



Newsletter

New School of
Psychotherapy and
Counselling



Message from the Director – Emmy van Deurzen

Dear staff, students and alumni

It seems ages ago that we celebrated Dawn Bekker's wedding and that she became Dawn Farrow. But it still seems right to offer her our congratulations on her new status and remind you of her new name. Shortly before Dawn's wedding there was another significant family event for those of you who knew Claire Arnold-Baker, for she and Will had their second baby, a little boy, named Otto, brother to Daisy, who is now three.

Meanwhile back at NSPC we welcomed a new person onto the team: Dr. Amelie Bobsein, who has been appointed as Deputy Course Leader of the DPsych. We are extremely pleased to have Amelie on board. She is German, was trained at Surrey University and comes to us after a career in counselling psychology in Hong Kong. She has already been of great help in the BPS reaccreditation visit and she will take particular charge of our placement arrangements. We will hope to appoint a deputy course leader for the DProf in due course.

The biggest news of all is that NSPC is set to move from the Royal Waterloo House building in August, when the whole of Schiller University, together with LCC and NSPC will move to a brand new building near Holborn Circus. This will obviously have considerable implications for all sorts of things and we will let you know nearer the time how we will manage the complexities of this transition. We will occupy several floors of a beautiful new building with lifts and other wonderful facilities and most of you will undoubtedly find it an improvement. Transport will be just as good as at Waterloo and in many ways better, since we will benefit from Thameslink and FirstConnect services at nearby Farringdon and City Thameslink stations. We shall obviously write to you when plans are finalised.

The other good news is that Dilemma has now brought together a team of London associate therapists and that you are able to have existential training therapy at NSPC itself. If you want to take up this option, please ask Dawn for a dilemma leaflet and for a list of available therapists. You should still bear in mind that we advise people to ensure that their therapist does not have a dual role and does not serve as their tutor or supervisor at the same time. Dilemma will offer placements to final year doctoral students in the near future, but for the moment we are still making sure that the service is properly functional before we start these. Those of you who have already applied for this, do not need to do anything further, but they should not count on being offered a placement, since demand is already greater than positions available.

We hope that many of you will come to the usual Boards of Studies meetings and also to the staff/student meeting next week. The last one was very productive and pleasant. It is a good way to be part of the growing community of NSPC and make a contribution to it. So, hoping to see you then.

Best regards

Emmy

Emmy van Deurzen
Director NSPC

News from the Office

Tracey has been in England and at the NSPC for almost a year now. She has met some very interesting people whilst here and is glad that she found a spot working at the New School. She is still enjoying helping in the office and getting to know all of the staff and students.

We believe that some people have been experiencing difficulties accessing OASIS or the Middlesex Online Library. Did you know that Middlesex has an online helpdesk where all students can register for help with passwords, logging onto OASIS, etc? The link to the helpdesk is <http://webhelpdesk.mdx.ac.uk>

Because of all the essays that have gone missing in the post, we have decided that we will no longer be posting essays back to students. We will send you an email letting you know that your essay is available in the office for you to collect. We hope that this will improve efficiency.

We are also sad that we will soon be saying goodbye to Linda and Luisa, our work-study students, as they go back home. Thank you for all your hard work and help in the office. There will be two work-study positions available when they leave. If you are interested in applying for one of these positions, please email admin@nspc.org.uk

We would also like to welcome Amelie onboard and are very excited to be working with her.

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 Spring Term 2009

Weekly (22nd April – 26th June 2009)		
Wednesday 17:30 - 21:30	Foundation	Psychoanalytic and Psychodynamic Theory & Practice
Wednesday 10:00 - 13:00	Year One	Critical Psychopathology Theory
Wednesday 14:00 - 17:00	Year One	Critical Psychopathology Practice
Wednesday 14:00 - 17:00	Year Two	Cognitive Behavioural Therapy
Friday 13:00 - 14:00	Year Two	SEPTIMUS – Conflict Management
Wednesday 14:00 - 17:00	Year Three	Human Sexuality
Wednesday 11:00 - 13:00		Supervision
TBC		Online Supervision

Saturday (25th April - 27th June 2009)		
10:00 - 13:00	Year One	Existential Theory
14:00 - 17:00	Year One	Existential Practice
10:00 - 13:00	Year Two	Advanced Existential
10:00 - 13:00	Year Three	Social & Ethical Issues
14:00 - 16:00		Supervision

