

The National Register of Hypnotherapists and Psychotherapists

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**National
Register of
Hypnotherapists and
Psychotherapists**

**Winter
2007
Newsletter**

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EDITORIAL

Merry Christmas and a very Happy New Year to all!

This edition of the Newsletter is a slim volume reflecting the winter tendency to hibernate! I do hope that there are a few more contributions for the Spring Newsletter! Perhaps the Christmas and New Year break will give you an opportunity to read that book you thought you might review or write an article or case study that other members would benefit from - go on, you know you want to!!!

In this edition you will find an update from Jon Beilby our Executive Officer and a piece from Pauline Marsden on CBT. Prompted by Gary Baker's request, I have started a series of articles on "prudent practice" outlining some of the aspects of practice that improve the likelihood of straightforward relationships with clients and help us avoid the difficulties that can result in complaints to NRHP from clients about practitioners. If you have any helpful thoughts on this topic do let me know and I will include them.

My thanks to Jon, Pauline, Julie Young and the office proof-readers!

If you wish to contribute to our next edition, please send copy to me or the office by 29th February 2008, preferably by email as a Microsoft Word Document, but typed or clearly written copy is also acceptable.

Jane Puckett

Email: info@janepuckett.com Tel: (07930) 615014

NRHP NEWS

EXECUTIVE OFFICER'S REPORT

As another year comes to an end, it is difficult not to reflect on how fast time seems to be going or is it just me getting older? Thinking back to the last newsletter, it seems like only yesterday but when looking in detail about what has happened it is apparent that each day's little changes grow into something quite significant.

The Board of Directors usually carry out the majority of the business by e-mail with two physical meetings each year. The second of this year's meetings took place on Sunday 30th September and all the members attended. John Trehwella managed to travel all the way from Cornwall despite the fact that he was going into hospital for a hip replacement operation the next day. He even insisted on climbing the Nelson steps to my office, despite the pain it caused him, rather than our moving the meeting downstairs. This is truly commendable dedication to NRHP.

The newsletter is my opportunity to keep you informed about what is happening in the Board and the Nelson offices. We can report that the NRHP finances are in good condition and, by good management and maintaining the number of members, they should remain healthy. As in line with previous policy, it was decided to increase subs in line with inflation. The Board also decided that all members of whatever class of membership, including fellows, should pay the appropriate subscription appertaining to their practice level.

Some discussion took place concerning UKCP Section and the structure of the Member Organisations in the Hypno-Psychotherapy Section. Simon resigned as delegate and I was invited to replace him as NRHP delegate.

It is likely that many changes will be observed at UKCP in the run up to statutory regulation and you will be kept informed of all necessary details. Some discussion has been taking place within UKCP and HP Section about training standards. As NRHP is a full member of the European Association of Hypno Psychotherapy (EAHP) and the European Association of Psychotherapy (EAP) you will be reassured that our standards are accredited at the highest level by professional psychotherapists as well as lay people. This

accreditation is almost wholly due to the sterling work done by Peter Savage when most UK organisations did not want to be involved with the European associations. Our European contacts may also be important in the run up to Statutory Regulation.

Again, I am pleased to report that no formal complaints have been received since the last Board meeting. This is again due to the high ethical standards and professionalism of our members and the support received.

The Board also discussed what should be allowed to constitute Continuing Professional Development and the possible future changes in supervision requirements in the light of Statutory Regulation. It was decided that the next CPD event before the AGM should include work on this topic and I look forward to seeing as many of you as possible at both this and the AGM on Saturday 19th April, 2008.

As we work towards the AGM, some members have expressed concerns about the method of voting for Directors and this year a slightly different form will be issued to try to make the process easier. Some members were reported as disliking the idea of voting against someone so this has been reviewed, as you will see when you receive your voting papers in the Spring. You will find with this newsletter details about the Board elections and all the relevant dates and deadlines. I would like to remind you that it is your organisation and, while some members do not wish to participate in the management of NRHP or events, any member can stand for election to the Board of Directors. If this interests you please contact the office for further details.

