

PROGRAMME OF CPD EVENTS FOR 2018



Association of Professional
Counsellors and Psychotherapists
Ireland

The 2018 offering of Continuing Professional Development events will see APCP continue to broaden its range of CPD opportunities, providing new opportunities and insights that will support the membership in their everyday practice both as Counsellors and as Psychotherapists.

Overview of CPD Events for 2018

Building and Recognising Resilience	Writing as Therapy
Assumptions, Stereotypes and Privilege	The Cost of Care-Giving
Counselling Paperwork and Compliance	Women and Substance Misuse
Trauma-Informed Approaches in Youth Work	Strengths Based Mentoring in Youth Work
Creative Methods Workshop	Working with Low Self-Esteem
Using Emotional Intelligence in Client Work	Understanding the Individual from a Family of Origin Perspective

Contents

Building & Recognising Resilience	3
Writing as Therapy	4
Assumptions, Stereotypes and Privilege	5
The Cost of Care-Giving: Patterns of Care-Giving.....	6
Understanding the Individual from a Family of Origin Perspective	7
Mindfulness-Based Cognitive Therapy.....	8
Counselling Paperwork & Compliance Made Easy	9
Women and Substance Misuse	10
Trauma-Informed Approaches in Youth Work	11
Eye-Movement Desensitisation & Reprocessing Therapy	12
Strengths Based Mentoring in Youth Work.....	13
Using Emotional Intelligence in Client Work.....	14
Identifying Domestic Violence in Intimate Relationships.....	15
Working with Low Self-Esteem.....	16
Creative Methods Workshop	17

24 FEBRUARY



Speaker

Jess England

Venue

Woodstock Hotel,
Ennis, Co. Clare
10am—5pm

Web

www.hotelwoodstock.ie

Building & Recognising Resilience

This workshop aims to look at what exactly is resilience? How can we recover from those events in life that we least expect? Can we teach ourselves resilience? The workshop will cover areas like Post traumatic growth, factors and strategies to build us back when things go wrong, learning from our past, building a tool box to help us recover and move forward.

Speaker Information

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

7 APRIL



Speaker
Tom Mullane

Venue
City West Hotel, City
West, Dublin
10am—5pm

Web
www.citywesthotel.com

Writing as Therapy

This programme is aimed at challenging the belief held by many that they can't write. In this workshop they learn that they can indeed write. This is a workshop where participants will learn new skills; reflect upon their lives and explore new avenues of expression.

Main topics covered during the day:

- Who am I?
- The Healing Pen
- Keeping a Journal
- The Power of Poetry, Fiction & Autobiography
- The Power of Creative Writing
- Writing letters to: someone who hurt, love, left (bereavement) or found me

By the end of the day it is hoped that participants will have gained a better understanding of their own creativity; discovered new perspectives on the process of writing; challenged their thinking in relation to writing; experienced new insights when revealing their inner self; practiced the art of writing in a way they did not imagine before; developed a new perspective on life.

Speaker Information

Tom Mullane has been involved in writing for eight years and facilitated the Compass Writers Group in Waterford. His preferred medium is the Short Story but he has also had poetry published.

His latest project is working in the area of 'Writing As Therapy' where he has developed a very successful programme in the Solas Cancer Support Centre, in Waterford. He has also facilitated one-day workshops in Dungarvan and Kilkenny.

14 APRIL



Speaker
Tamar Scott

Venue
Clayton Hotel, Galway
10am—5pm

Web
www.claytonhotelgalway.ie

Assumptions, Stereotypes and Privilege

None of us are born with assumptions, stereotypes, or biases but develop them, often inadvertently, as we age through interactions with, as Uri Bronfenbrenner notes, our microsystem (i.e. our families and immediate contacts) and indeed through the exo- and macrosystems of our world (community, government, etc.). As therapists, the importance of recognising what our assumptions stereotypes and biases are is imperative in order to work in a safe, respectful and meaningful way with our clients. Recognising the privileges we have is also extremely important. This workshop will delve into this arena, often not acknowledged by many of us, and look at ways at which we can all continue to improve and develop ourselves as we strive towards obtaining and maintaining unconditional positive regard for our clients and indeed ourselves.

