



Newsletter

New School of
Psychotherapy and
Counselling



Message from the Director – *Emmy van Deurzen*

Dear staff, students and alumni

It has been a particular pleasure to see the start of our new professional doctoral programme, our DProf programme, this term! At the same time it has made the New School a much larger training organization: we now have nearly 150 students and many more staff members. Of course we will continue to grow as both doctoral programmes get further established. It is amazing to think that the DPsych programme is already coming up for its second round of accreditation with the British Psychological Society next February. We are also looking for a Deputy Course Director for the DPsych, since its administration has become quite onerous now and we want to focus especially on the establishment of first class counselling psychology placements.

With the expansion of NSPC we shall more than ever need your input with ideas for improvements in order to make sure that you all feel that you are having a great learning and training experience. We want you to really enjoy your studies with us and we realize that for this to happen we need to work at becoming a closer learning community. For this reason we are experimenting with a new format of a staff/student meeting on 10 December, which will be an opportunity for you to meet each other across the programmes and to discuss matters of common interest.

Of course you can also bring up any issues with Dawn at any time and you can post messages both on the NSPC website and on the NSPC Facebook group which is now well established with over 100 members. I am sure that you are finding that the administrative framework that the office provides is increasingly solid and reliable. We are very fortunate with the sound work that Dawn and Tracey together with a small team of work-study students do for us on a daily basis. I hope you express your appreciation to them occasionally, to balance out the considerable frustrations the job entails as well!

Meanwhile there is some good news too. Dawn has given me permission to let you know that she is getting married on 20 December and that she will become Mrs Farrow. I think congratulations are in order! It will be something else to celebrate when we meet on December 10th, at 5pm. when we will have a small launch party for my new book 'Psychotherapy and the Quest for Happiness', which comes out in December. Signed copies of the book will be on sale.

For now I wish you a good end of term and a holiday that is peaceful, restorative but also productive in terms of all those essays, portfolios and dissertations that you are working on. Be well.

Best regards

Emmy

Emmy van Deurzen
Director NSPC

News from the Office

We have all been through a lot of teething problems this term, with the start of the DProf and adjusting to Middlesex procedures and formats. But we have been making a lot of progress and are more organised than ever.

Tracey has settled down and is busy reworking the format of a lot of the forms used in the New School. She will also be going through the website with the help of the work-study students in order to bring all the content up to date.

Have a wonderful Christmas and a happy New Year!

Dawn & Tracey

You may also need to contact other people at LCC and Schiller. Please see contact details below:

Librarian	Philip Scott	0207 928 1372	library@schillerlondon.ac.uk
Bursar	Maria Bergmann	0207 928 1372	maria_bergmann@schiller.edu
Residence	Lisa Harries	0207 928 1372	residence@schillerlondon.ac.uk
LCC Registrar	Keith Searle	0207 928 0029	registrar@londoncitycollege.com
Finance Officer	Kirit Parjia	0207 928 1372	kirit_parjia@schiller.edu

Term Dates 2008 - 2009

Autumn Term 2008	29 th September	-	6 th December
Winter Term 2009	12 th January	-	21 st March
Spring Term 2009	20 th April	-	27 th June

Courses Offered in the Winter Term 2009

Weekly (14th January - 20th March 2009)		
Wednesday 17:30 - 21:30	Foundation	Issues in Psychotherapy
Wednesday 10:00 - 13:00	Year One	Psychoanalytic Theory
Wednesday 14:00 - 17:00	Year One	Psychoanalytic Practice
Wednesday 14:00 - 17:00	Year Two	Life Span Psychology
Friday 13:00 - 14:00	Year Two	SEPTIMUS - Existential & Human Issues
Wednesday 14:00 - 17:00	Year Three	Social & Ethical Issues
Wednesday 14:00 - 17:00	Year Four	Existential Group Training
Wednesday 11:00 - 13:00		Supervision
TBC		Online Supervision
Wednesday 14:00 - 16:00		Academic Supervision

