The Counselling Service at Birkbeck University is delighted to invite you to participate in our Counselling in Higher Education Training Series.

University support services are experiencing challenging times; with ever growing demand and longer waiting lists of students with serious and complex mental health problems that need specialist short-term interventions.

With secondary mental health services, being cut or even closed, and waiting lists for psychiatric assessments and psychological therapy increasing, we are faced with unprecedented challenges.

It is our intention to open a space where we can learn from each other by discussing key topics and challenges relevant to our clinical work.

You will find more details about each of the three of the training days of the series in this booklet as well as how to book your place.

We hope to welcome you to the 2018-2019 training series and look forward to meeting you.
About the Workshop

In a context where short-term counselling has become the norm in university counselling, the role of the assessment is complex and multi-dimensional. In generic therapeutic settings, counselling assessments are used to identify and explore the presenting issues of clients as well as consider suitability for different forms of psychological support. In HE there can be further requirements such as detecting academic as well as personal risk and sign-posting clients to different or additional sources of support. In this training, we will consider the skills, knowledge and attitudes required of university counsellors in order to carry out effective assessments. We will look at the impact good assessment has on practitioners, their clients and their counselling services.

Workshop Themes

- What is understood by assessment
- Objectives of the first consultation within a university setting
- Suitability for short-term counselling/finding a focus
- Using the primary task of the institution in decision making
- The importance of collaborative assessment with emerging adults
- Benefits to counsellors and universities of context specific assessment

About the Trainer

Terry Patterson qualified in 1994 from the Birkbeck Student Counselling training and after working in primary care counselling for 7 years she worked as a Senior Counsellor at University of Sunderland before taking up the Head of Service role at Queen Mary, University of London in 2004. She was Chair of the Birkbeck Counselling Association and sat on the editorial board for the International Journal Psychodynamic Practice. She has taught on an MSc in Psychodynamic Counselling and Psychotherapy course and for 5 years was on the Executive Committee of HUCS (Heads of University Counselling Services). She now works as a counsellor at the London School of Economics and has a private practice offering specialist supervision for university counsellors in London and online.
About the Workshop

The aim of this workshop is to engage our thinking about suicide in university students, a group which is recognised internationally by WHO as being at high-risk. The aim is to equip counsellors in Higher Education with tools to work with this client group and we hope that participants will leave the training with a better understanding of suicide, their own effectiveness, more skilled in risk assessment, able to collaborate with colleagues and patients and identify support for them.

Workshop Themes

- What is suicide? – An exploration of theories and psychology/understanding of suicide
- Commonalities and differences in suicide
- Signs and clues – getting a sense of the suicidal mind
- Identification and assessment – protocols, referral pathways
- Working with risk in short-term interventions
- Confidentiality and ethics
- Exploratory consequences

About the Trainer

Antonia Murphy is a registered UKCP intersubjective psychotherapist and supervisor, with over twenty-five years of clinical experience in the NHS, the third sector and private practice. As well as her clinical work, Antonia managed the primary care counselling service in Derbyshire from 1998-2006, and was a founding director of Counsellors and Psychotherapists in Primary Care (CPC) and chair of the UKCP PCIP college training assessment committee until 2015. Her training portfolio includes course design and delivery of CPC’s multi-modality supervision training programme, and more recently she has developed her long-term clinical interest in working with suicide into a training which has been delivered to over forty universities and other settings. She is the former editor of the Journal for the Foundation of Psychotherapy and Counselling, an editorial board member of the Journal of Psychodynamic Practice; she is co-author (with Joan Foster) of Psychological Therapies in Primary Care: Setting up a Managed Service and author of the book Out of this Work: Suicide Examined.
WORKING WITH TRAUMA AND SEXUAL ABUSE

26 JUNE 2019

About the Workshop
Counsellors in Higher Education are regularly facing the challenge of working with clients that have experienced trauma and sexual abuse. It is often at University Counselling Services that this client group disclose their trauma for the first time, leaving counsellors faced with the challenge of working with the trauma for only a few sessions. We would like to provide a space to learn and reflect on how to best work with this client group.

Workshop Themes

• Introduction to the three-phase-model with a focus on the first phase:
  o Phase 1 focuses on ensuring the individual’s safety, reducing symptoms, and increasing important emotional, social and psychological competencies
  o Phase 2 focuses on processing the unresolved aspects of the individual’s memories of traumatic experiences
  o Phase 3, Consolidation of treatment gains to facilitate the transition from the end of the treatment to greater engagement in relationships, work or education, and community life

• Emphasis on Phase 1 and how to create a safe environment in which survivors can learn the skills to restore control over trauma symptoms.

About the Trainer

Christiane Sanderson has a BSc 1st Class Honours degree in Psychology from University College London and a MSc in Counselling Psychology. She is a member of the British Psychological Society with 24 years of research and clinical experience in childhood sexual abuse, rape, domestic violence and complex trauma.
Christiane writes and delivers training on child sexual abuse, child protection, rape, and domestic abuse to both the voluntary and statutory sector. Christiane is a well published author and some of her titles include: Counselling Skills for Working with Trauma (Essential Skills for Counselling); Counselling Survivors of Domestic Abuse; Introduction to Counselling Survivors of Interpersonal Trauma and Counselling Adult Survivors of Child Sexual Abuse
We are currently finalising the themes for the next Training Series and more information will be added shortly.