Speaker Information

With a background in management, Tammie went on to expand her skills and knowledge and became a psychotherapist. Her psychotherapy work includes an integration of various therapies and techniques including Cognitive Behavioural Therapy, Person-Centred Therapy, Mindfulness, Transactional Analysis, Acceptance and Commitment Therapy and Psychodynamic therapy.

Empowerment in the individual is a philosophy that Tammie adheres to. But with empowerment comes responsibility. Empathy, unconditional positive regard and genuineness/congruence are major conditions that we all need to develop and Tammie works to encourage this growth in her clients, groups, and teams.

Tammie is also a lecturer in the National University of Ireland, has developed several programmes for the Adult Education and Psychology Departments and currently also co-ordinates the Psychology of Counselling Diploma Course. She has run workshops both prior to (e.g. Team Building, Internal and External Customer Service etc.) and after (Working with Adolescents, Anxiety and Stress Management, Cultural Awareness etc.,) her psychotherapy qualification.

A director of several companies, Tammie has done a considerable amount of pro bono work in her role as a director of a non-profit mental health organisation.

12 MAY



Speaker

Jess England

Venue

Maldron Hotel,
Mid-way, Portlaoise
10am—5pm

Web

www.maldronhotelportlaoise.com

The Cost of Care-Giving: Patterns of Care-Giving

The cost of care giving - patterns of care giving are learnt very early on. We often replicate these patterns in our adult life

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.

Speaker Information

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

19 MAY



Speaker
Finbar Chambers

Venue
The Rose Hotel.
Tralee, Co. Kerry –

Web
<http://www.therosehotel.com>

Understanding the Individual from a Family of Origin Perspective

The workshop will primarily focus on the following areas

- Family systems theory through a variety of lens
- The influence of the family of origin on present relationships
- Differentiation of self/enmeshment
- The deleterious effect of dysfunctional families of origin
- Using family systems theory in individual therapy

Speaker Information

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

26 MAY



Speaker

Christine Beekman

Venue

Woodstock Hotel,
Ennis, Co. Clare
10am—5pm

Web

www.maldronhotelportlaoise.com

Max Attendees: 35

Mindfulness-Based Cognitive Therapy

Mindfulness-Based Cognitive Therapy (MBCT) was originally designed to help people who suffer from depression and chronic unhappiness. It combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. Though originally developed to address recurrent depression, MBCT may be beneficial to people seeking treatment for a wide range of mental health concerns.

Speaker Information

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

9 JUNE



Speaker

Dr Alvina Grosu

Venue

Greenhills Hotel
Ennis Rd, Limerick
10am—5pm

Web

www.greenhillsgroup.com/

Counselling Paperwork & Compliance Made Easy

The rationale for this workshop would relate to the latest developments in the regulation of Counselling & Psychotherapy under CORU's remit, which proposes to develop a blueprint that "will inform the programme of work to provide enhanced protection to the public and an effective regulation regime for the designated professions over the next five years". — www.coru.ie, January 2017.

Professor Bernard McCartan, Chair of the Health and Social Care Professionals Council said; "The level of accountability and transparency demanded of healthcare professionals by service users and the public has increased significantly in the years since CORU's establishment. Health and Social Care Professionals are increasingly challenged in relation to their integrity and actions, whether by a service user, a member of the public or by a fellow professional." www.coru.ie, January 2017.

This workshop is aiming at presenting the best practice in relation to documentation and paperwork within therapeutic practice. It will also highlight the legal and professional aspects of information gathering as well as support practitioners in setting up an efficient structure for their own "evidence based practice". The format of the workshop is experiential and interactive, rooted within existential traditions.

Speaker Information

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).