Intensive		
23 rd - 27 th March 2009 10:00 - 17:00	Foundation	Issues in Psychotherapy
8 th - 12 th Dec 2008 10:00 - 17:00		Existential & Humanistic
16 th - 20 th April & 1 st - 5 th July 2009 10:00 - 13:00	Year One	Psychoanalytic Theory
16 th - 20 th April & 1 st - 5 th July 2009 10:00 - 17:00		Psychoanalytic Practice
8 th - 9 th July 2009 14:00 - 17:00		Review of Learning
1 st - 5 th July 2009 10:00 - 17:00	Year Two	Life Span Psychology
16 th - 20 th April 10:00 - 17:00	Year Three (DProf)	Family Therapy
1 st - 5 th July 2009 10:00 - 17:00	Year Three (DPsych)	Counselling Psychology Settings & Integration
6 th - 7 th July 2009 10:00 - 17:00	Year Three	Case Study
5 th - 6 th Jan 2009	Year One	Review of Learning

10:00 - 16:00		
8 th - 9 th July 2009	Year Two	Programme Planning
10:00 - 17:00		
8 th - 9 th July 2009	Year Three	Part 1 Research Project
10:00 - 17:00		
TBC	Year Four	Leadership Training Project
14 th - 15 th April & 29 th - 30 th June 2009		Supervision
10:00 - 16:00		
TBC		Academic Supervision

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

25 March 2008 13:00 – 14:00

All student representatives and students are invited to attend.

DProf & DPsych Board of Studies

25 March 2008 16:00 – 17:00

All student representatives and students are invited to attend.

NSPC Ethics Committee

Article by Jane Curzon and Digby Tantam, on behalf of NSPC research ethics committee:

Working in the field of psychotherapy and counselling psychology is underpinned by our awareness of ethical conduct and our application of it to our work. This applies equally well to research as to other aspects of a psychotherapist or psychologist's work. The ethical conduct of research applies to our dealing with our research collaborators and to others who have a stake in our research, including fellow professionals and the institutions for which we work. But its pre-eminent application is to those who participate in our research by providing us with the materials on which our research is based. It is an essential element of psychological and psychotherapy training that a grasp of research ethics, their principles and their application, is acquired. The main means of doing this is through the final research project. Since this project leads to a joint degree with Middlesex University, students must follow the research ethics regulations and procedures of Middlesex as well as those of the New School in their conduct of the project. In order to ensure this, a sub-committee of the research ethics committee of the research ethics committee of the Middlesex Faculty of Health and Social Sciences has been set up, with Digby Tantam, Deputy Director of the New School in the chair. Digby will also act as liaison person with Middlesex, with Pnina Shinebourne acting as Deputy.

It is fundamental that when NSPC students carry out research that involves participants is that it is done in a way that respects the dignity, rights and welfare of participants, and which ensures that the benefits of the research outweighs the risks. Helping to ensure this is the primary concern of the Research Ethics Committee, though it will also be mindful of the ethics of plagiarism and publication.

The first meeting of the ethics committee, chaired by Digby Tantam, was held on 23rd January and the following members of the committee were appointed: Amelie Bobsein (Deputy Course Leader for DPsych, ex officio), Jane Curzon, Dawn Farrow (ex officio), Pnina Shinebourne, and Naomi Stadlen. The deputy course leader for the DProf will be an ex officio member once appointed. The committee will normally meet once per term, but will also deal with matters by email. Supervisors and students may attend that part of the meeting which is dealing with their particular research project.

Research ethics applications should be made using the forms currently approved by Middlesex University as the NSPC has agreed to adopt the Middlesex procedures. Students and supervisors should ensure that they can access the Middlesex University intranet to access these forms (incidentally this will also grant access to the electronic versions of journals and books in the Middlesex library). Failing that, students and supervisors can obtain the forms from the office.

All of the forms that apply should be completed, and the research supervisor should be involved in advising about this from an early stage. Research supervisors must therefore be sure that they are fully cognizant with the correct procedures so as not to mislead their supervisees. Research supervisors must approve the submission of the forms before an application for research approval is made. If approval has already been given by a competent body, such as the NHS, the student must provide a letter with the title of the project, a summary, and a copy of the approval from the competent body.

Projects involving neither human or animal participants, human or animal tissue, nor identifiable data do not need ethical approval. *In practice, this means that just about all projects except for systematic reviews, do.* Research ethics is not limited to research involving potentially vulnerable participants, such as clients, although this kind of research may be considered to be 'high risk' and therefore subject to additional safeguards.

Carrying out a project without ethical approval is unethical, and could result in disciplinary action. Any data collected before ethical approval has been obtained is unlikely to be accepted as part of the final dissertation and this may result in the failure of the research part of the doctoral assessment. If in doubt, ask your supervisor or (or if you are a supervisor) ask Digby or another member of the research ethics committee.

