



Association of Professional
Counsellors and Psychotherapists
Ireland

Association of Professional Counsellors and Psychotherapists

Continuous Professional Development Workshops 2017



APCP - Leading in Professional Development for Professional Practice

The 2017 Series of Continuing Professional Development will see APCP continue to broaden its range of CPD opportunities to cover new subjects that will support members in their everyday practice both as Counsellors and as Psychotherapists

Programme of CPD Events for 2017

- Working with Sexual Abuse
- Working with Adolescents
- Motivational Interviewing
- Working with Teens and Adolescents
- The Cost of Care Giving
- Key Factors Driving Changes in Counselling in Ireland
- Using NLP Techniques in Practice
- Trauma Desensitisation
- Developing a Legacy Driving Mindset
- Therapist Self Care
- Schema Therapy
- Predictive Self Care
- Enriching the Therapists' Portfolio
- Breaking the Ties of Shame
- Introduction to Relationship Counselling
- CBT Strategies for Eating Disorders

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Working with Sexual Abuse Workshop

DATE

25 Feb 2017

Venue:

Maldron Hotel
Portlaoise

Web:

maldronhotelparlaois.com/

Speaker:

Mary McInerney
IACP, RCNI

Overview:

Please note: This workshop was previously offered in 2016

This workshop will look at definitions of Rape and Sexual Assault, the prevalence of same and explore some of the myths around sexual abuse.

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

- 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
- 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.



Working with Adolescents

DATE

11 Mar 17

Venue:

Clayton Hotel
Galway

Web

www.claytonhotelgalway.ie/

Speaker:

Tammie Scott

Overview:

Adolescents have more positive qualities than negative – why do we as a society and therapists concentrate on praising adolescents for ‘not doing bad’ instead of praising and encouraging their good qualities?

This workshop will review the background of the concept of adolescents and their resilience. It will then concentrate on how we as therapists in our work with this group can help them to promote their positive qualities.

About the Speaker

Tammie is a psychotherapist who has works from private rooms in both the Spiddal Medical Centre and Montpelier Terrace, Galway. Tammie holds a Masters in Counselling Psychology from Boston College and works with adolescents and adults of all ages.

Tammie runs a psychology programme in NUI Galway and is an accredited member of the Irish Association for Counsellors and Psychotherapists (IACP) and the Association of Professional Counsellors and Psychotherapists (APCP). She is also a member of the British Psychological Society (BPS) and the American Psychological Association (APA). She does volunteer counselling work with the Galway Diocesan Youth Services.



Motivational Interviewing

DATE

08 Apr 17

Venue:

Greenhills Hotel
Ennis Rd
Limerick

Web:

www.greenhillsgroup.com/

Speaker:

William Priestley

Overview:

What is Motivational Interviewing (M.I.)?

Everyday Definition: MI is a conversation about change. It is a way to help a friend, who is caught between two decisions, to get unstuck. Clinical Definition: MI is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change. (Miller & Rollnick, 2013)

Research has shown M.I. to be helpful with a wide range of client groups and issues. It can be applied in collaboration with those who are looking to make a lifestyle change, such as pursuing a healthier diet, or more challenging issues such as addiction. It is a tool that can be used on an everyday basis to enhance the empathy and compassion of the practitioner.

This workshop covers:

- Familiarisation with the principles of Motivational Interviewing
- Introduction to and discussion of M.I. skills
- Time & space to practise M.I. competencies

About the Speaker

William is a member of the global organisation 'Motivational Interviewing Network of Trainers' (MINT) and has delivered training in both the community and third level sectors. He has worked with at-risk communities in Pascagoula (Mississippi), Jobstown (Dublin) and Ballinacurra Weston (Limerick), as well as with the probation services. His has been published in the national press and delivered a vision from the TED stage.

In 2016 he stood on an independent platform for the Seanad. William has a Masters of Education from Notre Dame, Indiana, and a B.A. in European Studies from Trinity College, Dublin.



Working with Adolescents and Teens

DATE

22 April 17

Venue:

The Rose Hotel
Tralee, Co Kerry

Web:

www.therosehotel.com

Speaker:

Finbar Chambers

Overview

This workshop will primarily explore:

- Principles of development and the importance of understanding adolescent development
- The role of family/parental/social influence both positive and negative on teens and adolescents
- The challenges modern technology poses to adolescent development and ways of working with this
- The role of the counsellor working with this age group and the personal characteristics needed for effective working alliances.

