

The National Register of Hypnotherapists & Psychotherapists

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National Register of Hypnotherapists and Psychotherapists

Winter 2008 Newsletter

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Season's Greetings to you all!

I hope it has been an enjoyable and productive year for you and that 2009 proves to be even more fulfilling for us all as individuals and collectively as a Register.

You have probably noticed that our Newsletter is looking a little 'thin' again so my big wish for 2009 is that I can persuade you to make a contribution to the Newsletter next year - go on, make it one of your New Year resolutions! You know you can - there is an article in there somewhere, take the plunge, give it a go... share some of your expertise and thoughts with us!

My thanks to Jon Beilby, Julie Young, Jane Watson, and Gavin Mitchell of Towergate for their contributions.

If you wish to contribute to our next edition, please send copy to me or the office by 13th March 2009, 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

While I write this we are in the middle of a very cold and snowy spell in the Pennines with traffic and schools disrupted but the forecast is for improvement. The NRHP office has been coping well with the disruptions and all credit to the staff for their determination to battle through the bad weather!

There has been discussion amongst the Board about whether it is necessary to have Executive Directors in the office as much as in the past. To this end Andrew Waddington, the Company Secretary and Financial Director, does not come into attend the office as much and I, as Executive Officer, am only in the office for one or two days a week. This may mean that members may have had to wait a bit longer when they have wanted to speak to me directly or get a reply to a specific problem. Personally, I regret these changes but I hope that members have not noticed any reduction in the service offered by NRHP as Julie and Susan can usually answer most member and public enquiries.

Last month I met with the new Managing Director of Towergate Professional Risks (our members' main insurer), to discuss the future. I was assured that the premiums will not be increased for next year and as I had previously negotiated no management charge for our members with his predecessor, he agreed that would be continued. The world of insurance must be fast moving as in the five years I have had the privilege of serving the NRHP membership as Executive Officer I have negotiated with four different Managing Directors of Towergate. I was reassured to find that one had retired, one had changed companies and one had been promoted to a different division within Towergate. I feel that the new Managing Director is a man who I can work with to the benefit of our members and welcome his appointment.

There have also been changes agreed in the Training Standards for UKCP Hypno-Psychotherapy Section. While these are not of direct consequence to NRHP as a listing organisation they may be important for those members who are working to UKCP registration. If you are working towards UKCP registration your training MO will be able to keep you informed of what is needed and may need information from you and your supervisor. If you need further

information or clarification please do not hesitate to contact me at the office. UKCP itself is undergoing reform as an organisation in the run up to Statutory Regulation. They are running several regional meetings to keep individual members informed and I would encourage any members to attend these wherever possible. I went to the Manchester meeting which was attended by 22 UKCP registrants, 4 of whom were NRHP members. Members have received my report on the meeting by e-mail but it is also included in this magazine for those who have stated that they do not want to receive information by e-mail.

On the point of notices to members and details of training and opportunities sent by e-mail. It has been suggested within the Board that we, in the office, have sent out too many e-mails to members especially about training events, and it could be considered spamming. If you do not wish to receive any of the blanket membership e-mails from the office please let us know.

The membership renewals are now due and I am sure that all members will appreciate the reduction in subscription to £100. This is partly due to economies of scale but mainly due to good financial management. When I became Executive Director and Andrew Waddington became Financial Director in 2003, NRHP had serious financial problems. Since then we have built up an acceptable balance to survive any potential problems and the Board have decided to reduce the subscription on Andrew's recommendation. Andrew does not receive any salary from NRHP and I would like to thank him for all his unpaid work for NRHP.

The AGM is scheduled for 25th April 2009 in Crewe, and I would encourage as many members as possible to attend. This will be linked with a CPD event on autism and should be very interesting. I would also remind members that should you wish to stand for the Board of Directors that the forms can be obtained from the office and they must be returned before 20th March 2009 and the procedure is published in this newsletter.

On behalf of the Directors and Staff of NRHP I would like to wish all our members and friends a Very Merry Christmas and a Happy New Year.

Best wishes,

Jon Beilby
Executive Officer
December 2008

NRHP ELECTION PROCEDURE 2009

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 20th March 2009, which is 28 days before the closing date for return of ballot papers.