If this sounds scary, we are slightly abashed, but only slightly. We do want everyone to take research ethics seriously, even if it seems like a terrible bore. However, the Research Ethics committee also wants to assist everyone to conduct an ethical and successful research project with the minimum of unnecessary hassle. With that in mind we will accept suitably completed applications at any time. Please submit them electronically to Dawn Farrow. Many applications will be dealt with by electronic circulation without having to wait for the next face-to-face meeting of the Research Ethics committee. However, remember that work on the committee is supernumerary and sometimes pressure of other work will delay the approval process. Please therefore apply early, and complete each form carefully and completely so that the committee does not have to ask for further modifications.

Still anxious or uncertain? Come to the workshop by Digby Tantam on 25th March at 17:00 at NSPC when the whole process will be explained!

Books

We have compiled a list of books that students have for sale. If you would like to see or add to this list, please email Tracey on office@nspc.org.uk

Existential Coaching Course

We are in the process of submitting a new course proposal for validation with Middlesex University. It is for a two year Post Graduate Diploma in Existential Coaching, with the facility of going on for a Masters after submission of a dissertation. Monica Hanaway and a number of other experienced existential coaches have been working with us to put together a unique curriculum. The first year of the course will be launched at NSPC in September and we will keep you informed of progress.

BPS Reaccreditation

The reaccreditation visit happened on Friday, 20th of February. It was quite an occasion and I think we all pulled together very well. The BPS team were also very fair and frank and I think the day was a good one. We have already received the draft report and know which requirements, recommendations and commendations we need to work with. There is nothing that will lead to drastic changes, other than improving the way we work with placements and improving the handbook. The visit really helped us to continue to improve our programme. Thanks again to all those who worked with us to make this happen.

There was just one very important point that came to light:

There are apparently numerous DPsych students who, though they have the GBR, have failed to become student members of the Division of Counselling Psychology. Please note that this membership is obligatory for the duration of your training. We will be checking on this very soon and ask you to show evidence of your current membership. This is a condition for becoming chartered at the end of your studies.

BPS Counselling Psychology Conference

Article by Emma Jartell:

I attended the Counselling Psychology conference held by the British Psychological Society and the Psychological Society of Ireland in Dublin in June 2008. There were a great number of workshops held and papers presented throughout the conference, with the choice of a few longer sessions or briefer and more sessions. I found it very useful to have the option of listening to a wide range of topics, as I was in the process of looking for a second placement. The conference also helped me to clarify which areas I will be interested in working in, as well as the areas which I would rather not aim for, when I have finished the DPsych at NSPC.

There were of course many already qualified psychologists from a number of countries there, who together with research students shared their valuable experiences of specific areas in workshops and during the breaks. These areas ranged from working with the ex police men and women in Northern Ireland to eco-psychology to psycho-oncology, to mention a few. Looking at this year's BPS Counselling Psychology conference it looks as if there will be a great number of interesting work shops again. I would really recommend that you attend the conference if you can. It certainly helped me to narrow down where I wanted to go next.

MA Programme

Sheffield has let us know that there will be no extensions and the final deadline for submission of portfolios is firmly set at July 2010. Please let us know if you think you are going to battle to make this date and we will do all we can to assist.

Just to clarify, you will also need to complete your 250 placement hours by this deadline.

Mentors Required

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.

We are looking for mentors for all programmes!

Dilemma News

Dilemma Consultancy now has an office in London, principally to provide training therapy to doctoral students of the New School. Dilemma London will also be providing an in-house counselling service to staff and students. Both services will be provided by our selected team of experienced associates, backed up by the administrative and billing services of Dilemma Ltd. If you would like to obtain training therapy at the New School, please contact london@dilemma.org for further details.

STOP PRESS

Dilemma will soon be in a position to appoint a research assistant for the CEP (Consolidating European Psychotherapy) programme. This position will be based in our main office in Sheffield, where you will need to work with Emmy van Deurzen and Digby Tantam for 2 days a week. The work will be centred around the electronically based SEPTIMUS course, which we will extend towards the Universities of Leuven in Belgium and Bordeaux in France, where it will be translated into French. You will also write reports and organize research questionnaires and compute their answers. Good key board skills and excellent IT skills are essential. Knowledge of French will be an asset. Familiarity with existential psychotherapy is required as are good writing skills.