Saturday (17th January - 21st March 2009)		
10:00 - 13:00	Year One	Critical Psychopathology
14:00 - 17:00	Year One	Clinical Seminar
10:00 - 13:00	Year Two	Cognitive Behavioural Therapy
10:00 - 13:00	Year Three (DProf)	Family Therapy
14:00 - 16:00		Supervision
11:00 - 13:00		Academic Supervision

Intensive		
8th - 12th Dec 2008 10:00 - 17:00	Foundation	Psychoanalytic & Psychodynamic Theory & Practice
7th - 11th Jan & 25th - 29th March 2009 10:00 - 17:00	Year One	Existential Theory
7th - 11th Jan & 25th - 29th March 2009 10:00 - 17:00	Year One	Existential Practice
25th - 29th March 2009 10:00 - 17:00	Year Two	Advanced Existential Practice
7th - 11th Jan 10:00 - 17:00	Year Three (DProf)	Human Sexuality
25th - 29th March 2009 10:00 - 17:00	Year Three (DPsych)	Counselling Psychology Skills & Assessment
5th - 6th Jan 2009 10:00 - 16:00	Year One	Review of Learning
TBC	Year Two	Programme Planning
5th - 6th Jan & 23rd - 24th March 2009 10:00 - 16:00		Supervision
TBC		Academic Supervision

Update: Kimberley Astrand

Kimberley is doing well after her fall. Her husband, Bjorn, still sends regular updates. She is still suffering from aphasia and will probably continue to do so for an unspecified time. She is much better than at the end of September. Her vision though is still far from perfect, which affects her balance. She is strong enough to walk several yards without support on her own but her restricted vision is complicating things a bit. Things are however moving in the right direction. She is now able to walk and even baked some blueberry muffins with the help of a friend. She is spending more and more time at home and will be getting a 24/7 personal assistant early next year.

The office is working on a card to send to Kimberley and her family. We are still taking any messages or well wishes you may have for her.

Freddie Strasser 1924 - 2008

On the 23rd of September, our dear colleague and friend Freddie Strasser passed away. He had suffered from heart failure and was admitted to hospital last week. He had visited NSPC just one week earlier to talk to Emmy about his plans for a new book on paradox. He worked almost right up to his hospitalisation and was full of ideas and excitement about all that remained to be done. He was a truly exceptional and hard working person who lived his life with deep convictions and who was dedicated to the values of existential therapy.

Freddie was instrumental in the creation of the New School, by supporting its launch financially. He was a very loyal friend and made some important contributions to Existential Psychotherapy, especially with his book Existential Time-limited Therapy, which he co-authored with his daughter Alison.

Our thoughts are with his three daughter and their families as well as with his partner Lyn, and his dear friend and ex-partner Luci Moja-Strasser, who was with him when he died.

Nick Kyritsis, principal of LCC, has offered to host a memorial lecture to honour Freddy. We will let everyone know the details of this once it has been arranged.

Meetings

We encourage students to attend these meetings as it gives them an opportunity to meet with a representative from the university as well as an opportunity to air their views.

MA Board of Studies

10 December 2008 13:00 – 14:00

All student representatives and students are invited to attend

DProf & DPsych Board of Studies

3 December 2008 13:00 – 14:00

All student representatives and students are invited to attend

Staff/Student Meeting

10 December 15:00 – 16:00

All student representatives and students are invited to attend this informal meeting between students and staff. This may be of particular interest to foundation students who do attend Board of Studies.

Essay Query & Evaluation Forms

The office has developed a new essay query form to make it easier to query an essay, it asks for all the information we need to follow up your essay and get back to you in good time.

We have also been re-designing the evaluation forms so that they all have the same format and are hopefully easier to use. You will be seeing these new forms very shortly! We welcome all feedback and suggestions.

Books

We are aware that a lot of students have been battling to find books that are required for various courses. In order to make finding them a bit easier, we are willing to maintain a list of books that students would like to sell. If you do have any books that you would like to sell, please let the office know as soon as possible.

Existential Coaching Course

We are pleased to announce that we will be launching a new programme next year and are in the process of finalizing the course content, structure and lecturers. For the moment this course will be a one-year certificate in Existential Coaching. We will be looking into making this a post-graduate certificate and possibly the year after evolve it into a two-year post-graduate diploma and possibly master's degree. We are in discussion with Middlesex University about this.

