



Association of Professional
Counsellors and Psychotherapists
Ireland

Association of Professional Counsellors and Psychotherapists

Continuous Professional Development Workshops 2016



APCP - Leading in Professional Development for Professional Practice

The 2016 Series of Continuing Professional Development will see us broadening the range of CPD opportunities to cover new subjects that will support our members in their everyday practice both as Counsellors and as Psychotherapists'

Programme of CPD Events for 2016

- Vision Board Workshop
- An Introduction to the Art of Mindfulness
- Family Systems
- Integrative Counselling in a Modern World
- Complex Trauma I
- Sexual Abuse Workshop
- Neuroscience and Psychotherapy
- Vicarious Traumatization & the Caring Professional
- Mothers & Daughters
- Breaking the ties of Shame
- Intimate Partner Abuse
- Complex Trauma II
- CBT Strategies for Panic Disorder

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Vision Board Workshop

DATE

06 Feb 16

Venue:

Greenhills Hotel,
Ennis Rd,
Limerick

www.greenhillsgroup.com/

Speaker:

Pauline O'Brien

Overview:

This will be an experiential workshop where the participant will have the opportunity to create their own Vision Board.

This workshop will give you the tools to create your own vision board to envision your future and empower yourself. This workshop will run at the beginning of the year as it is about visioning one's goals hopes and dreams through:

- Meditation practice
- Visualisation practice
- Guided Practice through Visioning Vision Board
- Starting Vision Board
- Completing Vision Board

About the Speaker

Pauline qualified in Counselling and Psychotherapy in 2011 and is fully accredited. Her previous work has been in Retail/ Management/Marketing and as a Chef. Pauline has a background in one to one counselling and group work. She is motivated to help people achieve their full potential and to be the best they can be in their life. Pauline works from a Humanistic point of view.

And for many years has practiced Meditation and Mindfulness incorporating them into her work both on a one to one basis as well as in group settings.



An Introduction to the Art of Mindfulness

DATE
09 Apr 16

Venue:
Greenhills Hotel
Ennis Rd
Limerick

www.greenhillsgroup.com/

Speaker:
Josephine Quinlan

Overview:

This will be an experiential workshop where the participant has the opportunity to explore mindfulness. Recent research in mindfulness and compassion indicates that this “new” response to self can enable us to develop healthy coping skills, motivation and robustness in the midst of life’s difficulties. Compassion skills include mindfulness, kindness and the attitude of common humanity.

This workshop will incorporate the work of the leading practitioners in the field of Mindfulness and Compassion including Jon Kabat Zinn, Mark Williams, Christopher Germer, Kristin Neff and Paul Gilbert

About the Speaker

Josephine Quinlan has an MA in Integrative & Humanistic Psychotherapy with a diploma in counselling. She originally qualified as a registered Nurse.

Josephine has worked in a variety of settings and environments including the prison service, with people bereaved by suicide and is currently in a substance misuse service. Over the past 10 years Josephine has explored and developed a mindfulness practice.



Family Systems

DATE

30 Apr 16

Venue:

Greenhills Hotel
Ennis Rd
Limerick

www.greenhillsgroup.com/

Speaker:

Emer O'Neill

Overview

When working systemically the central focus is on the system not the individual. Therapists are working with families to understand the pattern of behaviours, their beliefs and stories that have developed over time in their family system and in the wider context in which they live.

This workshop aims to enable counsellors to use genograms in a therapeutic conversation and to use the other systemic tools that will help open up a dialogue with clients.

This workshop will give a brief history to family genograms:

- It will demonstrate how to use a family genogram in a therapeutic conversation by role play
- It will introduce how to use a time line in therapy with clients
- Finally it will introduce family sculpting – which is an arrangement of people or objects that express the family relationship to one another at a particular point in time.

About the Speaker

Emer has an MSC in Systemic family therapy and graduated from Mater and UCD in 2013. She currently works for Console as a centre manager and family therapist. She has been with Console (who works with families, individuals and children bereaved by suicide) since 2008. Emer has a BA in applied social studies and spent 8 years working and managing children in residential care with emotional and behavioural problems.



Integrative Counselling in a Modern World

DATE

07 May 16

Venue:

Fels Point Hotel, Dan
Spring Rd, Tralee

www.felspointhotel.com

Speaker:

Finbar Chambers

Overview

'The integrative approach can ideally be a creative synthesis of the unique contributions of diverse theoretical orientations, dynamically integrating concepts and techniques that fit the uniqueness of a practitioner's personality and style.'