For a full job description please email Pat Watterson at administrator@dilemmas.org

ICECAP News

You can join the International Collaborative 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

We are also setting up a new existential research network called IRNET (International Research Network for Existential Therapy). If you are an existential therapist and are interested in participating in our research, you can find the information on the website. Any doctoral students who would like to collaborate with ICECAP in their doctoral research project should contact Prof Digby Tantam at digby@dilemmas.org

Contemporary Psychotherapy Journal

Contemporary Psychotherapy is a new free e-journal for all psychotherapists, coming out in March 2009. Contemporary Psychotherapy is a new forum, a new space to explore therapeutic topics, a place for debate, for clarifying existing knowledge and creating new ideas, all for the sake of our learning and for our clients. Contemporary Psychotherapy presents interesting articles, reviews and a stylish design with artistic photographs to make it look good and to give it its own character.

The first issue explores the future of psychotherapy and includes interviews with key psychotherapists - Professor Emmy van Deurzen, head of the New School of Psychotherapy and Counselling and former head of the UKCP; Holly Connolly, Subject Leader for Humanistic Counselling, University of Chichester; Alan Frankland, former course leader for the Counselling and Psychotherapy programme at Nottingham Trent University; Dr Elizabeth Campbell, president of the British Psychological Society.

Original articles of up to 2,200 words from therapists and therapy students are welcome. Send your contribution to: editor@contemporarypsychotherapy.org

Sign up for free on: www.contemporarypsychotherapy.org

Society for Existential Analysis News

From the SEA website:

Friday 6th March 2009

AGM & Hans W. Cohn Bursary Annual Fundraising Event

A Recital of Songs by Melvin Claridge and Friends & a Reading of Hans' Poems by Allan Mitchell

AGM (Members only): 18:30

Recital of Songs and Poems (Open to all): 19:00

Tickets: £15

Venue: Herringham Hall
Regent's College
Inner Circle
London NW1 4NS

This event is generously sponsored by Regent's College

The songs and poems will be followed by a light supper, drinks and the chance to mingle with friends and colleagues in the Knapp Gallery. Please note in view of this combined event there will be no Forum in February or March 2009.

Sunday 22nd March

Inner Circle Seminar No. 138

Szasz in the 21st Century

Faith in Freedom: Libertarian Principles and Psychiatric Practices (2004)

We continue with the project of studying all Thomas Szasz's ten or more post-2000 books in time for his 90th-birthday seminar which he will conduct himself in 2010. Today we discuss his fourth 21st-century book, Faith in Freedom: Libertarian Principles and Psychiatric Practices (2004).

This Seminar will be held at Durrants Hotel, 26–32 George Street, Marylebone, London W1H 5BJ (on 12 July: Dr Johnson's House, 17 Gough Square, London EC4A 3DE). Seminar from 10:00 to 17:00.

Entrance: £120 (Students £96)

Reductions for a year's seminars or for subseries 'Szasz in the 21st Century' or "May You Live to 120!"

Conducted by: Anthony Stadlen (unless otherwise stated).

Apply to Anthony Stadlen
2A Alexandra Avenue
London N22 7XE
Email: stadlen@aol.com

Friday 24th April

Forum - Mary Lynne Ellis

'Time In Practice'

In this talk Mary Lynne Ellis will focus on the importance of the theme of time in the psychotherapy relationship. She will explore the clinical relevance of phenomenological perspectives on time through the work of Heidegger and Merleau-Ponty as well as the autobiographical writing of Eva Hoffman. In the light of these Mary Lynne considers the limitations of the emphasis on spatial metaphors in psychoanalytic theory. She will reflect on how our assumptions about time affect our conceptualizations of memory, forgetting, language, embodiment and identities. Her talk will be illustrated throughout with clinical vignettes.

Mary Lynne Ellis is a member of SEA. She is a qualified analytical psychotherapist and art therapist with twenty-five years' experience. She is in private practice in North London. She has an M.A. in Modern European Philosophy and has lectured and published widely on phenomenological perspectives in psychotherapy. She is also a practising artist. Mary Lynne's book, Time In Practice, Analytical Perspectives on the Times of Our Lives (Karnac) was published in 2008.

Venue to be confirmed.

Saturday 9th May

Continuing Professional Development – CPD

A full day Masterclass with Professor Ernesto Spinelli. The Masterclass will focus on existential therapists' developing understanding of the therapeutic relationship including questions of disclosure and intimacy.

Facebook

The Facebook group for the New School of Psychotherapy and Counselling seems to be growing and doing well. Don't forget to check in regularly and actually post something! It would be a good place to discuss your ideas and observations, so don't be shy!

There are groups for ICECAP, a group for Existential Therapy, and a group for Counselling Psychology and Psychotherapy training as well. Join the virtual community and let us know you have arrived.

See you on Facebook.

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 students to use the forum once it is fully operational.



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

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

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