The Counselling Service at Birkbeck University launched The Birkbeck Training Series in September 2018 in response to need for specialist short-term HE specific training and a space for counsellors in the sector to meet and think together about the challenges of our work.

After the great success of the first year we have decided to continue to develop this training series and we are delighted to invite you to our 2019-2020 series.

This time, we would like to focus on presentations or conditions which are often deemed unsuitable for short-term work. This is in response to the conflict we face in our day to day practice faced with clients requiring longer-term therapy at at time when specialist services are being cut and waiting lists in the NHS are increasing. As clinicians working in HE we have a responsibility to offer support to these clients, this years series aims to support is in doing this effectively and ethically within the short term model.

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

We hope to welcome you to the 2019-2020 training series and look forward to meeting you.
WORKING WITH EATING DISORDERS

25 September 2019

About the Workshop

While many individuals are aware of the rising rate of drug and alcohol abuse in HE, it is less acknowledged that a striking 25% of college students attempt to control their weight using behaviours associated with eating disorders*. It is estimated that 1.25 million people in the UK have an eating disorder, so it is not surprising that we have seen an increase in students disclosing a current or historic eating disorder often for the first time.

Workshop Themes

• What are eating disorders?
• How they present?
• Strategies to support those presenting with them.
• Limitations of our work, where and how to refer on to specialist services.
• Practical skills based on the emotion focused family therapy model which has proven to be helpful when working with eating disorders and is applicable in short-term interventions.

About the Trainer

Jennifer Danby is a systemic family therapist who has worked in the field of eating disorders for over 10 years. She is currently the senior therapist in the NELFT lifespan eating disorder service and previously worked at the Maudsley’s Eating Disorder Unit. Jennifer is also one of the founding board members for the International Institute for Emotion Focused Therapy (EFFT) and specialises in coaching caregivers – professional and non-professional (parents and partners) – to have active roles in supporting individuals through an eating disorder.

WORKING WITH
GENDER IDENTITY

About the Workshop

We are starting to see more students approaching counselling services in higher education to explore issues of gender identity. This is an area that was not part of our training and we feel at times out of our depth trying to work with these complex issues in a short-term model.

Workshop Themes

• Understanding gender identity and transitioning
• Why do we feel de-skilled to support these students
• What can be done in a short-term model

About the Trainer

Stella O'Malley is a mental health professional, best-selling author, public speaker and a parent with many years' experience working in counselling and psychotherapy.

Stella O'Malley, 44, of Offaly, Ireland, believed she was a boy until puberty hit and says had she been a young child living in today's society she is 'absolutely certain' that she 'would have transitioned'.

Stella recently appeared on Channel 4 documentary Trans Kids: It's Time to Talk, where she examined how the experiences and options open to transgender children today compare to her own.

Stella thinks that other options to help alleviate gender dysphoria are being neglected as the option of medical transition is given more emphasis than other approaches. In the past nine years there has been a 2,500 increase in the number of children accessing the NHS's gender service.
About the Workshop

Nice guidelines for working with BPD clients indicate that brief psychological interventions (of less than 3 months' duration) should be avoided. However in higher education settings we see more and more students presenting to the services with a diagnosis and no further referral to specialist services or symptoms but no diagnosis or access to suitable interventions. As university counsellors, we feel the pressure to offer some containment and support to enable these students to access suitable treatment yet we are aware that short term work may not be helpful and may even be harmful. This workshop will consider such conflicts and help us understand what we can do within our role with students presenting with such symptomology.

Workshop Themes

- What is BDP and how to recognise undiagnosed clients?
- Limitations of our work, when and when/how to refer on to specialist services.
- What can we do with BPD clients in a short-term interventions?

About the Trainer

Marcus Evans trained and worked as a consultant psychotherapist at the Tavistock & Portman NHS Foundation Trust and has over 35 years experience in mental health as a practitioner, supervisor, lecturer, and manager. He also has a private practice since 1995.

Marcus was one of the founding members of the Fitzjohn’s Service, for the treatment of patients with severe and enduring mental health conditions such as Borderline Personality Disorder in the adult department at the Tavistock.

He has written and taught extensively on the subject and is the author of Making Room for Madness in Mental Health: the psychoanalytic understanding of psychotic communications, published by Karnac in the Tavistock series.
BOOK NOW
LIMITED AVAILABILITY

TICKETS

- £95 per training
- £210 if you book all three trainings

Venue: Birkbeck Central Campus. Full details will be circulated closer to the time.

Lunch and refreshments will be provided

For further information and to book your place, please e-mail us on counselling-services@bbk.ac.uk

Refund policy: A refund will be given for all cancellations requested more than 30 days before the event takes place. An administration charge of £10 will be made for all such cancellations. Any cancellation made less than 30 days before the booked event takes place will not receive a refund. Cancellation requests must be made via email to counselling-services@bbk.ac.uk