- Gerard Corey

This workshop will focus on the following areas:

- Look at what it means to be an integrative counsellor in a modern therapeutic setting.
- The advantages of being an integrative counsellor but also the limitations and pit falls associated with same.
- The importance of 'the self' and how the therapist approach to integration of theory should be based on a knowledge of self from both a personal and professional point of view.
- An exploration of an integrative approach that respects the cognitive, affective and behavioural aspects of clients.

About the Speaker

Finbar Chambers is a practising counsellor and lecturer. He has a BA in legal studies and a post grad diploma in education from the University of Limerick. Before receiving his MA in Counselling & Psychotherapy Finbar worked in education both in Ireland and abroad. He is a member of APCP, and BACP



Complex Trauma 1: Attachment and Complex Trauma

DATE

14 May 16

Venue:

Midway Maldron
Hotel, Portlaoise

www.maldronhotelportlaoise.com/

Speaker:

Jess England

Overview

The workshop will explore how attachment plays out in adult life, as well as the links between attachment and complex trauma.

The workshop content includes an introduction to care giving, care seeking and the fear system and how these operate in the day to day life of the adult who has experienced trauma within their relationships. We will also look at trauma and the link between attachment and trauma and how a person who experiences trauma will view relationships, including the therapeutic one. It will also give professional carers an opportunity to look at their own care giving patterns. The workshop will have psycho-educational as well as experiential inputs.

About the Speaker

Jess England, (MBS, BBS, Cert in Addiction, Cert in Counselling, Cert in Supervision) has worked in training and education for the last 20 years. She has worked in organisations in healthcare, community development, as well as lectured for the National College of Ireland, IADT and UCC on their Professional Development Programmes. She currently, and for the last 9 years, has held responsibility for the development of support groups within ADAPT domestic abuse services in Limerick City and County. Jess in the past 5 years has taken an active interest in the dynamics of attachment in Adult Life and has been exploring same, under the tutelage of Dr Una Mc Cluskey.



Neuroscience & Psychotherapy

DATE

11 June 16

Venue:

City West Hotel,
Dublin

www.citywesthotel.com

Speaker:

Dr Tim Dunne

Overview

There has been an explosion of research on the Brain in recent years which has been changing our views on how to treat Trauma. These findings have major implications for Counselling and Therapy. Therapeutic approaches based on the Body and how it reacts in Trauma, are at the cutting edge of developments in the field, such as Sensory-motor therapy, EFT, SE and EMDR.

This workshop will demonstrate, with practical inputs, how to expand clinical practice to take account of these developments. The workshop will be highly interactive & integrative with plenty of time for discussion as well as videos and practical demonstrations of this approach to Trauma Therapy. Participants will come away with a greater understanding of current research findings and the implications for clinical practice as well as practical skills to use in their clinical practice which are safe and well validated. Counsellors with an interest in trauma, irrespective of theoretical orientation or training, will benefit from the workshop.

About the Speaker

Dr. Tim Dunne studied Psychology in UCD and later at the University of London (Birkbeck College) obtaining his Masters in Organisational Psychology. He obtained his Doctorate degree from the University of Middlesex, London.



**Vicarious
Traumatisation &
the Caring
Professional:
Self Care as a Core
Competency**

DATE

16 July 16

Venue:

Maldron Hotel
Wexford

www.maldronhotelwexford.com

Speaker:

Ailbe Coffey

Overview

Protective self-care and preventative practices in professional client work can protect the caring professional from such potentially detrimental effects. The workshop aims to highlight the impacts of VT on such professionals, as well as examining the strategies professional practitioners can employ to alleviate and prevent VT occurring in the first instance. Additionally, this workshop will aim to understand and explore how professional counsellors as well as other allied practitioners can practically encourage links to such supports and self-care practice.