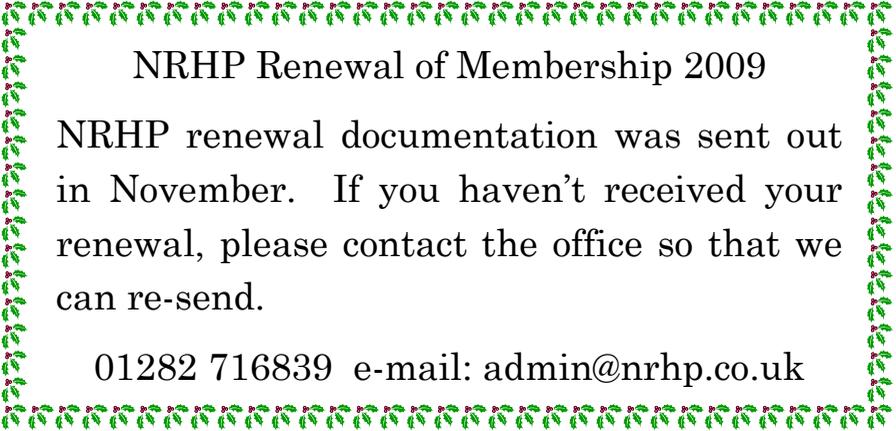
2. Postal voting papers and candidates' statements will then be sent out to the membership.
3. Voting papers will be returned to the Nelson Office, in the prepaid envelope provided for the purpose, and placed, unopened, in a sealed box.
4. The time and date of the count has been set as Friday, 17th April 2009, after receipt of the post, prior to the announcement at the AGM on 25th April 2009.

On Friday, 17th April 2009, 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 first post on 17th April 2009 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 17th April 2009. 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 25th April 2009.

Julie Young
Returning Officer
December 2008



NRHP Renewal of Membership 2009

NRHP renewal documentation was sent out in November. If you haven't received your renewal, please contact the office so that we can re-send.

01282 716839 e-mail: admin@nrhp.co.uk

UKCP REGIONAL MEETING
MANCHESTER 25TH OCTOBER 2008

I went to the UKCP Regional event in Manchester on Saturday and would like to report back to the members who have been unable to attend any of the events.

It was attended by 22 registrants and 6 UKCP “hierarchy”.

4 NRHP members attended including myself and Peter Adamson (who was representing NHPC).

The day covered the topics on the published agenda of the Shape of UKCP, Regional Involvement and Statutory Regulation with minor alterations as some participants wanted to spend more time on this topic.

The shape presented was as previously with additions of an assembly and a council.

The full shape diagram now consists of HPC, who will be the main regulatory body, Individual Practitioners, Members Organisations, the Board of Trustees, Specialist Faculties (formed from interested parties based on interests, type of work undertaken and client base. It was highlighted that the faculties would be more an interest group than specialists in the particular field) and Colleges (based on modality groups and current Sections). It was thought by some present that the title Colleges would prove confusing as they would not have any training function and a name change was requested.

As an initiative to encourage more participation the Assembly would be the registrants (who under the new format would be members in their own right) and the Council who would be there to back up the Board of Trustees. Under the new format the Board of Trustees would be a much smaller group as advised by Mark Wehrly who has come into UKCP as a constitutional expert.

As James Antrican pointed out, things always get added with nothing ever being taken out.

The groups of Board of Trustees, Council, Colleges and Faculties were then discussed in small groups and ideas fed back to the whole. Apparently the ideas coming from the North West were similar to that of other meetings held

in other regions.

Information on the progress of Statutory Regulation was provided by James Antrican (I think Kathi Murphy from UKCP will be on the Professional Liaison Group). UKCP has done a lot of work towards Statutory Regulation, but some criticism came from the floor that BACP and other groups seem to be pushing forward and making themselves better known to organisations and the general public.

James gave a profile of UKCP compared with BACP and addressed the history of the Regulation Drivers. He said that UKCP will be introducing a Central Complaints Process in January. Some thought that this was unnecessary as HPC will be expected to have this function in the near future. The matter of individuals paying MO, UKCP and HPC when they didn't need to was seen to be a problem unless they could be seen to be getting good value for their money. If individuals could register directly with HPC it may leave UKCP and MO's exposed. The value of UKCP registration in the transitional period was emphasised as those who were UKCP registered would be expected to be accepted without question by HPC. Others may have to go through the full grandparenting procedure which would be likely to cost between £450 to £600.

Regional involvement was discussed and many thought that more cross modality regional contact would be welcome and UKCP should work towards this.

It was stated that another regional meeting would be scheduled some time between 20th January and 14th February 2009.

People were reminded of the Chairs Day to be held in London on 6th December.

It was a very positive meeting in which it was acknowledged that if UKCP is to survive Statutory Regulation it will have to be seen to be providing a fuller service for its members.

Jon Beilby
Executive Director NRHP

NRHP AGM SATURDAY 25th APRIL 2009
CREWE ARMS HOTEL

We have a great day planned for the AGM next year; same venue as last, the Crewe Arms Hotel, directly opposite the Railway Station in Crewe. There is a large on-site car-park for those of you who are driving, so bring a passenger or two and share the petrol. The day is being kept at cost to members, with top class speaker, 2 course lunch, teas and coffees for £30! Stunning value for a full day's CPD.

