

METANOIA FACULTY 4

THE FACULTY OF APPLIED SOCIAL AND ORGANISATIONAL SCIENCES



- ◆ Applied Theory and Social Action
- ◆ Career development for therapists
- ◆ Social applications of therapeutic approaches

JULY 2019

Faculty News

The new strapline above hopes to encapsulate in brief, the identity and strategy for the Faculty which provides a home for high quality career development specialisms at Metanoia and provision that forms part of the 'social footprint' of the Institute out in the world. I would encourage Faculty members to use this strapline where possible on communications in order that this positioning can be developed further both within the Institute and out across the wider field. There are a couple of F4 developments not covered in individual sections below that deserve mention. Research—ETHOS, the ESRC funded Randomised Controlled Trial of School-Based Humanistic Counselling completed data collection at the end of December 2018, the protocol paper has been published in the journal 'Trials' and the main outcome paper is currently in development. Professional Activity— Along with stakeholders across the field we have been involved with the consultation on the update to the NICE guideline on adult depression. A group of Stakeholders met recently with Norman Lamb MP and with Paul Chrisp the Centre Director of NICE to detail concerns about the methodology being used by the Guideline Development Group, a significant development. Provision—We hope to be applying for further Recruit to Train funding through Here4You for 2020-22.

Person-Centred Experiential Counselling for Depression (PCE-CfD)



A bespoke PCE-CfD practitioner training was delivered in Bristol to a group of 17 participants commissioned by South West Health Education England in collaboration with University of Exeter who hold the tender for provision of IAPT Education in that region. The training was well received and we hope will be repeated. Representatives of BACPs professional standards department joined us as observers during this training as part of renewing our BACP Approved Provider status for this training within the Southern Region of the UK. We will also be meeting soon with BACP and representatives from the other PCE-CfD University approved provider network to look at how, completing PCE-CfD provider training could form part of individual accreditation with the professional body.

Creative Writing for Therapeutic Purposes (CWTP)



Two exciting developments for Creative Writing:

An International Creative Bridges conference in collaboration with Lapidus (Words for Wellbeing), featuring speakers from American, Australia and Europe, as well as a wealth of UK expertise, including graduate students from the MSc CWTP.

See www.creativebridgesbristol.com for more information.

Led by Fiona Hamilton, a new **CWTP Practitioner Certificate** was launched this year to a flying start with a fully-booked intake of counselling and psychotherapy professionals looking to expand their understanding of writing in the therapy room, and how to use writing as a reflective tool.

The MSc CWTP core team are: Claire Williamson (Programme Leader) and tutors: Fiona Hamilton, Graham Hartill and Nigel Gibbons

Here4You - Counselling and Wellbeing Services for Schools



"The service is brilliant, we couldn't do without you" Deputy Head (SPWT) May 2019

With the launch of the Schools Counselling Service, **Here4You** in September 2018, Metanoia Institute is now able to offer High Schools and Colleges support for both their students and staff. All counsellors are qualified and trained in the Humanistic approach and the service is evidence based, arising from research.

The service has been received with great success and we are currently operating in nine schools. We are also proud to mention that **Here4You** was awarded funds to be a part of the Children and Young People's Improving Access to Psychological Therapies (CYP IAPT) partnership. This scheme allows us to place qualified counsellors at designated schools while they complete their studies with Kings College or UCL. Further contributing to the Metanoia community, **Here4You** was able to offer two placements to qualified Metanoia students who needed to gain experience working with young people.

For further information about **Here4You**, please contact Noelle Adames, Schools Counselling Liaison Manager noelle.adames@metanoia.ac.uk or 020 8832 3054.

METANOIA FACULTY 4

THE FACULTY OF APPLIED SOCIAL AND ORGANISATIONAL SCIENCES



- ◆ Applied Theory and Social Action
- ◆ Career development for therapists
- ◆ Social applications of therapeutic approaches

JULY 2019

Adolescent and Schools Counselling



Our fifth successful cohort of this training has just completed and we are receiving applications for October 2019. The final training day at the beginning of May 2019 was a feast of creative student presentations on topics that had been researched as areas of special interest to be presented to this group of peers and tutors. The group have requested follow-on CPD training days in groupwork within schools and supervision of school-based counsellors amongst other topics.

Therapeutic Fostering and Adoption



The MA in Therapeutic Fostering and Adoption is closing at the end of Academic Year 2018/19. We are very pleased that Mica Douglas, who has led this programme from its inception is developing a new Practitioner Certificate in Therapeutic Fostering and Adoption for Metanoia. This exciting new course will allow suitably qualified and experienced applicants to develop their knowledge and competency in this important area of practice and will have broader appeal than the previous MA programme.

Organisational Development



The MSc in Organisational Development is coming to an end in its current form at the end of the Academic Year 2018/19 and Dr Josie Gregory, who has diligently led on this programme for many years is moving on from Metanoia. We would like to extend our heartfelt thanks and appreciation for all of Josie's hard work and our best wishes to her for the future.

A new (Post Graduate) Diploma/Certificate in Leadership and Organisational Development is in early planning stages. This exciting new course will allow suitably qualified and experienced applicants to develop their knowledge and competency in this important area of practice and will have broader appeal than the previous MSc programme.

Case Study from Here4You (H4Y) Recruit to Train CBT team member



AB is a 15 year old Year 11 girl of Sri-Lankan descent who is currently residing at home with her mother, father and younger brother. She suffers from extreme allergies and has asthma and anaphylaxis. Approximately a year and a half ago, AB had an anaphylactic attack at school and did not have her EpiPen with her. She was rushed to the hospital, where her heart stopped beating and she was put in an induced coma for 5 days. AB's parents were told doctors were unsure if she was going to live and this was a very stressful time for the family. AB survived the incident, however has experienced a loss of interest in previously enjoyed activities and difficulties with memory, concentration and weight gain ever since. This has led to feelings of failure, lowered self-esteem and confidence and increased anxiety about upcoming GCSE exams. In 6 sessions with AB, I was able to use cognitive restructuring and behavioural activation techniques to challenge the negative thoughts she had, such as "I am a failure", "I am fat and not beautiful" and to schedule activities into AB's life. During our sessions, AB and I also worked on assertiveness skills training, relaxation methods, and memory training techniques. As a result of this, AB rated lowered levels of nervousness, distress and overwhelming thoughts, and reported increased feelings of being able to cope when things go wrong on the YP CORE. She has also reported increased confidence, self-esteem, overall mood and reduced anxiety. Quotes from AB include: "Before I dreaded walking into a therapy room because I thought it was a waste but you changed that", "I have grown more confident with the grades I am getting, with my body and with myself as a whole" and "Even with exams coming up, I am proud to say that I am now not too anxious at all".

Faculty Head:

Dr. Peter Pearce - Peter.pearce@metanoia.ac.uk

Senior Academic and Research Coordinator:

Cristina Soares - Cristina.soares@metanoia.ac.uk

[Faculty Four Webpage](#)