



## **OSMHN Newsletter 18 (February 2011)**

Welcome to Issue 18 of the OSMHN Newsletter.

We begin with one woman's personal account of becoming depressed after having been at Oxford University and of several of her Oxford University friends having a similar experience asking 'is there perhaps something in the reflective bookish type that makes us prone to [depression?]' and also looking at the ongoing stigma and accompanying loneliness of depression. We have an update from Headspace in Oxford on the Mindfulness with CBT Groups for Students with Anxiety and/or Depression with very positive feedback from students and an article looking at an organisation promoting the often hidden problem of men with eating disorders along with lots of information on training courses/workshops.

If you have something that you would like to share with the network for example, a group, workshop or training course that you have either attended or organised please let us know about it. Or you may have come across a mental health issue which you think needs addressing in Higher Education or Further Education, some practice or policy that you think may have a positive or negative impact on the mental health of students. We would particularly like to hear from you if you have seen signs of budget cuts affecting the services students receive where once they may have received a service more easily.

If there are issues you would like to know more about and would like to see articles or workshops on please also let us know as this will inform future events.

Email: [osmhn@brookes.ac.uk](mailto:osmhn@brookes.ac.uk) with your contributions.

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- Drugwatch.com
- <http://www.oxfordshire-mind.org.uk/help> This link will take you to Oxfordshire Month in Mind February 2011

## **8. Training and Workshops**

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- Dealing with Difficult People Workshop
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7th March 2010 / London Conference

## **1. An Individual Perspective: Depression - A Recovering Depressive's View**

As children we thought that anyone smart enough to get to Oxford was too clever for their own good and would most likely end up committing suicide. With the media lapping up any such Oxford story, the idea was not as daft as it sounds. The year I went up to Oxford the papers heralded 'Third Death at Oxford University'. Yet it is only now as an alumna that depression has struck with all the force of a self-fulfilling prophecy. In fact, of my five closest Oxford friends, two of us have been driven to the verge of suicide by that illness. Is there perhaps something in the reflective bookish type that makes us prone to this?

Despite its pervasiveness, depression is still oft misunderstood. I confess that it is only now that my life has been interrupted by depression, that I have started to research mental health issues. Depression is awful. I could never have imagined its destructive hold. It robs you of everything - the ability to cope, faith, self belief, rational thought, joy, even the will to live. You are scarcely yourself any longer. And it affects the people around you too; frequently destroying relationships. I lost a valued friendship because the fear and hopelessness left me too clingy. I know of others whose marriages have fallen apart as a result. It is a cruel disease that may be met with less sympathy than a "solely physical" illness.

Depression came upon me gradually spurred on by an accumulation of stresses rather than for any specific reason. It has taken a year and a half to feel like myself again. For me, the difference has been medication, but even that involved trial and error.

Oxford is a beautiful city in which to live and work; if only beauty were enough to shelter us! If you feel your mental health slipping, it is best to get help sooner rather than later. Definitely consider medication. I was reluctant to try pills at first and the first anti-depressants I took did not work. Sometimes it takes perseverance. Getting psychological help on the NHS was frustrating - I'm still on a waiting list. Don't wait. Go along to a self help group. While supportive friends can make all the difference, it is really helpful to chat to someone who has been through the same thing. Also there's a mass of information on line and in print. Try 'Overcoming Depression' by Paul Gilbert for starters.

Can't sleep? Try books on tape, preferably a slow plodding plot that will distract your tortured mind and lull you to slumber. Look into the stories of Winston Churchill's Black Dog. It seems the great succumb too. That I find oddly reassuring.

*"Oh damn, I wish that I were  
dead- absolutely nonexistent-  
gone away from here".*

Marilyn Monroe

*"I'd love to be able to sleep  
I am glad that everyone is gone now  
I'll probably not rest tonight  
I have no need for all of this  
Help me Lord"*

Elvis Presley

Ultimately each of us will have to find his own path through depression, but remember, though it may feel like it, you aren't alone.

An Alumni Student

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## **2. Group Work: Mindfulness Based Cognitive Therapy Courses for Students at Headspace, Oxfordshire Mind**

Headspace, the student service at Oxford MIND, has run 3 Mindfulness Based Cognitive Therapy (MBCT) courses in 2010 for students with anxiety and/or depression. Headspace offers these courses in partnership with the Charlie Waller Memorial Trust, an organisation focusing on reducing stigma and increasing awareness of mental health issues amongst young people.