Coffee will be served at 10.00 and the AGM starts at 10.30. If any members want to have stalls or display information/promotional items they can come early to set up; it might be an idea to contact the office (there will be some limitation on space). Lunch is from 12.30 till 2.00, to allow for mingling, and the CPD event is from 2.00 till 4.00. The following overview of Barry Holland's presentation was submitted and approved for inclusion at the 2009 UKCP Ethics and Diversity Conference. You will be informed, entertained and thoroughly CPD'd.

Extreme Maleness and the Cassandra Complex in Therapy

This presentation examines the proposition that individuals (not always male) with the so-called 'extreme male brain' can lack empathy, intuition and insight and also the ability to recognise and respond to their own and others' emotions.

Clients with 'hyper maleness' often enter therapy with anxiety, work-related issues, obsessions and compulsions, eating disorders and depression. Partners, and other family members, also seek help to cope with communication problems, relationship difficulties, poor self-esteem and dependency.

Examples from case histories of children and adults with 'hyper maleness' will be used to illuminate the subject area and prior knowledge is not required. Attendees will learn how to adapt their language and therapeutic approach to accord with the strengths of the 'hypermale'. This allows a therapeutic relationship to develop, for therapy to have 'meaning' for the client, and for it

to be productive and progressive.

Barry Holland is a Psychologist and authority in the field of Autism Spectrum Disorders. For 30 years he has worked in the interests of children and adults with autism, Asperger's Syndrome and the 'extreme male brain' and has a particular interest in the mental health aspects of ASDs. He works therapeutically with this client group and also to support and educate partners and families. He is responsible for the ASD component of the Masters in Education at Edge Hill University and has advised Health Authorities, Courts, Social Services and Government agencies.

Jane Watson

NRHP Director and Board Member

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NRHP can print your personalised letterheads, compliments slips and information leaflets, all bearing the distinctive NRHP logo.

The paper used is high-quality A4 white 100gsm laid paper. (Compliments slips can be supplied 3 or 4 to an A4 page, uncut.) All the stationery can be ordered in batches of 100 so you can kit yourself out with 100 of everything necessary to give you a set of professional stationery for just £37.

Letterheads: £11.00 per hundred; compliment slips: £11.00 per hundred; leaflets: £15.00 per hundred.

CONTACT THE OFFICE FOR FULL DETAILS

Tel: 01282 716839 admin@nrhp.co.uk

PRUDENT PRACTICE

WHEN THERAPY GOES WRONG: PROFILE OF A COMPLAINER

In 2008, Towergate Professional Risks (TPR) undertook research into the area of ethical complaints against members of UKCP organisations.

Surprisingly, a number of similarities began to crop up, not just in the sorts of complaints that were being brought, but in the presentation of the complainants themselves. Many of the therapists at the receiving end of such complaints said that if they had known at the beginning of the work what they came to realise towards the middle or end that they would have done things differently. Is there a way to help practitioners to identify early on in the work the sort of client who is more likely to leave the therapy in a state of dissatisfaction and to attack it - and the therapist - from the outside?

Through a series of interviews with therapists and examination of a number of complaints, TPR has been able to identify criteria that, when present, points to the profile of a potential complainant. Towergate is hoping to help practitioners of the talking therapies to be better able to protect themselves - and their clients - from the trauma of a complaint, particularly now that unhappy clients are increasingly willing to taking their dissatisfaction into the legal arena.

Towergate has identified the following profile of a potential complainant:

Clients who complain are predominantly female.

She will have had a history of sexual or emotional or physical abuse. In other words she will have come from a family where terror and rage-inducing chaos were the norm.

In terms of the DSM IV she will have a 'Cluster B' personality style. Although she may not meet the criteria for a personality disorder her style will include narcissistic, borderline, histrionic and anti-social ways of relating to others, particularly when she feels misunderstood or let down. She sees others as the cause of her difficulties and finds it hard to look at her part in disagreements or misunderstandings.

She will also have a history of other attempts at counselling/therapy as well as a history of complaining about or against others - professionals, employers or former partners.

Much of this information to the experienced therapist will not be surprising. What is interesting, though, is that each of the complainants whose stories featured in research had what could be described as a pre-occupation with her health or diet and a belief that alternative medicine or practices would provide the key to happiness through relief from what were usually non-specific or myriad physical complaints.

In addition the research subjects also had in common a fascination with the magical or the occult. In other words they regularly looked to such things as tarot cards or the I Ching for answers and direction.

In terms of mitigating against potential complainants such as these, Towergate suggests that a good assessment is the best protection against things going wrong later in the therapy.

The information in the above profile is usually offered by the client in the early days of the therapeutic relationship and so the therapist needs to be trained to listen out for it when it is offered and to ask the right questions if it is not.

In addition therapists who have worked with this type of client often report feeling like they are walking on eggshells and will 'get it wrong' right from the beginning of the work. They also report having had a sense of not believing some of the client's story and feeling shame about this. Finally, the therapists interviewed all said that in hindsight they realised that they had felt that *they would* succeed where others had failed. These 'counter transference' responses can be said to be possible indicators of the profile discussed above.

