

NEWSLETTER



New School of Psychotherapy and Counselling

Statement from the Director – *Emmy van Deurzen*

Nearly summer: time for those of you who want to graduate in the autumn to get all your work in. We hope there will be many graduates this year again and wish you all the best in your efforts to complete those outstanding essays and portfolios. We are in the throes of validation of our new MSc in Existential Counselling Psychology and Psychotherapy with Middlesex University. All the previous stages have been gone through and now we will have our validation visit, early June. Some of the staff and students will be able to help us on this day and if you are amongst them we will be very grateful for your participation. We hope to launch the new programme in October, alongside the Sheffield MA. We are also starting a new counselling diploma programme, so there will be plenty of new things happening after the summer. Our short course programme is also being extended and we will soon be offering our Internet based SEPTIMUS courses to anyone who wants to take them as a stand alone CPD training. Yes, the New School is going from strength to strength. We hope you are enjoying being part of this process and that you may be able to contribute something to it as well. Don't forget to come to Society meetings, contribute books to the library or let us know your news for the newsletter. The more everyone participates and the more lively NSPC will be. Have a good end of term and enjoy the summer.

Emmy

TERM DATES 2004-2005

Spring Term 2004	26 th April	-	3 rd July
Autumn Term 2004	4 th October	-	11 th December
Winter Term 2005	10 th January	-	19 th March

New Courses

The next module of the Certificate in Existential Supervision and Training will be on Existential Teaching and Training. The course will be offered on Wednesdays from 2pm-5pm in the Winter Term 2005 and will be taught by **Emmy van Deurzen**. Please contact Claire Arnold-Baker for further details.

Existential Teaching and Training

This course will prepare fully trained existential therapists to teach existential philosophy and to effectively apply this teaching to the training of psychotherapists and counsellors. This course should enable trainers to review and reactivate their theoretical knowledge and connect it directly to skills training and practical work. All participants will be expected to be fully trained existential therapists or counsellors. They will need to be prepared to participate fully in the training exercises with personal material and to do a certain amount of set reading to be able to contribute to class discussion.

Diploma in Existential Counselling

The Diploma in Existential Counselling will start in the Autumn Term 2004. It is a two-year course, for which the New School will seek BACP accreditation. The course will take place on Mondays from 2pm-9pm and will provide students with a good grounding in existential counselling. Students will be required to be in personal therapy as part of the course, as well as undertake a clinical placement from term 3 of the first year. This is a practical skills based course to prepare people for professional counselling work. Unlike our postgraduate programme it does not require applicants to have a first degree or its equivalent. Please contact the New School's office if you would like any further information on this course.

MSc in Existential Counselling Psychology and Psychotherapy

The New School is very pleased to announce that Middlesex University have granted us Institutional Approval. We have submitted our course proposal, which has now also been approved and the next step will be the validation meeting on June 11th.

The MSc will be a three-year masters degree for students who have the Graduate Basis for Registration with the BPS and who would like to qualify as Chartered Counselling Psychologists. The course will be quite similar to the current MA, however the last year will have modules that are more geared to counselling psychology. We are hoping to start offering the course in October 2003 and to run it Fridays from 10am-5pm. There will be a way in which current students can transfer across into the new programme, if they have a first degree in psychology. Further details will be available later in the year.

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Courses Offered in the Autumn Term 2004

- **Introduction to Existential Psychotherapy and Counselling**

Tuesdays 6pm-8pm

- **Foundation Course in Psychotherapy and Counselling**

Wednesdays 5.30pm-9.30pm

Humanistic and Existential Theory and Practice, Paul Page-Hanson

- **Postgraduate Certificate**

Wednesdays 10am-5pm

Existential Theory, Paul Smith-Pickard; **Existential Practice**, Martin Adams

Saturdays 10am-5pm

Psychoanalysis Theory & Psychoanalytic Practice, Denise Ielitto

INTENSIVE BLOCK PROGRAMME (4th – 8th September & 11th – 15th December)

Existential Theory, Paul Smith-Pickard; **Existential Practice**, Zoë Fitzgerald-Pool & Paul Page-Hanson