MBCT courses run for 8 weeks on Tuesday evenings. Students are taught Mindfulness Meditation and elements of Cognitive Therapy, both proven to be helpful with issues around anxiety and depression. Mindfulness means learning to pay attention intentionally in the present moment and non-judgmentally. The course involves home practices and focuses on helping students:

- to become familiar with the workings of their mind
- to notice the times when they are at risk of getting caught up in old habits of mind that re-activate downward mood spirals
- to explore ways of releasing themselves from those old habits and, if they choose, enter a different way of being
- to put them in touch with a different way of knowing themselves and the world
- to be kind to themselves instead of wishing things were different all the time, or driving themselves to meet impossible goals.

Individual assessment meetings precede the course. These meetings include a risk assessment and exploration of the student's needs, level of mental health problem and support network. Subsequently, a decision is made collaboratively as to whether the course will be appropriate and useful for the student.

We have had a large number of applications for all courses from both Oxford University and Oxford Brookes University. Groups are limited to 10 participants. Students who have attended have benefited greatly from the strategies learned.

Written feedback from students who have attended the group include:

"I'm more present than I was"

"I'm in control of my panic attacks better than I could before"

"Mindfulness has helped me with my relationship with my schizo-affective condition, as it has taught me to have more 'kindly acceptance' when hearing voices"

"I liked the scope and range of techniques and meditations on the course... there is something to suit everyone"

"I feel more relaxed and positive in general"

"The 'breathing space' has been a good tool for stressful moments"

"The exercises generally lift my mood and lessen my anxiety"

"It has made me more aware of my deconstructive patterns and has allowed me to be kinder to myself ... I have made progress on stopping myself getting carried away with stressful situations."

"It has really helped me in those moments when everything else seems muted"

"A tool to employ when I am at risk of depression/anxiety. I am certainly more aware of the pleasant things in my

environment."

"I've never experienced such inner calmness before..."

"Positive effect beyond measure"

"Helped me to become more relaxed and distinguish thoughts from facts."

For more information email [miriam.baassiri@oxfordshire-mind.org.uk](mailto:miriam.baassiri@oxfordshire-mind.org.uk) or phone 01865 263758

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### **3.MEN GET EATING DISORDERS TOO**

Men Get Eating Disorders Too is the UK's only organisation specifically set up to cater for men who suffer from eating disorders. Their website is [www.mengetedstoo.co.uk](http://www.mengetedstoo.co.uk)

Men Get Eating Disorders Too has just launched a national poster campaign with the aim of raising awareness of Male eating disorders. This will be followed by a leaflet later in the year with information relating to men and eating disorders.

The organisation is also available for all kinds of speaking engagements and workshops with professionals working with people who suffer from eating disorders as well as general workshops with interested parties and they have in the past done several speaking pieces to student unions, student bodies, student counsellors and counselling services.

Men Get Eating Disorders Too is a website and campaign with an aim to raise awareness of eating disorders among men so that men can seek support. For info about eating disorders in men and MGEDT please see their website at [www.mengetedstoo.co.uk](http://www.mengetedstoo.co.uk)

Check out their News Blog for latest updates and news of the MGEDT campaign: <http://www.mengetedstoo.co.uk/index.php/news.html>

Become a fan of MGEDT on

Facebook: <http://www.facebook.com/home.php?#/pages/Men-Get-Eating-Disorders-Too/93995340689?ref=ts> or Join their Causes

Page: [http://apps.facebook.com/causes/91690?m=8c3a5226&recruiter\\_id=15169886](http://apps.facebook.com/causes/91690?m=8c3a5226&recruiter_id=15169886)

You can now follow them

on Twitter: [@MGEDT](http://twitter.com/MGEDT)

## **4. Oxfordshire Crisis House Project Newsletter, September 2010**

A Crisis House is a place where people can have a short-term residential stay in a friendly, welcoming setting and where they will be supported whilst working through their crisis to help them get back on their feet. This is an opportunity for people to get away from where this crisis is taking place. It is not meant to replace existing treatment but to offer a choice of care.

