Room, Network Counselling & Training, Elm Park, Filton, Bristol BS34 7PS

## Refreshments

Tea, coffee and biscuits will be provided during the day, as well as a light (vegan/vegetarian) lunch of soup and bread, fruit and cake.

## Cost

**£90 per person** - or **£60 per person** for students, volunteer counsellors and volunteer supervisors. (*"Early bird discount" of £10 for bookings made and paid for by Friday 30th August 2019*)

## Booking a place

Booking form either with this flyer, or downloadable from our web site [www.network.org.uk](http://www.network.org.uk) Payment by either cheque or BACS. **Please return your completed form to:**

The Training Coordinator, Network Counselling & Training Ltd  
Elm Park, Filton, Bristol BS34 7PS

or by email to: [training@network.org.uk](mailto:training@network.org.uk)

**For further information:** telephone: 0117 950 7271

*IF YOU HAVE ANY ACCESS OR SPECIAL REQUIREMENTS, PLEASE ADVISE US IN GOOD TIME SO WE CAN TRY TO ACCOMMODATE YOUR NEEDS.*

## Cancellation Policy

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

# Mental Illness Diagnosis How Helpful Is It? and "Are We All Mad?" Network 2019 Annual Conference



Network Training  
Elm Park  
Filton  
Bristol BS34 7PS



# Mental Illness Diagnosis

## How Helpful Is It? and “Are We All Mad?”

### Network’s 2nd Annual Conference

#### Our Keynote Speaker

**Karl Gregory** (RGN RMN MSc Counselling, Diploma in Psychotherapy Supervision, Fellow NCS) is well known to Network, and has a 20 year back ground as a psychiatric nurse. He is now a trainer, supervisor and counsellor with Severn Taking Therapy which was set up as a vehicle for a Supervision Conference and a Diploma in Relational Supervision. He works as a Relational Therapist and with others is developing a Relational School of Therapy.

“People who behaved differently from the ‘norms’ of society were perceived as ‘mad’ even our psychiatric services have struggled with this concept over the years. Now with the new diagnostic manual (DSM5) many life events have a mental illness diagnosis making the statistical likely hood of a mental health problem in your lifetime even higher.

In this keynote I will explore this sea change in our perception of ‘madness’, with our intolerance with difference, the wish to be ‘happy’ all the time so that struggles in life become diagnosed as illness and then the search for the drug to cure all ‘ills’.

I will address the need for counsellors to connect subjectively with the person who comes to counselling rather than objectifying our clients with a diagnosis.”

#### Workshop Leaders

**Louise Mill** is currently Course Leader on the Advanced Certificate in Counselling Skills course at Network. Also a Network graduate, Louise has been counselling for over ten years at Network and working with the training team since 2008. She was also involved on the counselling side of the organisation, until very recently, as Head of Counselling.

**Anne Duke** has worked with children and young people for over 20 years, in a range of roles mostly within educational settings and will bring her experience into this workshop and remains forever grateful to all those young people she has worked with who have taught her so much. Anne also works as a counsellor, supervisor, trainer and Head of Training at Network.

#### Workshops

##### 1. Working with Difference (Karl)

How we develop as individuals not only depends on the building blocks we inherit (DNA) but also how we perceive our world shaped by the relationships around us (nature/nurture) When we look at ourselves as counsellors are we willing to see differences in ourselves and others. It is not only our skills and experiences we bring to our counselling but our attitudes and treatment to those who are different.

##### 2. Presentational Lives (Louise)

We live in a world where we are taught to present ourselves to others in the best possible light. We hide our weaknesses and vulnerability behind a “presentational self”. Social media, which generally highlights us looking our best and having fun, reinforces this; the impression we convey to the world is filtered in more sense than one. As counsellors we value congruence as essential to our way of being. But do we allow our clients to see beyond our role as therapist in the counselling room? How much of our own “madness” are we prepared to share with our clients – and how much is it helpful to do so?

##### 3. Don’t worry, it’s your hormones (Anne)

You will probably remember from your own childhood and teenage years that this can be a very difficult time, with so many stresses and pressures. We don’t know what we are supposed to feel or think and at times we are overwhelmed or we just feel weird or mad or both! It’s common to be told don’t worry it’s your hormones you will grow out of it, or given a label ‘you’re bad or mad’. Children and young people often don’t get taken seriously when talking about how they feel, this workshop will start us thinking about how to listen and help them make sense of what they are going through and we will take a look at some of the mental health conditions commonly experienced in children and young people.