- **Postgraduate Diploma/M.A.**

Wednesdays 2pm-5pm

Advanced Existential Practice, Emmy van Deurzen

Saturdays 10am-1pm

Existential Time-Limited Therapy, Paul Page-Hanson

INTENSIVE BLOCK PROGRAMME (4th – 8th September)

Advanced Existential Practice, Karen Weixel-Dixon

SEPTIMUS

Well-being and Health

News from our Students

Existential Psychotherapy in Israel

The Israeli Association for Psychotherapy, together with Tel-Aviv University, held a conference last March on the topic: "Existentialism – Psychotherapy and Culture". It was a 3-day celebration of existentialism, consisting of lectures linked to existential psychotherapy or existentialism in general, and a seminar given by a guest from Austria - Dr. Alfred Langle - who was a student of Dr. Victor Frankl.

It was not surprising that Martin Buber was mentioned a good few times during the conference. Buber, was not only Jewish by religion, but also lived and died in Israel. He was a lecturer in the Hebrew University in Jerusalem, and had a great impact here. The ever-interesting issue of *dialogue* and *real meeting*, which Buber had so often talked about, is still very relevant in Israel -relevant, yet very challenging and difficult to apply.

Another interesting topic, which came up in the conference, was "the right and the duty to prevent one from committing a suicide".

It was claimed that under the cover of "freedom of choice" we might let clients 'choose' to end their lives by committing a suicide. This option should not be available as an option at all. A person who chooses to kill himself is usually not in the position where he can truly make a rational choice and consider all the options he has. What we often forget is that those who failed in their attempt to kill themselves, in most cases, do not try to kill themselves again and again. Moreover, unlike other decisions, where one can explore and learn from past choices, 'killing yourself wrongly' does not leave an option to re-explore and re-

choose. The door of suicide should therefore be kept locked by society.

It was lovely to see that so many people in Israel are interested in the existential approach. Following that interest, Dr. Arnon Levy, the chair of the Israeli Association for Psychotherapy, told me that he considers holding another 'existential workshop' in the near future, in a nearby country: i.e. Greece, Cyprus or Turkey. Cooperation with existential psychotherapy associations in those or other countries is welcomed.

If you wish to receive some more information about it, you may contact me via Email: menda@netvision.net.il It might be the beginning of an interesting adventure...

Gideon Menda

MA Student

I am looking for people who were working as therapists during pregnancy who would be willing to take part in a short interview for a qualitative study as part of my MA portfolio.

Each interview will take around 30 minutes and will focus on exploring what was it like to work with clients during the last trimester of pregnancy.

If you know of anyone who would be interested in taking part, I would be very grateful if you could pass on my details and ask them to e-mail me back, or contact me on 020 8249 2276.

Nuala Buffini

MA Student

The 'Easy' One

Does anyone recognise themselves in the description the 'Easy' One? A year ago I finished my MA with some work on the above which was a phrase arrived at miraculously, somewhere in the gaps between what I was saying and the understanding of my supervisor and fellow supervisees.

It refers to someone in a family who seems to find their niche almost in 'not being' or 'not needing'- being no trouble. I have seen examples with myself and also clients where there is some difficulty going on with another family member, usually a sibling. It could be that the 'easy one' has a 'difficult' sibling who takes up a lot of time and attention for example, and their own needs become almost undetectable even to themselves. The difficult sibling seems to attract more concern or true valuing from parents.

'Easy ones' become very good at being aware or sensing what others need, or when trouble is about to happen. For that reason I think there may well be a good proportion in the counselling profession. In later life their own needs may become manifest in difficult or problematic ways. I need to make explicit here that I see 'easiness' as a way of **relating** to others, rather than how a person truly **is**, and that the easiness becomes imperceptible, even to the person themselves.

My reason for writing about this now is that I would like to continue collecting stories about 'easy' ones for further work. Since a few people have already indicated that they recognise some of this in their own family, I wonder if any readers might be willing to let me know, with a view to a possible interview. If you are interested to see more of what I refer to, as I have simplified it rather here, please see the library for my portfolio – **The 'Easy' One** - and/or email me at aecker4180@aol.com.

Kelen Eckersley
MA Graduate

The Counsellors Lounge

Introducing "The Counsellors Lounge" a brand new website for trainee counsellors

www.thecounsellorslounge.co.uk

Field Code Changed

While we recognise that you are already qualified counsellors, we imagine that you may be counselling or supervising trainee students who might like to take a look at our site. There is information on placements, training, funding, supervision etc.