The project, which has been running for a few years, is looking to research and develop one in our county. Committee members are service users and people who see a desperate

need for this alternative care and we always welcome new faces to our meetings held at Restore, Manzil Way to whom we are very grateful. These are held on the second Monday of each month.

**This year we have been very active with research and fundraising:**

We visited The Haven, in Colchester, which was set up as a government pilot scheme, with a crisis house attached. We were very inspired by everyone there. The staff were dedicated in their efforts to help people and you could see how this was helping all who attended this centre. Three service users from there came and gave a talk at our AGM in June and captivated all who attended with their enthusiasm for everything at the Haven. It was obvious that this way of helping people worked and this spurred on everyone involved in our project to renew our efforts to see a crisis house in Oxfordshire.

We have been involved in talks with Oxfordshire PCT, Links, and Response Mental Health Supported Housing Organisation.

Through members' efforts we have had donations given from private people, Saint Michaels & All Saints Charities, The Diocese of Birmingham, Oxfordshire Community Foundation grass roots, and OCHA Community Chest Fund. They see the same need as we do and want to help us keep the project going.

In August we had a stall at the Elder Stubbs festival where the hook a duck game proved very popular with all the children. Many interested people came and asked for information on the project and this again encouraged us.

There are further plans for fundraising this year which include a Christmas Lunch and Christmas Market Stall.

We are hoping you will complete the attached survey as it will greatly help us in showing the need for this alternative care.

**Crisis Service Survey- Thank you for helping our research by filling this in.**

**1) When you feel mentally unwell, what service or help would be most useful to you?**

**2) If you have to leave your home to get more help, where would you like to go?**

**3) If you don't like going to hospital, would you consider going to a support house that would give you crisis support?**

**4) If you would like a Crisis House, where do you think it should be in Oxfordshire?**

**5) How would you picture a good Crisis House?  
Male/female/ mixed house?**

**6) What activities or services such as therapy or counselling would you like to see?**

*Please would you send the forms as soon as convenient to:*

*Oxfordshire Crisis House Project,  
Restore,  
Manzil Way  
Oxford, OX4 1XE                      or email  
crisis.house@fsmail.net*

OCHP is researching into a prospect of a Crisis House in Oxfordshire

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## **5. October Films**

October Films are currently in the development stages of casting for a film about mental illness affecting young people. The subject will look at mental illness in the community and how mentally ill people feel very isolated and how they struggle living in such a busy city.

They are looking for help with casting. They are particularly interested in young people (17-24) and the struggles they encounter. This age of becoming a young adult is particularly difficult for any child, so they would really like to examine the issues they are facing, from leaving home, to going to University, getting a job, having to travel around a busy city with a fear of noisy busy crowded places. People with mental illness commonly describe the stigma and discrimination they face as being worse than their main condition where discrimination can pervade every part of their daily life so this would also be interesting to talk about.

In the first instance they are trying to just have a chat with young people going through these struggles. If you know of any students who might be interested in being involved in this film or of talking about their experiences please contact them at:

October Films  
Lymehouse Studios  
30/31 Lyme Street  
London NW1 0EE

Tel. +44 (0) 20 7284 6868  
Fax. +44 (0) 20 7284 6869

October Films is one of the remaining true independent television production companies. They have just turned twenty-one this year and have an established reputation for producing award-winning content. As a highly trusted provider for most terrestrial and non terrestrial channels they have a strong creative edge, specializing in documentary with an eye to finding real stories and passions that make for more compelling films. Please take a look at our website for a quick introduction <http://www.octoberfilms.co.uk>.

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## **6. THE DAILY STRUGGLE - a short student film by Craig Bruce**

I am Craig Bruce, 22 year old from Cramlington, Northumberland and study media (film) production at Staffordshire University. I suffer from Obsessive-compulsive disorder and was diagnosed with it when I was 17 year old. I have been making films for the best part of 5 years and most of the films I have made are about mental illness. I see making films about my experiences as a way for me to help others

understand more about mental illness. Even with the struggles of having OCD and bad anxiety I am now in my graduate year at university and hoping to get into the television industry when I graduate this year. My latest film 'The daily struggle' is about obsessive-compulsive disorder and how it can affect someone's life.