16 JUNE



Speaker

Debbie McDonagh

Venue

Greenhills Hotel
Ennis Rd, Limerick
10am—5pm

Web

www.greenhillsgroup.com/

Women and Substance Misuse

A one-day course exploring the issue of women and substance use from a gender based perspective. The course will include informational input as well as interactive exercises. Gender shapes the contexts in which we live and therefore social and environmental factors (which include gender roles/socialisation etc.) account for many of the behavioural differences between men and women. Historically, substance use treatment programmes were designed for the needs of a predominantly male client population. Over the past number of years, researchers and providers have identified links between substance use, health issues, trauma and abuse as well as different components of successful treatment programmes for women. Many of these included: understanding trauma, relationships and connecting with others, sense of self, a safe, nurturing and healing environment and empowerment amongst others.

This course aims to provide an understanding of the treatment needs of women who are addicted to alcohol and/or other drugs. It is imperative that treatment/counselling providers acknowledge the realities of women's lives in a gender responsive way.

Areas covered will include:

- History and social context of Women & Substance Use
- Gender differences in substance use
- Gender specific challenges to accessing treatment
- Gender differences in treatment and recovery
- Theoretical principles for gender-responsive services
- Supporting women using a trauma-informed approach

Speaker Information

Debbie McDonagh is a Family Support Coordinator with the Western Region Drug & Alcohol Task Force (WRDATF). She is an accredited counsellor and holds a M.A. Degree in Family Support Studies. Debbie also works in private practice and guest lectures for NUI Galway. Prior to working with the WRDATF, Debbie worked in the community/voluntary sector both as a co-ordinator of a family-support project and as an addiction counsellor in an outpatient treatment centre.

14 JULY



Speaker
Ailbe Coffey

Venue
Maldron Hotel
Wexford
10am—5pm

Web
www.maldronhotelwexford.com

Trauma-Informed Approaches in Youth Work

Trauma affects youth in all communities, and responses to those experiences by child-serving systems are critical. It is important for providers serving youth to understand how best to respond and support healing.

Service providers and policymakers in the youth-serving field are continually learning more from research about trauma, traumatic experiences, and the various responses to traumatic events.

It is important for youth serving systems to develop a greater understanding of the association between trauma and mental health; and how it can derail the healthy development of youth. It recognizes the importance of addressing trauma and using a trauma-informed approach in prevention, treatment, and recovery efforts.

This workshop discusses the concept and prevalence of trauma; techniques for coping with, and recovering from trauma at an individual and systems level; the core principles for building a framework for understanding trauma; and implementation of elements essential for a trauma-informed system when working with youths.

Speaker Information

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.

8 SEPTEMBER



Speaker

Christine Beekman

Venue

Woodstock Hotel,
Ennis, Co. Clare
10am—5pm

Web

www.maldronhotelportlaoise.com

Max Attendees: 35

Eye-Movement Desensitisation & Reprocessing Therapy

Eye movement desensitization and reprocessing (EMDR), developed by Dr. Francine Shapiro, is a research-supported, integrative psychotherapy approach designed to treat symptoms of trauma and posttraumatic stress. EMDR sessions follow a specific sequence of phases, and practitioners use bilateral stimulation, such as eye movements, to help the client process unresolved memories from adverse experiences. EMDR can be used to address any number of concerns, and it is compatible with other types of therapy.

Speaker Information

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

12 SEPTEMBER
6PM – 9PM



Speaker
Ailbe Coffey

Venue
Innovation Works
National Technology Pk
Limerick

Web
www.apcp.ie

Please note that this is an evening, midweek workshop

Strengths Based Mentoring in Youth Work

Research has determined that a key enabler of youth to do well in life including working life, is strengths-based mentoring. The presence of a significant mentoring or supportive adult influence in their lives, enhances their strengths, resources and ability to thrive in the face of life's inevitable challenges.

Mentoring has the potential to bring about positive change for youth, who like adults, are social beings who live their lives in the context of relationships with others. The goal of mentoring is to make connections with them, forming a positive relationship based on empowerment, altruism and mutuality. These qualities lay the foundation for young people as they work to succeed and develop life skills.

Drawing upon their own strength to constructively navigate life challenges with resilience, positive youth development is viewed, therefore, not as the absence of adversity & risk behaviour, but as the presence of positive attributes and relationships that support them in reaching their full potential. The focus is on trusting and workable relationships; a) Empowering them to take a lead in their own evolution and development process; b) Working in collaborative ways on mutually agreed upon goals; c) Drawing upon the personal resources of motivation and hope; d) Creating sustainable change through learning and experiential growth.