A regular issue which arises is who we should accept as full regulated members of NRHP. We get hundreds of enquiries each year and we will maintain standards by ensuring that only those who are applying from fully accredited trainings will be admitted as regulated members. This usually means those who have completed the training of a UKCP accredited training Member Organisation or a full member of the European Association of Hypno Psychotherapy.

The Board also unanimously agreed to offer Jane Puckett a NRHP Fellowship in recognition the work she has done for NRHP, not least the enthusiasm she brings to editing the quarterly newsletter. I am pleased to say that she has accepted and I would like to publicly congratulate her.

Another event to report to the membership is that the Board of the National Hypno-Psychotherapy Council (NHPC), the other registering body within UKCP HP Section, has recommended to its members that they join NRHP. This amalgamation is suggested following some organisational and management difficulties they have experienced recently, of which some of you may be aware, and I am sure that both the members of NRHP and NHPC can see the advantages that this will bring in representative and financial terms. Incorporating NHPC into NRHP may produce some logistical problems as they operate on a different financial year and our membership classifications are slightly different. However, any transitional arrangements should be simple to facilitate as the majority of their members are holders of a Diploma Of Hypno-Psychotherapy issued by an accredited UKCP Training Members Organisation, they are obliged to conform to a very similar, if not identical, Code of Ethics and Professional Practice and both organisations know each other from involvement with UKCP. The membership will be kept informed of how any possible future discussions progress.

While on the point of keeping members informed, it is important that you inform the office of any changes to your contact details. Both Royal Mail and e-mails regularly end up returned to the office when the addresses are wrong. I suspect that some copies of this newsletter will be returned to the office when the addressee has moved and we haven't been informed. It may be to your advantage to keep in the loop. We regularly get information that will be of interest to members which we need to respond to quickly, such as job opportunities or interviews. The easiest way for us to do this is by e-mail but it does not get to all members as some do not have their e-mail addresses listed. This means that they sometimes miss out as some short deadlines cannot be met by snail mail.

On a final point, I am pleased to report that John's hip replacement operation was a success, so on behalf of all the members have a speedy recovery John!

Best wishes from all the directors and staff for the festive season.

Jon Beilby
NRHP Executive Officer
December 2007

STOP PRESS

NRHP/NHPC

The majority of the National Hypno-Psychotherapy Council members have agreed with their Board resolution to work towards joining NRHP.

Insurance

I am currently renegotiating the fees for NRHP member's insurance renewal premiums with Towergate. Nick Houghton, the managing Director of Towergate and I have agreed a special loyalty bonus of £20 off the total amount payable for your 2008 insurance.

To claim this bonus, if paying by phone, just tell them your NRHP membership number and they will deduct £20 from the premium.

If paying by mail, include your membership number and deduct £20.

If you have already paid, please contact Towergate direct.

In insurance claims, continuity of cover is sometimes an issue and although we hope we never have to claim it is good to have confidence in our policy.

Please note: the Nelson office will close at 12.30pm on Friday, 21st December and will reopen on Wednesday, 2nd January 2008.

**Jon Beilby
Executive Officer
December 2007**

NEW AND UPGRADED MEMBERS OF NRHP

Michael Whincup, Associate 2, Sheffield, S Yorks

Malcolm Omar, Full, Manchester

Jeffrey T Robinson, Associate 3, Maidenhead, Berks

Hannah Broadley, Associate 3, Keighley, W Yorks

Nicholas Hull-Malham, Associate 3, London

Eileen M Edwards, rejoined Full, New Malden, Surrey

Lesley E Irvine, Associate 3, Guildford, Surrey

Margaret Arrowsmith, Non-regulated, Chorley, Lancs

Paul A Monaghan, Full, Bristol

Emma Redmond, Full, Pembrokeshire

Anita Pow, Full, London

NEW UKCP REGISTRANTS

Fiona Biddle

David Dove

Susan Maddox

Daniel Nightingale

Geraldine O'Meara

Linda Simpson

Robin Thorburn

John Waller

MEMBER RESEARCH AND INNOVATIONS

THE CBT DEBATE

I am throwing my hat into the ring with Tony Cawley (The Non-rational is Not Necessarily Irrational - Autumn 2007 newsletter).