### **Short synopsis of film**

The daily struggle is a short film about the struggle of living with Obsessive-compulsive disorder in everyday life. Andrew's an average 37 year old man making dinner for himself and his girlfriend. Through the process of making the meal we see his rituals and the problems he faces when he has to go to the shop to get an extra ingredient for the meal. Throughout the film we find out more about Andrew and his insecurities. This is a film exploring every day mental health and what it is like to live with it.

### **Lead Cast**

Mark Rowland plays Andrew Clayton the main character in the film. Andrew is a normal looking middle-aged man that does not stand out as someone with a mental illness.

Mark is 43 years of age from Manchester, United Kingdom and was very keen to do the film. Mark does acting part time as a hobby but has got a lot of acting experience including a number of short films (Her Favorite, Hollywood-on-Trent & Doug).

### **The idea originated from**

The daily struggle is the most personal film I have made so far because it covers some of my obsessive compulsive 'rituals', These include checking that taps are off even though they are

as no running water is coming from them; checking all electric devices are safe or off. Through the film it shows the characters insecurities and tries to make the audience feel some of the characters' frustrations. The film is near completion and hopefully will be shown at some short film festivals later this year.

## **Crew**

The film took two days to shoot and due to working with fellow students had two different crews which was an issue. The crew I had was good and I enjoyed working with them. Jonathan White was a very good camera operator/ Director of cinematography and for a second year student impressed me with his camera skills. All of my crew excelled and I couldn't have made the film without them.

Craig Bruce - director/ producer

James walkling - sound op

Nathan Hill - sound op

Joe Winchcombe - sound op

Edward brown - camera operator

Dominic Hilder - runner/ clapper loader

Alex Mallender - Assistant camera operator

Sophie Whitehouse - assistant producer

John white - Camera operator/ DOP

Contact Craig at [craig15bruce16@hotmail.com](mailto:craig15bruce16@hotmail.com) for more information

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## 7. Resources for Students

### Re -Energize

Re-Energize, the Oxford based mental health, user-run sports and social group.

Re-energize offers something different, in that, we focus on befriending and socialising, as well as just our sports activities. We provide social events at 'natural' times in the evenings and at weekends, and we make our times for sports as 'convenient' as possible, by having a spread of morning and afternoon activities to choose from.

Members meet entirely in the community, away from professionals and (to some) stigmatising mental health venues. We are a great place for people moving on from a service, or those who want to move away from professional involvement. Re-energize is a stepping stone back into the world outside of mental health, providing people with fun things to do, with friends to socialise with.

Everyone who has had a mental health diagnosis is welcome to join us. We have no waiting lists or other signing up bureaucracy. We currently have twenty members, of mixed age and gender. However, people do move on from the group as a stepping stone back into their own goals and aspirations, and routinely we have new members joining us.

The needs that Re-energize meets include: battling isolation and loneliness; the wish to do activities and socialise; the want

to be in the community and not segregated from it and the desire to have fun and enjoyment.

We enable our members to have confidence to be in the wider community outside of mental health, and to build social skills and battle social phobias. Members have found that their own confidence has grown, and that they are able to do more things outside of Re-energize, as a result of being a member.

Furthermore, we feel that we give a positive image of mental health, being seen in the community.

### **Current time-table of activities**

Mondays            5pm

Activity:           Gym or swimming

Venue:             Ferry Leisure Centre, Summertown

Wednesdays    4.30pm

Activity:           Badminton

Venue:             East Oxford Games Hall

Fridays            9.30am or 10.45am

Activity:           9.30 am Yoga - level 1

10.45am Yoga - level 2

Venue:             Ferry Leisure Centre, Summertown

Fridays            2.30pm

Activity:           Badminton

Venue:             East Oxford Games Hall

Sundays 11am

Activity: Pilates

Venue: Ferry Leisure Centre, Summertown

If you are interested or would like to know more please call

Re-energize: 0779 284 9261 or 0777 865 1892 or email  
Koula Serle at:

[kserle@hotmail.co.uk](mailto:kserle@hotmail.co.uk)

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## **DrugWatch.com**

Richard Stewart is the National Awareness Coordinator for DrugWatch.com. At DrugWatch.com, we aim to educate the public about prescription and over-the-counter medications, drug recalls and the side effects associated with thousands of different drugs, including mental health medications.