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



Cost of Care Giving

DATE

29 April 17

Venue:

Woodstock Hotel
Ennis, Co Clare

Web:

www.hotelwoodstock.ie/

Speaker:

Jess England

Overview

This one day workshop explores our patterns and examines the costs of care giving in our life. This is an experiential workshop with information inputs. It gives the carer an opportunity to reflect on their own care giving history as well unearth the costs.

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.



Key Factors Driving Changes in Counselling in Ireland

DATE

13 May 2017

Venue:

Walton House
Lonsdale Rd
National Tech Park
Limerick

Web

www.ichas.ie

Speaker:

Dr Alvina Grosu

Overview

The aim of the workshop will be to present and explore the benchmark for competencies within Counselling and Psychotherapy as well as initiate self-assessment and identifying meta-competencies to instil a commitment to continuous improvement.

The framework for the workshop delivery is routed within existential traditions and will be based on interactive engagement and experiential learning. Participants will be invited to:

- be informed and share their opinion on the Professional Competencies Model;
- explore the applicability of the model to their CPD and accreditation needs;
- initiate Introspection about personal and professional self-awareness, self-reflection and self-assessment;
- identify meta-competencies to instil a commitment to continuous improvement.

Metacompetence: “ability to assess what one knows and what one doesn’t know” Weinert, 2001.

Professional competence: “the habitual and judicious use of communication, knowledge, technical skills, clinical reasoning, emotions, values, and reflections, in daily practice for the benefit of the individual and community being served” Epstein & Hundert, 2002, p. 226

About the Speaker

Alvina Grosu is a psychologist and a lecturer on MA programmes in UCC and ICHAS. She combines academic and practical work at different levels and besides teaching and assessing the theoretical modules is also supervising Master degree research dissertations. Practical aspects of her activities include working with clients as well as serving as clinical supervisor for trainee students in Cork and Limerick area. Alvina holds a PhD in psychology and her area of expertise is in cross-cultural psychology. She is a member of Society for Intercultural Education, Training and Research (SIETAR) Europe and Psychological Society of Ireland (PSI).



Using NLP Techniques in Practice

DATE

20 May 17

Venue:

City West Hotel,
Saggart
Dublin

Web:

www.citywesthotel.com

Speaker:

Christine Beekman

Overview

NLP (Neuro Linguistic Programming) was developed in the 1970s by Richard Bandler and John Grinder, drawing from a multitude of disciplines including Perls' Gestalt theory, Virginia Satir's family therapy, humanistic psychology and Ericksonian Brief Therapy. NLP has been successfully used in Psychodynamic as well as Behavioural and Cognitive Behavioural modalities. Its aim is to understand how people operate by exploring their subjective 'map of the world' and, because it mainly focuses on outcomes, is considered a powerful tool for achieving change.

NLP continues to evolve with new techniques and has been welcomed in the helping professions as a fast, effective and safe way of curing phobias, removing unwanted habits, changing behaviour patterns and reconciling traumatic memories. NLP techniques can further be used to relieve stress and improve confidence. Because it originates from modelling excellence, it has taught individuals to achieve peak performance in areas as diverse as management, communication education, health and sport. This experiential workshop will demonstrate how NLP techniques can be used in a therapeutic environment and will address fast phobia cure, modelling, anchoring, re-imprinting, reconsolidation of traumatic memories, dissociation techniques, transforming troublesome emotions.

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



Trauma Desensitisation

DATE

24 June 17

Venue:

City West Hotel,
Saggart
Dublin

Web:

www.citywesthotel.com

Speaker:

Dr. Tim Dunne

Overview

This workshop will be a practical demonstration of how to work with Trauma victims. It is geared for practitioners who have some knowledge of trauma and not for newly qualified or those who know little about trauma. Previous training in TFEBT or sensorimotor therapy would be helpful but not essential. Please come prepared to fully engage with the process in order to gain maximum benefit from the process. The focus will be on event traumas and not developmental traumas or traumas associated with addictions etc.