Watch this space!

DPsych Programme

Examples of Good Essays

With this programme being relatively new we need to compile some examples of good theory essays for students. If your marked essay falls into the good – distinction range would you consider allowing us to use your essay?

If you prefer to anonymise the essay before they are included you can of course do so.

Please let us know if you are happy to add your essay to the file.

DProf Programme

We would like to congratulate all DProf students on a successful start. Although there were a few teething problems, the programme is running smoothly. We look forward to taking the DProf to new heights from here.

If you have any suggestions on how to improve the DProf, or any other programme, as always please do not hesitate to contact us.

MA Programme

Just to remind all MA students, that it has been confirmed that the submission date for the final portfolio is the 1st of July 2010.

We will be sending out letters to all MA students with a list of work that is outstanding to help you keep track of what you still need to do by 2010. We will do all we can to assist you to finish by this date. If you feel you may struggle with this, do not be afraid to let us know.

Mentors Required

We are looking for mentors for all programmes.

Is there anyone who has graduated or is in the third or fourth year of their course who is able to act as mentors to those in years one and two? Your experience would be invaluable and greatly appreciated. Please contact us so we can pass your details on to those students who are interested.

Psychotherapy and the Quest for Happiness

Sage Publications will be releasing Emmy's new book soon. We quote from the blurb on the Sage website:

'A vibrant, passionate, and hugely readable text which goes to the heart of the therapeutic project: how to help clients lead fuller and more meaningful lives' - Mick Cooper, Professor of Counselling at University of Strathclyde.

The unspoken yearning that brings people to therapy is often that of a desperate desire for happiness. Should therapists ignore this desire, interpret it or challenge it? And what does our preoccupation with happiness tell us about contemporary culture and the role of the therapist?

In this book, Emmy van Deurzen addresses the taboo subject of the moral role of psychotherapists and counsellors. Asking when and why we decided that the aim of life is to be happy, she poses searching questions about the meaning of life. Psychotherapy and the Quest for Happiness seeks to define what a good life consists of and how therapists might help their clients to live well rather than just in search of happiness.

This text makes stimulating reading for all trainee and practising counsellors and psychotherapists, especially those interested in the existential approach.

We are hoping that Sage will organize a launch event for 10 December at 5pm. If this does happen, details will be circulated in the coming weeks. Emmy will be happy to sign copies of the book on that day!

Dilemma News

Dilemma has successfully opened an office in London, based on the third floor of our very own Waterloo campus. Dilemma will be offering counselling services to LCC students as well as offering therapy to trainees as part of the doctoral courses. If you are a graduate of the MA and are UKCP registered and have practised existential therapy for more than three years you may be able to become a Dilemma associate and see trainee clients in the Dilemma office for their training therapy. If you are interested in this, please email Emmy van Deurzen at emmy@dilemmas.org

Dilemma offers many other services, in Sheffield primarily, including monthly Friday one-day workshops, supervision groups, therapy groups, couple and family work and an autism assessment service. Have a look at the website www.dilemmas.org

To see current dilemma training offerings go to www.dilemmatraining.com and click on seminars and workshops.

ICECAP News

You can join the International Community of Existential Counsellors and Psychotherapists online. A newsletter is now available. Negotiations are underway for some seminal texts to be made available on the website: www.icecap.org.uk

Facebook

Please note there is also a Facebook group for ICECAP, which you are also welcome to join. In addition we would like to invite all staff, students and alumni to join the NSPC Facebook group. It is a place where instant information is available about NSPC news!

And while you are joining Facebook you may also want to join the group Existential Therapy, which is run by Emmy van Deurzen and which has now over 400 members! Furthermore there is a group called 'Counselling Psychology and Psychotherapy Training', also with nearly 400 members, which you may also find relevant and of interest.

See you on Facebook.

Society for Existential Analysis News

From the SEA website:

This Years Conference *"A Resounding Success!"*

This years conference marked the passing of 20 years for the SEA and provided the opportunity, for what turned out to be well over 250 delegates, to reflect on the Past, Present and Future of Existential Analysis and the challenges that face us as Existential Psychotherapists and Counsellors as we move through the 21st Century.