According to the National Institute of Mental Health, approximately 45 percent of people diagnosed with a mental disorder meet criteria for two or more disorders.

DrugWatch.com provides extensive information about medications prescribed to treat various mental disorders as well as precautions patients should take before beginning treatment with these medications.

### **Contact Details**

Richard Stewart  
National Awareness Coordinator  
(800) 452-0949

rstewart(@)drugwatch.com

Drugwatch.com

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## **8. Training and Workshops**

*Information about courses is provided as a service. OSMHN is not involved in the running or the quality assessment of the courses included in the newsletter.*

**Provided by Relate, Oxfordshire**

### **Dealing with Difficult People Workshop**

Dealing with difficult people can affect us in many ways - our work, our relationships, our health and our ability to get what we want from life. But we can learn how to deal with challenging behavior both assertively and sensitively.

Recognising, understanding and responding effectively to the different types of behaviour can be invaluable, not only in our professional lives but also in our personal relationships. The result is satisfied customers, less stress, more confidence, a more skilled workforce and healthier relationships all round.

Run by experienced Relate trainers, the workshop will help participants develop a new perspective and provide them with new skills and techniques so that they feel more confident when dealing with difficult people.

The workshop will help participants:

- Understand types of challenging behavior

- Develop a personal awareness and understand why they find certain behaviours challenging
- Manage challenging behaviours assertively and sensitively

The workshop is participative and appeals to all learning styles. Course members have the opportunity to develop their learning skills and to plan future development.

For further information or a booking form contact Maureen or Mandy at:

**Relate Oxfordshire, 33 Iffley Road, Oxford, OX4 1EA.**

**Tel (01865) 242960**

**Email: [Training@relate-oxfordshire.org](mailto:Training@relate-oxfordshire.org)**

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## **LIFE AFTER THE BREAK**

**A four-week course for people coming to terms with the ending of a relationship**

The end of a relationship or marriage can be a difficult and painful experience. It can leave you feeling confused, lonely and lacking in confidence in yourself and the future. Feelings of betrayal, guilt or rejection are common. Anger, sadness and confusion are often intense. Moving forward can be hard when trust, self-confidence and self-esteem have been shaken.

In these four weekly sessions we look at how relationships work and why they sometimes go wrong. We consider ways of managing our own needs as well as those of family and friends, and of increasing the skills and confidence needed to build new relationships in the future. You will meet men and women in

similar situations, have the chance to share experiences in a confidential group and make new friends.

### **Course aims**

- To help people understand and deal with the emotions and feelings they are experiencing.
- To increase understanding of how and why relationships begin and why they sometimes end.
- To help develop confidence and a better foundation for forming and sustaining future relationships.
- To provide an opportunity for people working through similar experiences to share and learn together.

### **Date and venue**

Relate Oxfordshire will be running a four week course on Saturday 26<sup>th</sup> February, 5<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> March 2011 at our offices at 33 Iffley Road, Oxford. The sessions will commence at 9.30pm and will finish at 1.00pm. There will be a short break when tea and coffee and biscuits will be provided.

### **Cost**

The cost of the course is £135 for the eight sessions and this fee is payable when reserving a place on the course. We have a small number of places at reduced cost for those people who would benefit from the course but are unable to afford the full fee. Please telephone for details.

### **To make a booking**

If you would like a chance to discuss the course further, please telephone Mandy Blair or Maureen Buy at Relate on **Oxford 242960**.

If you would like to reserve a place on this course, please complete the attached booking form and return it to:

**Relate Oxfordshire 33 Iffley Road Oxford OX4 1EA**

## **BOOKING FORM**

I wish to apply for a place on the Life After the Break course.

### **Course details**

Course date .....

Venue .....

### **Your details**

Surname .....

First name .....

Title .....

Address .....

.....

Telephone .....

Email .....

It would be helpful if you could tell us how or where you heard about the course.

.....

**Payment**

\* I enclose a cheque for £135 made payable to Relate Oxfordshire.

\* I would like to apply for a place at a reduced fee.

[\* Delete as applicable.]

**Cancellation Fee**

Cancellation with more than 28 days notice...Full refund

Cancellation between 14 and 28 days notice...50% of the fee

Cancellation less than 14 days notice... 100% of the fee

Signed .....