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



Developing a Legacy-Driven Mindset to your work in the helping professions: *How will your efforts be remembered?*

DATE

15 July 17

Venue:

Maldron Hotel
Wexford

Web:

www.maldronhotelwexford.com

Speaker:

Ailbe Coffey

Overview

Legacy building is about being mindful of the opportunity and the responsibility you have to serve your own advancement by serving others. Only you can set the tone and define the performance standards that you expect for yourself. As such, you must be incredibly self-disciplined to hold yourself accountable to consistently deliver to those standards every day, every step of the way. It is your responsibility to hold yourself accountable to build upon those helping traditions and values you hold to further strengthen the culture, human capital and the people you serve.

On completion of this workshop participants will be able to:

- Differentiate between Pursuing Happiness or Meaning in your career.
- Understand the importance of legacy in the helping professions.
- Learn how reflecting and writing about your experiences, the lessons learned and values you have cherished can be the greatest legacy left.
- Engage with Reflective Questions including:
 - o If you were to leave your current line of work today, what legacy would you leave behind?
 - o Are you paying attention to feedback and how it can guide the next phase of your career and your ability to help and serve others?
 - o If others told the story, would the same narrative hold true?
 - o What would you change or do differently?

About the Speaker

Ailbe is an experienced accredited counsellor and clinical supervisor for several years. He is a Senior lecturer and Program Lead at ICHAS College, teaching on undergraduate and postgraduate programs. He holds a B.A. (1st Hons) in Counselling and Psychotherapy in addition to a Masters of Arts (1st Hons) 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.



Therapist Self-Care

DATE

06 Sept 17
Evening CPD 6pm—9pm

Venue:

To Be Confirmed

Speaker:

Finbar Chambers

Overview

(Please note: This is an evening CPD workshop, worth 3 CPD credits)

This evening CPD workshop will look at therapist distress and associated signs and symptoms. It will consider the key components of self-care and the proactive use of self in counselling in order to avoid professional burnout.

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



Schema Therapy

DATE

09 Sept 17

Venue:

Hudson Bay Hotel
Athlone

Web

www.hudsonbayhotel.com

Speaker:

Christine Beekman

Overview

Schema Therapy is an innovative, integrated therapeutic approach for Borderline Personality Disorder, originally developed by Dr. Jeffrey Young, later adapted for other conditions such as Narcissistic Personality Disorder. It would be considered an expansion of traditional cognitive-behavioural approaches for clients with identity issues, those experiencing problems originating early in life or having difficulty dealing with recurring negative life patterns.

The model provides strategies for working with disturbing experiences, emotional distress and maladaptive behaviour patterns, resulting from unmet needs in childhood. Since schemas are considered to be more deeply held than the core beliefs defined in cognitive behaviour therapy, they have a significant influence on the formation of identity and are therefore considerably more resistant to change. The deeper the schema are entrenched, the more they will be activated by life events. It is assumed that everyone can relate to some of the schemas described in the model. Schema therapy combines aspects of cognitive, behavioural, psychodynamic and Gestalt models. This workshop will focus on early maladaptive schemas, core emotional needs, schema modes, and maladaptive coping styles, together with assessment strategies and intervention techniques.

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



**Predictive Self Care
for the Helping
Professions:
Developing a
Strategy for Self-
Care**

DATE

13 Sept 17
Evening CPD 6pm—9pm

Venue:

To Be Confirmed

Speaker:

Ailbe Coffey

Overview

(Please note: This is an evening CPD workshop, worth 3 CPD credits)

The practice of self-care refers to the focused activities people and organizations take that contribute to wellness and stress reduction. Indeed, Self-care has been indicated in the helping professions as a way to protect against the many stressors of the profession. Indeed, helpers have a right and a responsibility to take care of themselves, but that this takes some commitment to action. Self-Care requires resources such as time, space and funds.

Drawing upon technology concepts, predictive self-care techniques are aimed to help determine the condition of self in order to predict when Self Care might best be performed. This approach promises convenient scheduling of corrective stress reduction and wellness promotion. This workshop talk aims to enhance the helping professions knowledge base in the areas of self-care and professional quality of life.

The key is "the right information in the right time". By evolving, knowing and developing a self-care predictive strategy, we can hope to predict when self-care strategies are best and most effectively employed.