This evening Workshop offers a structured guidance to ensure that participants can help develop the skills needed to assist in mentoring youth using a strengths approach. The participants will learn elements of a specific method of working with and resolving problems experienced by youths. i.e. it does not attempt to ignore the problems and difficulties. Rather, it attempts to identify the positive basis of the person's resources (or what may need to be added) and strengths that will lay the basis to address the challenges resulting from the problems.

26 SEPTEMBER
6PM – 9PM



Speaker
Finbar Chambers

Venue
Innovation Works
National Technology Pk
Limerick

Web
www.apcp.ie

Please note that this is an evening, midweek workshop

Using Emotional Intelligence in Client Work

The workshop will primarily focus on the following areas

- Understanding the main domains of Emotional intelligence
- Understanding the impact of poor emotional intelligence on interpersonal relationships
- Developing emotional intelligence in professional practice
- Strengthening emotional intelligence in clients

Speaker Information

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 ACP, and BACP

13 OCTOBER



Speaker

Jess England

Venue

Woodstock Hotel
Ennis, Co Clare
10am—5pm

Web

www.hotelwoodstock.ie

Identifying Domestic Violence in Intimate Relationships

The main topics to be covered during this workshop include:

- Attitudes to domestic abuse
- Scale of Domestic abuse
- Power and control in abusive relationships
- Why does she/he leave the relationship?
- Good practice guidelines for handling disclosure
- Roles in abusive relationships

Participants will gain an understanding of the perplexities of Domestic Violence. Challenge participants' thinking around the impact of some forms of abuse.

They will practice skills and develop ways of addressing their own thinking patterns, look at the impact of these and how it determines outcomes/behaviours for them.

Speaker Information

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

20 OCTOBER



Speaker
Donna Breen

Venue
Maldron Hotel,
Mid-way, Portlaoise
10am—5pm

Web
www.maldronhotelportlaoise.com

Working with Low Self-Esteem

This CPD aims to help Counsellors to identify, understand and improve their work with clients who present with low self-esteem. To give them specific tools and techniques to help them to efficiently work with and progress clients who present with this issue.

It is hoped that participants will have gained an understanding of new perspectives on and challenge their thinking, gain better understanding of the use of psychoeducation and CBT in working with clients who present with low self-esteem, working with and getting to the core of the issues and helping the client to develop an alternative perspective and outlook, which will impact many areas of their lives

Main topics covered during the CPD will be:

- Identifying low self-esteem in clients.
- Using psychoeducation to help clients better understand their low self-esteem, its origins and its retention
- Changing and challenging thoughts, feelings and behaviours outlined in therapy
- Negotiating and developing new narratives with the client
- Assertiveness, how this helps us to overcome low self-esteem

Speaker Information

Donna is an experienced and practising Counsellor and facilitator running her own private practice in Tipperary. She has previously worked with Shannon College of Hotel Management as a Student Counsellor for 5 years along with working as an EAP Counsellor and Case Manager with LAYA Healthcare in Dublin delivering counselling and assessment services to hundreds of clients along with developing and delivering a variety of content for online platforms and customers along with an array of other projects.

24 NOVEMBER



Speaker

Aoife Gaffney

Venue

The City West Hotel,
Saggart, Co. Dublin –

Web

www.citywesthotel.com

Creative Methods Workshop

An experiential workshop which aims to provide participants with a personal awareness into the world of creative methods as a therapeutic tool for working with people.

This will be an experiential and practical workshop and participants will be asked to complete the exercises individually and with others.

Speaker Information

Aoife Gaffney is an accredited member of APCP with vast clinical and training experience. Aoife has worked in both the public and private sectors and has extensive experience in counselling and using CBT techniques with both young people and adults.

Aoife is an experienced speaker and has worked in both the UK and Ireland as a lecturer and has lectured on Masters and BA Honours programmes in Cognitive Behavioural Therapy, Counselling & Psychology for 8 years.