Date .....

Registered Charity Number 1071567

**NEW DATES AND LOCATIONS FOR OUR  
DEALING WITH DIFFICULT PEOPLE  
TRAINING COURSES**

Due to popular demand, we have added new dates and locations for our Dealing with Difficult People training course, which is aimed at delegates who want to develop the skills and attitude

to deal with difficult people in the workplace. It could be anyone, from awkward clients, partners, staff, management or colleagues. Or people who complain when their expectations are not met and whose behaviour becomes assertive, aggressive and demanding. In those situations we need to be able to respond effectively and in a controlled manner. This practical course, which focuses on how to deal rationally and effectively with difficult people is ideal for front line staff, team leaders and managers who have direct contact with others either- by telephone, e-mail or face to face.

### **Locations & Dates**

Glasgow - 22.6.11

Birmingham - 24.5.11

Cardiff - 8.6.11

London - 30.3.11 & 14.6.11

Manchester - 19.5.11 & 13.9.11

### **Course Objectives:**

By the end of this course, through led discussion, practical & interactive activities, realistic drama & role-play and individual exercises, delegates should be able to:

- Deal with people when they start shouting
- Successfully handle sarcasm and intimidating comments
- Deal effectively with an aggressive person and develop skills for defusing anger
- Identify techniques to calm people and how to listen effectively, empathise, interact and respond
- Use body language to placate a difficult person
- Demonstrate a knowledge of how to stop conflict escalating
- Proactively problem-solve and fix the problem
- Utilise the tools and techniques provided to deal effectively with difficult people

- Implement a framework for your own approach to dealing with difficult people

### **Cost**

If you pay at the time of booking by credit/debit card, you receive our lowest available rate of £99 p.p.

If, however, you wish to be invoiced, whereby you have up to 14 days after the delivery of the training course to make payment, the rate is substantially higher at £129 p.p.

All of our costs are subject to VAT.

If you'd like to know more about these, or any of our other training courses, go to [www.trainingdevelopment.biz](http://www.trainingdevelopment.biz)

### **Contact Details:**

Sandy Keating

Crosshands

Coreley

Shropshire SY8 3AR

T: 01584 890970

F: 01584 890810

E: [sandy@trainingdevelopment.biz](mailto:sandy@trainingdevelopment.biz)

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## **Relate Oxfordshire**

### **Stress Management for Line Managers**

Tuesday 5th April 2011 - 9.30am to 4.00pm at St. Anthony of Padua Community Hall  
115 Headley Way, Oxford

Line managers play a pivotal role in workplace stress management and in the well-being of those who work for them.

The course aims to:

- Raise awareness and understanding of stress as an issue
- Equip managers with the skills and knowledge to meet their legal and HSE compliance responsibilities
- Enable managers to identify specific actions and behaviours required to prevent and tackle stress in their staff and thus to become more effective managers of people

The benefits of proactively dealing with the issue of stress are many and include improved performance and productivity, greater staff retention, reduced sickness absence - all reflected in the bottom line: an all-round healthier organisation.

Run by experienced Relate trainers, this one day workshop is highly participative and appeals to all learning styles. Attendees will develop their learning skills through individual and group work, discussion, questionnaires, scenarios, case studies and action planning.

Apply early, numbers are limited. Closing date 4th March 2011. Cost £95. For further information or a booking form contact Mandy Blair or Maureen Buy at:

Relate, 33 Iffley Road, Oxford OX4 1EA. Tel: 01865 242960.  
email: [training@relate-oxfordshire.org](mailto:training@relate-oxfordshire.org)

## **BOOKING FORM**

## Stress Management for Line Managers

I wish to apply for a place on the Relate Oxfordshire workshop on Tuesday 5th April 2011 (9.30am to 4.00pm)

Venue: St. Anthony of Padua Community Hall, 115 Headley Way, Oxford

### Your details

Surname .....

First name.....

Address .....

.....

Telephone .....

E-mail.....

Job title and school .....

Special dietary or other needs.....

### Payment

\* I enclose a cheque for £95 made payable to Oxfordshire Relate.

\* Please invoice my organization at .....

.....  
\* Delete as applicable

Cancellation Fee

Cancellation with more than 28 days notice....Full refund

Cancellation between 14 and 28 days notice....50% of the fee

Cancellation less than 14 days notice.... 100% of the fee

Signed and dated.....