About the Speaker

Ailbe is a Senior lecturer and Program Lead at ICHAS College, teaching on undergraduate and postgraduate programs. He holds a B.A. (1st Hons) in Counselling and Psychotherapy in addition to a Masters of Arts (1st Hons) 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. 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.



Enriching the Therapists' Portfolio

DATE

23 Sept 17

Venue:

Greenhills Hotel
Limerick

Web:

www.greenhillsgroup.com

Speaker:

Dr Alvina Grosu

Overview

The aim for the workshop will be to provide the opportunity to participants to review their existing portfolios and present modern tools and frameworks to enrich it.

The framework for the workshop delivery is rooted within existential traditions and will be based on interactive engagement and experiential learning. Participants will be invited to:

- share the background of their existing practice in relation to therapeutic approaches;
- identify their own Counselling style and underpinning principles;
- review the existing portfolio and its theoretical grounding;
- choose appropriate modern tools and frameworks to enrich own portfolio.

About the Speaker

Alvina Grosu is a psychologist and a lecturer on MA programmes in UCC and ICHAS. She combines academic and practical work at different levels and besides teaching and assessing the theoretical modules is also supervising Master degree research dissertations. Practical aspects of her activities include working with clients as well as serving as clinical supervisor for trainee students in Cork and Limerick area. Alvina holds a PhD in psychology and her area of expertise is in cross-cultural psychology. She is a member of Society for Intercultural Education, Training and Research (SIETAR) Europe and Psychological Society of Ireland (PSI).



Breaking the Ties of Shame Part 1

DATE

14 Oct 17

Venue:

Midway Hotel
Portlaoise

Web:

maldronhotelportlaoise.com/

Speaker:

Jess England

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 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.



Breaking the Ties of Shame Part 2

DATE

21 Oct 17

Venue:

Midway Hotel
Portlaoise

Web:

maldronhotelportlaoise.com/

Speaker:

Jess Angland

Important:

Evidence of attendance at *Breaking the Ties of Shame 1* will be required.

Overview

(Participants must have attended Breaking the Ties of Shame 1 in 2016 or 2017. Bookings will not be accepted unless the date of part 1 attendance is also noted on the booking form)

Break the Ties of Shame Part 2 looks at the defences we can construct against shame and how shame manifests itself in our everyday life.

It will consider how to make shame conscious and how we might reassign shame for the client and ourselves as the therapist. This is an experiential workshop with informational 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 exploring same, under the tutelage of Dr Una Mc Cluskey.



Introduction to Relationship Counselling

DATE

11 November 17

Venue:

Hudson Bay Hotel
Athlone

Web

www.hudsonbayhotel.com

Speaker:

Sylvia Duffell

Overview

The day will provide a combination of theory and practical application. A specific skill set is required of relationship therapists and there will be plenty of opportunities throughout the day to practice applying this skill set.

By the end of the day, participants will have an awareness and basic understanding of the following issues:

- Background to Relationship Counselling
- Types of Relationship Counselling
- Therapeutic Orientation and Skill Set
- Common Relationship Issues
- Factors that Contribute to Healthy Relationships
- Factors that Contribute to Separation and Divorce
- Key Aspects of Relationship Counselling

About the Speaker

Sylvia brings a wealth of general counselling experience spanning more than 20 years to her workshops, but over the past 8 years she has focused more strongly on relationship counselling. She trained to work with couples through ACCORD, and sees couples within that organization as well as privately through her practice at Dove House Retreat in Co Mayo. When working with couples she utilizes a range of skills including person centred art therapy, and has pioneered a new counselling approach for couples in Ireland based on a residential intensive counselling experience.

Sylvia also runs mental health related workshops for VHI and has taught on a number of different Counselling Courses at various levels in both the UK and in Ireland. Whilst living in the UK Sylvia set up and run a staff counselling service for two large Health Trusts.



CBT Strategies for Eating Disorders

DATE

25 Nov 17

Venue:

City West Hotel,
Saggart
Dublin

Web:

www.citywesthotel.com

Speaker:

Aoife Gaffney

Overview

The workshop will be interactive and will focus on therapeutic techniques and strategies for workshop with Eating Disorders.

The workshop aims:

- To give the participants an insight into working with Eating Disorders
- Show how CBT can be used to plan and treat mild to moderate eating difficulties
- To provide the participants with therapeutic tools that can be used to works with Eating Disorders

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.