About the Speaker

Ailbe is an experienced accredited counsellor and clinical supervisor for several years. Currently he is a Senior lecturer and Program Lead at ICHAS College. He lectures on the undergraduate BA program in Counselling Skills and Psychotherapy Studies as well as the Master's program in both Leadership and Management and Clinical Supervision program suites. . He holds a B.A. (1st Hons) degree in Counselling and Psychotherapy in addition to a Masters of Arts (1st Hons) degree in Clinical Supervision in Professional Practice. He previously obtained an Honours Degree in Mechanical Engineering from the University of Limerick in 1995, followed by a postgraduate in Management from the Open University in 2002. He has previously worked in industry management for over 13 years. Since 2002, he has refocused his career on the helping and counselling professions, where he currently provides a range of professional services, across training, mentoring, education, counselling, human development, as well as academic and clinical supervision in professional practice.



Mothers & Daughters

DATE

10 Sept 16

Venue:

City West Hotel,
Dublin

www.citywesthotel.com

Speaker:

Christine Beekman

Overview

Mother and daughter relationships are often complex. Growing up, our mother's own self-image has impacted on all of us, both on a conscious and unconscious level. While the effect of this differs for each individual, it can have an influence, both positive and limiting, on a daughters' self-image, self-esteem, behaviour, and how she thinks and acts in life. A lack of maternal warmth and validation may affect the daughter's sense of self and her confidence levels in close emotional connections.

In this experiential workshop Christine will encourage participants to explore what harms and heals the mother-daughter relationship and how this impacts on internal belief systems and on life in general. Participants will be supported in identifying hidden negative scripts and messages that may not only stop clients from reaching their full potential but are also useful for self-exploration. Techniques used in this Workshop, will be based on the concept of Winnicott's 'good enough mother' which states that it is not necessary to be a perfect mother and to recognize that any issues in this respect can either be repaired or accepted.

About the Speaker

Christine is a practicing Psychotherapist engaged in a broad range of holistic practice; including cognitive behaviour therapy. Christine is a senior lecturer with ICHAS, where she has been lecturing on the CBT and Pastoral Care Master's Programme. As a CBT practitioner and a certified trainer with the Focusing Institute (USA), she works with adults and children in a holistic and focus-oriented way to facilitate client empowerment on all levels. Some special interests include management of stress and trauma, as well as transpersonal work, making use of regression techniques, EMDR, mindfulness based approaches and inner child directed strategies.¹⁰



Working with Sexual Abuse Workshop

DATE

08 Oct 16

Venue:

Greenhills Hotel
Ennis Rd
Limerick

www.greenhillsgroup.com/

Speaker:

Mary McInerney

Overview

This workshop will look at definitions of Rape and Sexual Assault, the prevalence of rape and sexual assault, and what the statistics tell us. We will explore the myths around sexual abuse. Areas covered will include:

- The effects of sexual violence
- Adult sexual violence
- Child sexual violence
- Post-traumatic stress disorder
- Ripple effects of sexual abuse
- Healing factors affecting healing/what helps
- Dealing with disclosure of sexual abuse (what is helpful and unhelpful)
- The legal journey

About the Speaker

Mary is a successful accredited counsellor/psychotherapist with over 15 years' experience. She has worked with the Rape Crisis Midwest for over 13 years both individually and with clients and facilitating group work. As an accredited Rape Crisis Network trainer, she delivers training on behalf of Rape Crises and also privately to others working with sexual abuse, this includes a yearly module "working with Sexual Abuse at Trinity College and also training in the Clinical Psychology programme at the University of Limerick.



Shame: Breaking the Ties of Shame

DATE

15 Oct 16

Venue:

City West Hotel,
Dublin

www.citywesthotel.com

Speaker:

Jess Angland

Overview

The one day workshop will look at the difference between Shame and Guilt. It examines how easily we can take on shame and the long term toxic effects of shame. The workshop will have psycho-educational and experiential inputs.

Participants will look at how shame can keep us small and in the shadows. It can keep us from seeking help and it keeps us from being seen. The workshop will examine differences between Shame and Guilt and explore how some people are more prone to shame, while others are more prone to guilt.

It will look at how victims of abuse can take on the shame of others. It will also look at the long terms effect of shame, and how it prevents us from reaching our potential. The workshop will have psycho-educational and experiential inputs.

About the Speaker

Jess Angland, (MBS, BBS, Cert in Addiction, Cert in Counselling, Cert in Supervision) has worked in training and education for the last 20 years. She has worked in organisations in healthcare, community development, as well as lectured for the National College of Ireland, IADT and UCC on their Professional Development Programmes. She currently, and for the last 9 years, has held responsibility for the development of support groups within ADAPT domestic abuse services in Limerick City and County. Jess in the past 5 years has taken an active interest in the dynamics of attachment in Adult Life and has been has explored same, under the tutelage of Dr Una Mc Cluskey.