Towergate recommends having written contracts with clients that are regularly updated to include new developments or directions in the work.

Once a potential complainant is identified, the therapist must make clear with the client the possibility that things may go wrong, and how that will be managed must be made explicit, so that the client who has what Rothschild (2000) describes as a good deal of 'experiencing self' and very little 'observing self' can become a more equal partner in preserving the

FORTHCOMING CPD EVENTS

DIARY

Extreme Maleness and the Cassandra Complex in Therapy

Crewe 25th April 2009 (see page 10)

Mnemodynamic Therapy - Weekend Masterclass

Aberdeen: February 28th & 1st Mar 2009;

Londonderry: 21st & 22nd March 2009;

Birmingham: 25th & 26th April 2009

(see page 16)

Use of Hypno-Psychotherapy in the Treatment of IBS

London area: dates to be announced

e-mail: info@realtd.co.uk

Working with IBS - 21st Feb 2009 - Coventry

Working with Oncology - 22nd Feb 2009 - Coventry

Ideodynamic Therapy - 21/22nd March 2009 - Coventry

Supervisors' Course 27/28/29 March & 25/26th April 2009

Coventry or Cambridge

PTSD - To be arranged

(see page 18)

ADVERTISEMENTS

MASTERCLASS Mnemodynamic Therapy Aberdeen, Londonderry and Birmingham

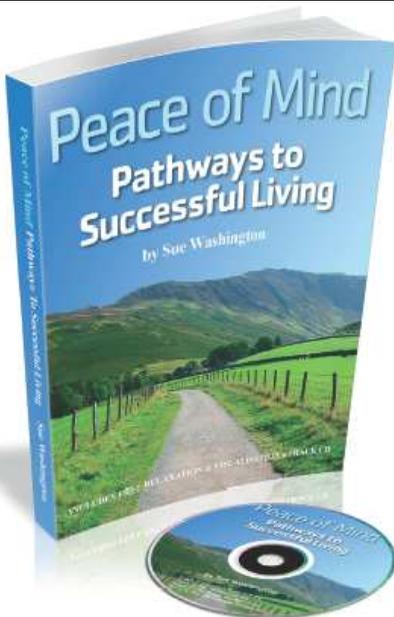
Mnemodynamic Therapy, a synthesis of different models, offers just that. You will have a treat in store; SO please do come and learn from the master and originator of this wonderful technique which has been in the field now for over twenty years.

We warmly invite you to a 2 day Mnemodynamic Masterclass run by Sue Washington, the founder of Mnemodynamic therapy. You will have practical demonstrations by the founder who has spent 40 years crystallizing this efficient, **proven** treatment (further research is being carried out).

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ADVERTISING RATES

¼ page £5.00

½ page £10.00

Full page £15.00

If you would like to advertise in the Newsletter, please send your remittance to the office at NRHP (cheques made payable to NRHP)

Deadline for the Spring 2009 edition is 13th March 2009

Please email copy to the office at admin@nrhp.co.uk alternatively you may submit copy handwritten (block caps) or typed by post or fax (see back cover). Adjustments may be made in order to fit your advertisement into the page size you have chosen but we will endeavour to remain faithful to your layout.

Please note that advertisements do not feature in the Newsletter archives on the NRHP Website.

N-SHAP & Cambridge College of Hypnotherapy with CRAH

The following CPD programmes will be available during 2009

Working with IBS 1 Day 21st Feb 2009	COVENTRY	£115.00	With renowned practitioner & lecturer Mike Mahoney
Working with Oncology (Cancer) 1 Day 22nd Feb 2009	COVENTRY	£115.00	With renowned practitioner & lecturer Mike Mahoney
IdeoDynamic Therapy with Norman Vaughton 21/22nd Mar 2009	COVENTRY	£195.00	A repeat of a fantastic training weekend. Learn to use this effective technique for many issues. Accommodation at a reasonable price can be arranged if required.
Supervisors' Course 27/28/29th Mar & 25/26th April 2009	CAMBRIDGE Or COVENTRY	£650.00	Train to be a competent & ethical Supervisor. Minimum requirements 5 years' practice as a therapist. This will run even with very small numbers. Recognised by NCH.
PTSD 2009 - to be arranged	COVENTRY		Learn effective ways of working with PTSD from an experienced man who has helped with a large number of servicemen from various conflicts. Please express any interest in this course.

Please contact Josephine Teague on: **01223 235127** or email: **j.teague@ntlworld.com** for further details and a booking form.

Coventry Venue: Coventry Hill Hotel, Rye Hill, Coventry

Cambridge Venue: 24 Milton Rd., Impington, Cambridge, CB24 9NF

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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