Certain types of therapies, and therapists somehow think they are a cut above others, due to their sticking rigidly to one approach.

I wholeheartedly agree that CBT is an excellent way of helping people to view events differently, and thereby find a way to move forward. However, it is not the only way, and it is up to us as skilled therapists to use whatever is appropriate to each individual client.

We use our skills and knowledge to listen and respond accordingly, rather than just dishing out a dose of CBT, very much like the Doctor writing a prescription before the patient has finished explaining what the problem is.

One of the reasons why CBT is the “flavour of the month” is that it is seen to be more measurable, in terms of outcome; this is food and drink to the health authorities, who keep a firm check on expenditure, quite rightly so, as long as it doesn't become “penny wise-pound foolish”.

I practice both in a GP surgery as well as private practice, and regardless of whether I use a single type of therapy or an eclectic mix, the number of sessions per client averages out at between 6-9.

Although I am not an advocate of pure person centred therapy, I acknowledge that the core conditions, namely empathy, congruence and unconditional positive regard, can be used alongside other therapies quite comfortably. Indeed, I wonder how one cannot use them to gain a rapport and working relationship with a client.

It is known that a good relationship is the foundation for creating an alliance with a client, have the CBT enthusiasts forgotten that?

When I am asked during a telephone enquiry if I “do” CBT, my answer is that I incorporate it into my work, but also use others forms of therapy which are

individually tailored to suit a person's needs. Consequently, I offer much more than one type of therapy.

I also offer a free introductory session (approximately 30 minutes) for a prospective client to meet me and discuss their needs, before committing themselves to regular sessions. After all, I wouldn't buy a pair of shoes without first trying them on; this works both ways, if I feel unable to work with a client, it gives me the opportunity to consider their requirements and if I can work with this person.

In conclusion, are we (possibly) becoming childlike by stating that "mine is better than yours", instead of being the adults we are and acknowledging that collectively we have a lot to offer, and focusing on this instead?

Pauline A Marsden
September 2007

FORTHCOMING CPD EVENTS

DIARY DATES 2008

Supervision Matters! 19th and 20th April 2008
venue to be confirmed

Gut Directed Therapy
Use of hypnosis with IBS
Dates and venue to be confirmed

PRUDENT PRACTICE

In response to Gary Baker's request for information about how to avoid the possibility of client complaints, this article is the first in a series on ethical practice that emphasises practical steps we can take to make sure that clients have a good experience of therapy and the therapeutic relationship.

Some of these topics may seem very obvious but new practitioners sometimes overlook these in their focus on the therapy itself!

- Environment - the provision of a physical "safe space" appropriate to the use it will have. As many of us use a room in our own home it is important to do as much as we can to create a feeling of privacy for the client, especially if members of our family are in the house while we are working. At the consultation this can be checked out - if the client is not comfortable we can offer the option of referring the client to a practitioner whose consulting room is in a clinic, for example
- Provision of a clear, written contract which is discussed with the client at the outset of therapy. This should outline what we expect from our clients regarding fees, payment of fees, cancellations, holidays, contact outside sessions, etc. In addition we should discuss all aspects of confidentiality and under what exceptional circumstances we may have to break it.
- If we live and work in the same area as our clients it is helpful to let the client know how we will handle unexpected encounters outside the therapy room. The easiest policy is to tell the client that we will not approach him/her in public so that s/he can choose whether or not to interact with us and assuring the client that we will not be offended if s/he chooses to ignore us.