Intimate Partner Abuse & Relationship Counselling

DATE

05 November 16

Venue:

Clayton Hotel,
Galway

www.claytonhotelgroup.com

Speaker:

Sylvia Duffell

Overview

For participants to gain better understanding of the many forms of intimate partner abuse and gain some insight into the complexities of working in this field.

Topics covered during the day will include:

1. Defining and recognizing intimate partner abuse
2. Exploding the myths around intimate partner abuse
3. Understanding the 'cycle of abuse'
4. The importance of abuse assessment
5. Working ethically and safely.

Working with couples is a unique privilege and can be very rewarding when a couple who were perhaps on the verge of breaking-up, discover how much they still love each other and learn to be happy again. However, sometimes as a therapist we might discover that within the relationship there is something far more insidious and sinister than the usual relationship issues, and when this happens we must take the utmost care, because once this is revealed then several people may potentially be at risk, including the therapist themselves.

Please Note:

This workshop uses film clips as well as case studies, both of which can have a strong emotional impact on participants.

About the Speaker

Sylvia has worked in the UK and Ireland as both a counsellor and counselling lecturer. She now works as a relationship therapist for Accord and also runs Dove House Retreat in County Mayo where she has developed a unique residential intensive relationship experience for individual couples to explore their issues.



Complex Trauma 2: Repairing Complex Trauma

DATE

12 Nov 2016

Venue:

Greenhills Hotel
Ennis Rd
Limerick

www.greenhillsgroup.com/

Speaker:

Jess England

Important:

Evidence of attendance at Complex Trauma 1 will be required.

Overview

(Participants must have attended either Attachment and Trauma 2015 or Complex Trauma Part 1 in May 2016. Bookings will not be accepted unless the date of part 1 attendance is also noted on the booking form)

The workshop will continue to explore persons ability to seek care for themselves. The workshop will explore core areas needing repair following the rupture of trauma/ abuse in relationships.

The workshop will explore the impact of trauma on a person's ability to seek care for themselves, particularly the difficulty of seeking care within relationships. The workshop will explore core areas to explore with clients to enable them to reconnect in relationships and to seek connection with others. Some of the explored in the workshop include: boundary difficulties, care seeking ability, healthy/unhealthy relationships, emotional literacy, thoughts and beliefs, care seeking in the family of origin, reconnection with the self through interests. The workshop will also give participants an opportunity to explore their own experience of care seeking. The workshop will have psycho-educational as well as experiential inputs.

About the Speaker

Jess England, (MBS, BBS, Cert in Addiction, Cert in Counselling, Cert in Supervision) has worked in training and education for the last 20 years. She has worked in organisations in healthcare, community development, as well as lectured for the National College of Ireland, IADT and UCC on their Professional Development Programmes. She currently, and for the last 9 years, has held responsibility for the development of support groups within ADAPT domestic abuse services in Limerick City and County. Jess in the past 5 years has taken an active interest in the dynamics of attachment in Adult Life and has been has explored same, under the tutelage of Dr Una Mc Cluskey.



CBT Strategies for Panic Disorder

DATE

26 Nov 2016

Venue:

City West Hotel,
Dublin

www.citywesthotel.com

Speaker:

Aoife Gaffney

Overview

The workshop will primarily focus on the use of CBT strategies for Panic Disorder. It will consider the assessment, formulation and treatment of panic disorder using CBT. Instruction will take the form of a presentation and related video material. This will be supplemented by group work, discussions and practical exercises.

About the Speaker

Aoife currently works as a Lecturer for Greenwich University/ Guildford College on their BA Honours Counselling Degree and provides Clinical supervision to APCP members and ICHAS Students. She has lectured on Psychology and Counselling programmes in Adult Education, the University College Dublin and ICHAS and has also lectured on a Master's programme in Cognitive Behavioural Therapy (CBT) at ICHAS.

Aoife's background is in CBT, Child Art Psychotherapy & Existential Counselling Psychology and she has extensive experience in Counselling, including working for a variety of services, such as CAMHS , FAS, MYMIND and The Vocational Education Committee to name a few.