We are also looking for counsellors who offer student discounts for trainees seeking personal therapy. If you would like to include your details on the site, please email additions@thecounsellorslounge.

With very best wishes,

The Counsellors Lounge

Work-Study Student

Esra Gurkan, who has been in this position for two years, no longer is the Work Study Student at the New School. We would like to thank Esra for all her hard work.

The New School's new Work-Study Student is Hassanah Kennedy who is a student on the Foundation course. We would like to give her a warm welcome and hope she enjoys her work in the New School's office.

The Society of Psychotherapy

On Wednesday 26th May 2004 at 6.30pm, Emerald-Jane Turner gave a talk, "Introducing A Somatic Approach To Working With Trauma".

Emerald-Jane Turner's work with trauma has been influenced by Peter Levine, Dr Angwyn St Juste, Franklyn Sills and Babette Rothschild. Having practiced for over 20 years as an occupational therapist and a body-centered psychotherapist,

Emerald currently supervises London Underground Counselling and Trauma Department and lectures at Westminster University, and for the NHS. She runs a private practise in Brighton where she lives with her son. Her work on resourcing trauma clients can be found in '*Trauma: a practitioner's guide to counselling*', edited by Thom Spiers.

During the short forum she introduced us to a somatic approach to understanding the nature of trauma and to therapeutic skills required for the process of client resourcing. Her experiential exercises taught the main principles behind this effective and gentle approach to trauma therapy.

If you attended this talk and would like to write your impressions/experiences of it, we would be very interested in receiving this for the next newsletter.

News of the Society's next events can be found on the website at www.societyofpsychotherapy.org.uk

Staff News

The next staff meeting will be held on Wednesday 7th July at 12pm. We hope as many staff as possible are able to make this meeting as we would like staff to present their current research and work.

Martin Adams is the staff representative and Martin will sit on the Management Committee which will meet once a term. Please contact Martin with any issues etc that you would like discussing at these meetings. The next staff meeting will take place on Wednesday 7th July 2004 at 12pm.

Postgraduate Programme

Writing Up Fee

There has been some confusion recently regarding the writing up fee. This fee is payable each term after a student has completed the MA year until they submit their portfolios. Therefore a student who finishes their MA year in March, i.e. the end of the Winter Term will need to submit their portfolio by the beginning of the Spring Term or pay the writing up fee.

This is clearly stated in both the prospectus and Student Handbook. **We would like to urge students to read their handbook carefully so that they are aware of all the regulations and so that future misunderstandings will be avoided.**

Portfolio Supervision

Students will attend an academic supervision group in their final term of the M.A. to work on their project with a supervisor, although students can take an extra year as writing up students, if necessary to complete the requirements. One internal reader i.e. academic supervisor and one external reader will examine the portfolio.

Academic supervisions groups will be offered as required. Students will be expected to submit their portfolio proposal for approval to their academic supervisor in the first couple of weeks of the term. Students will then present sections of their portfolios to the rest of their group.

The final submission deadline for the September Exam Board is 1st August. Students must submit three bound copies of the portfolio in the correct format to the New School.

Portfolios received after 1st August will be processed but there is no guarantee that the portfolio will be marked and evaluated for the Exam Board in September and may have to wait for the following year.

Submission and format of the Portfolio

Students must submit 3 copies of their portfolio. The portfolio must be printed on one side of A4 paper, font size of 12 if using Times New Roman or 11 if using Arial, with a wide left hand margin (suggested 4cm), double-spaced and page numbered. The text should be referenced using the Harvard system of referencing. The inside front cover should be in the following format:

Student Name

Full title of Portfolio

M.A. in Existential Psychotherapy and
Counselling

University of Sheffield

Date Submitted (i.e. July 2004)

The portfolio should be bound in a book format, fixed binding in black cloth (hard cover). The following places will bind the portfolio

- South Bank University, Students Union Shopping Mall, Thomas Doyle Street, Waterloo, SE1.
- TAB, 2-3 London Road, St. Georges Circus, Waterloo, SE1. 020 7620 3366.