Many potential difficulties can be eradicated by attention to these points at the outset of therapy. Written documentation on our policies around fees, confidentiality and contact between sessions can be given before therapy begins and is a handy reference for clients after therapy has commenced.

Jane Puckett, December 2007

THERAPY ROOMS TO RENT IN CHANGES THERAPY CENTRE, LIVERPOOL

Three modern Therapy rooms for rent
in Stoneycroft, L13.

Waiting area and kitchen

Private entrance and on-road parking

**Good location with links to the City Centre and
the end of the M62 Motorway.**

£7 per hour.

Currently space Monday to Thursday Evenings,
Tuesday AM and Thursday PM. Possibility of
other sessions becoming free soon.

Call Dave Scott (m) 07903 585 201

HYPNOTHERAPY SUPERVISION GROUP

We are running a small hypnotherapy supervision group based in the HypnoSynthesis training venue near Clapham Junction train station. This group is aimed at UKCP registrants who use hypnotherapy, or registrants of UKCP member organisations. We currently meet one Wednesday afternoon each month at 1pm for about 2 hours.

We have room for a few more members. There is currently no charge for attendance but members are expected to make a firm commitment to attend all meetings and abide by our written supervision agreement.

We reserve the right to accept only those applicants deemed suitable by all current group members. We cannot accept members whose inclusion would constitute a dual relationship with existing members, i.e., former or current students or clients, etc.

Please contact Donald Robertson at the email below if you are interested in joining:

HypnoSynthesisUK@aol.com

NRHP Election Procedure 2008

The dates of the following events fulfil the criteria of notification as laid down in the Companies Acts of 1985 and 1989 and as specified in the Company's Articles of Association. They are set whenever possible to minimise costs in postage, etc., by including forms and notices in membership mail with other items such as annual renewals, newsletters, etc.

1. Potential candidates will complete nomination forms which must be signed by a proposer and two seconders. They will be invited to submit a statement, written in the first person, of up to 150 words including skills and experience. In addition to the 150 words, memberships of other relevant organisations should be listed. If any statements are libellous, potentially illegally or missing important relevant facts the Returning Officer should bring this to the attention of the Members of the Board not standing for election via the Chair or Executive Officer, as appropriate. If necessary, the Board can ask the candidate to rethink and/or resubmit their statement. Should the candidate insist on their statement standing the Board may publish a disclaimer.

Nomination forms can be obtained by telephone or e-mail request from Mrs Julie Young, the Returning Officer at the Nelson Office.

Fully completed nomination forms and statements must be received by the Returning Officer no later than the 14th March, 2008, which is 28 days before the closing date for return of ballot papers.

2. Postal voting papers and candidates' statements will be sent out to the membership on the 18th March, 2008.
3. Voting papers will be returned to the Nelson Office, in the prepaid envelope provided for the purpose, and placed, unopened, in a sealed box.
4. The time and date of the count has been set as Friday, 11th April, 2008, after receipt of the post, in order to notify candidates of the result prior to the announcement at the AGM on 19th April, 2008.

On Friday, 11th April, 2008, at the agreed time, the ballot envelopes will be opened and the votes counted in the presence of any members who have expressed a wish to attend.

Any papers arriving after the post on 11th April, 2008, will not be opened and therefore declared invalid.

5. Any members wishing to vote in person at the AGM must bring their official voting papers with them. Those wishing to declare a proxy vote at the AGM must register their designated proxy with the Returning Officer on or before 11th April, 2008. The designated proxy must attend the meeting and be in possession of the individual's official voting paper.
6. The results will be formally announced and the directors appointed at the AGM on the 19th April, 2008.

The views communicated in articles published in this Newsletter are those of the individual authors and are not necessarily the views of the NRHP. The NRHP accepts no responsibility for any goods or services advertised by individuals or other organisations in this newsletter.

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