As a Society we paid our respects for the passing of Dr. Freddie Stasser, one of the Societies founding members, who died on the 23rd September, and James Bugental, who died on the 17th September 2008.

The SEA conference committee would like to thank all the delegates that attended this years conference for making the day such an enjoyable and memorable experience. We hope that you will enjoy the documentary DVDs commemorating the occasion when they become available. Three DVDs will be available - each featuring one of the keynote speakers presentations together with a documentary montage of the day. For more information about when the DVD's will become available please watch this page.

If you attended the conference and would like to give feedback about your experience, please feel free to email the conference committee: conference@existentialanalysis.co.uk

Forum

Date & Time: Friday 28th November 2008, 19:00

Venue: The October Gallery (2nd floor), 24 Old Gloucester St, Bloomsbury, WC1N

(Nearest tubes: Holborn, Russell Square)

Entrance: £8.00 (or £5.00 for SEA Members/Students)

Fleeing in the Face of It

Thoughts and dialogue on our inescapable reminder of our being-towards-death, our changing appearance.

with

Martina Leeven

What do you see when you look in the mirror? Do you dare to engage with the meaning of your changing appearance or do you 'flee in the face of it'?

What looks back at us, changing day by day, is our very own existential limitation - the embodied manifestation of our being-towards-death as reflected in our ageing appearance. Today's appearance and youth obsessed western society pushes this reality away at all cost, and existential writing has had surprisingly little to say about it. What is our collective fleeing from ageing about? Does an acceptance of ageing hold an opportunity for a more authentic being?

Martina is an existential counselling psychologist, trained at Regents College. She began her training with a strong interest in older people, but has since been working in the area of appearance and in particular, disfigurement. She is currently a therapist at the national charity, Changing Faces. She wrote

her dissertation on women's ageing appearance, and is a member of the Centre for Appearance Research based at the University of the West of England in Bristol.

Forum

Date & Time: Friday 30 January 2009, 19:00
Venue: October Gallery, 24 Old Gloucester St, Bloomsbury, WC1N
(Nearest tubes: Holborn, Russell Square)
Entrance: £8.00 (or £5.00 for SEA Members/Students)

The Myth of the Chemical Cure: Deconstructing psychiatric drug treatment

with

Dr Joanna Moncrieff

Mainstream psychiatry justifies the extensive use of drugs by claiming that they treat specific mental disorders. I have called this the "disease-centred" model of drug action and in my book and elsewhere I have shown that there is little existing evidence to support this view. Alternatively, I propose a "drug-centred" model that suggests that psychiatric drugs, like other psychoactive drugs, produce altered mental states which may suppress or obscure the manifestations of psychiatric conditions. I suggest that the disease centred model arose because it supports the vested interests of the psychiatric profession, the pharmaceutical industry and the modern State. Although it may sometimes be useful or necessary to suppress psychiatric problems, psychiatric drugs are toxic mind-altering substances, whose use should be avoided if possible.

Dr Joanna Moncrieff is a Senior Lecturer in the Department of Mental Health Sciences at University College London and a practising consultant psychiatrist. She has written numerous scientific papers critical of the use of psychiatric drugs as well as writing on the history and politics of psychiatry more generally. She is the co-chair person of the Critical Psychiatry Network, and in alliance with service user groups, she has campaigned against the dominance of biological psychiatry and the influence of the pharmaceutical industry. She is the author of "The Myth of the Chemical Cure" published by Palgrave Macmillan.

Visit: www.existentialanalysis.co.uk

NSPC Website

Our website is in the process of being updated and all the forms, information, etc that you will require can be found there. Now that we have so many students signed up to the website, we hope it will become a thriving hub of activity and debate. We encourage student to use the forum once it is fully operational.



The next Newsletter will come out in the Winter Term 2009.

If you would like to contribute, please submit your comments / letters / favourite websites etc by Week 6 of the Winter Term 2009.

We look forward to your contributions and have a good break!