Previous portfolios can be found in the library. Please remember they are for **reference only** and cannot be removed from the building.

Graduating this year?

All students wishing to graduate at the next exam board in September must inform Claire Arnold-Baker as soon as possible of their intention so that their file can be prepared.

Good luck to all those students who are writing their portfolios at the moment. The final deadline for the submission of portfolios is **1st August 2004**. All other work needs to be submitted by **23rd August 2004 AT THE LATEST**.

New Regulations

Publishable Article

Students are encouraged to consider submitting an article for publication resulting from their portfolio. Students who have been awarded the M.A. and who are interested in this should contact their academic supervisor to discuss the possibility of a joint article or book where, according to standard academic practice the first author would be the student and the second author the supervisor.

This is also the case for the publication of student essays, where the tutor of the course for which the essay has been produced must be put as the second author of the paper. There should also be an acknowledgement in a footnote stating, "this paper was initially written as an essay for the MA degree at the New School of Psychotherapy and Counselling". All work published by the student should make acknowledgements to NSPC and relevant tutor.

Plagiarism

Plagiarism is the presentation by a student as his or her own work of a body of material (written, visual or oral), which is

wholly, or partly the work of another. Taking unfair advantage over other students in this way is considered by the New School to be a serious offence. It will take action against any student who plagiarises whether through negligence or deliberate intent. Make sure written materials, which include tutor's comments, are acknowledged through the use of quotation marks, references and bibliographies. Information on the correct way of acknowledging work from other sources can be found in the Student Handbook.

In a suspected case of plagiarism, NSPC will convene a Rules Committee in conjunction with LCC, to establish whether plagiarism has been committed and if so to determine the course of action.

Case Study Guidelines

At the last Board of Studies meeting it was decided that the minimum word count for the case study should be changed to 2500 from 2000 words. The upper limit of 4000 remains the same.

Mentors Needed

We are looking for some new mentors who would be willing to give guidance to new students on the Postgraduate Programme. If you are in the MA year and would be able to offer some time, either in person or via the telephone or email, please contact Claire Arnold-Baker who will include your name on the list.

Low cost therapy

MA students who are starting a private practice may be interested in going on our low cost therapy list. You will need proper accommodation in which to see clients and also professional insurance. The fee you could charge is £20 a session. If you are interested in going on the list, please contact Claire Arnold-Baker and ask for an application form.

Board of Studies Meeting

The next Board of Studies meeting will take place on **Wednesday 7th July 2004 at 2pm**. We hope that some staff and the student representatives will be able to join the meeting.

Please could each group elect a student representative to be present at this meeting. If this is not possible written reports can be submitted.

Placement List

There is a newly updated Placement list available in the New School's office.

UPCA Membership

Just to remind everyone that if you want UKCP registration you must be a member of UPCA for the duration of your training. Application forms can be obtained from the New School's office.

Foundation Course

Students who will be graduating at the end of this term and who would like to apply to the Postgraduate Programme to start in October will need to get their applications in soon so that an interview can be arranged.

Notice Board

SEA FORTHCOMING EVENTS

www.existentialanalysis.co.uk

**SOCIETY FOR EXISTENTIAL
ANALYSIS DISCUSSION GROUP**

*Informal Discussions of Key Short
Set Texts and Media*

FRIDAY 15TH OCTOBER 2004,

6.45-8.00pm

***'The Phenomenology of
Perception' by Maurice
Merleau-Ponty***

- **PAUL SMITH-PICKARD** will facilitate a discussion of a text chosen from Merleau-Ponty's 'Phenomenology of Perception'.
- **Set text:** The Preface of Merleau-Ponty, *Phenomenology of Perception*, Routledge.
- **Venue:** New School of Psychotherapy and Counselling, Schiller University, Waterloo House, 51-55 Waterloo Rd, London SE1 (Tube: Waterloo)

FREE ADMISSION.

Participants are requested to read the set text beforehand.

Contact: Alex Smith
alex@oldf12.freeserve.co.uk



The next Newsletter will come out in the Autumn Term 2004.

If you would like to contribute please submit your comments / letters / favourite websites etc by Week 3 of the Autumn Term 2004.

We look forward to your contributions and have a good rest of the term and a restful summer vacation!