NB. Joining instructions will be sent 2 weeks prior to workshop

Oxfordshire Relate

33 Iffley Road

Oxford

OX4 1EA

01865 242960

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**COUNSELLING SKILLS FOR NON  
COUNSELLORS**

**A three-day course accredited by the Open College  
Network**

A knowledge of counselling skills can be extremely helpful in our daily lives, whether it is in knowing how to support friends in need, coping with difficult relationships in the family or for use professionally by those working in management, healthcare, human resources, education, or in one of the many welfare or voluntary occupations.

Run by a Relate trainer who is also an experienced and qualified counsellor, this accredited course is designed to give participants the opportunity to learn the basic skills and to practise them in a safe environment.

### **Course content**

The course will cover:

- the Three Stage Model of Counselling, both teaching the theory and giving course members the chance to practise the skills;
- effective communication skills;
- becoming more self aware;
- managing change, transition and loss;
- ethics, boundaries and good practice;
- issues of confidentiality;
- when to refer people to another source of support;
- exploring ways of developing self-awareness.

Successful completion of the course leads to a Certificate of Award in Counselling Skills for Non Counsellors issued by the Open College Network with Credits at Levels 2 or 3.

### **Date and venue**

The next course is being held on three consecutive Monday's, 21<sup>st</sup> and 28<sup>th</sup> March and 4<sup>th</sup> April 2011 at Relate, 33 Iffley Road, Oxford. The course will commence at 9.30 and finish at 16.30 each day. A buffet lunch and tea and coffee are provided.

### **Cost**

The cost of the course is £375.

**To make a booking**

If you would like to know more, please telephone Mandy Blair or Maureen Buy at Relate on **01865 242960**.

If you would like to book a place on the course, please complete the application form attached and return it to:-

**Relate Oxfordshire 33 Iffley Road Oxford OX4 1EA**

**BOOKING FORM**

I wish to apply for a place on the OCN Accredited Counselling Skills for Non Counsellors course.

**Course details**

Course date .....

Venue .....

**Your details**

Surname .....

First name .....

Title .....

Address .....

.....

Telephone .....

E-mail .....

Profession/Occupation .....

Dietary requirements .....

**Payment**

\* I enclose a cheque for £375 made payable to Relate Oxfordshire.

\* Please invoice my organization at

.....

.....

\*Delete as applicable

**Cancellation Fee**

Cancellation with more than 28 days notice....Full refund

Cancellation between 14 and 28 days notice....50% of the fee

Cancellation less than 14 days notice.... 100% of the fee

Signed .....

.....

**Further Application of Counselling Skills**

**A three day course accredited by the Open  
College Network**

Counselling skills can be extremely helpful in our daily lives - whether it is knowing how to support friends in need, coping with difficult family relationships or for use professionally for those working in management, healthcare, human resources, education or in one of the many welfare or voluntary organizations.

This course is specifically for those engaged in a supportive role professionally or personally and who may wish to progress and develop the skills and self-awareness attained from the Counselling Skills for Non Counsellors Course.

Run by a Relate trainer who is also an experienced and qualified counsellor, this accredited course is designed to give participants the opportunity to further develop their counselling skills and practise them in a safe environment.

### **Course Content**

The course will cover the following;

- A recap of the three stage model and related skills
- Further development of listening skills to include the use of challenging, confronting, immediacy and linking.
- Understand the blocks to communication.
- Introduction to developmental life stages; how we develop as people and patterns of behaviour that run through our lives.
- Introduction to family Systems Theory
- Exploring the process of change and gain greater understanding of the reasons for resistance to change
- Exploring our personal constructs and responses to others
- Consider the overall management of counselling interviews with particular reference to boundaries, referrals and endings.

Successful completion of the course leads to a Certificate of Award in Further Application of Counselling Skills issued by the Open College Network with the opportunity to gain credits at level 2 or 3.

**Date and venue**

The course will run on the 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> March 2011 and it will commence at 9.30 and finish at 16.30 each day. A buffet lunch and tea and coffee are provided.

**Cost**

The cost of the course is £375.

**To make a booking**

If you have already completed a Basic Counselling Skills course and would like further information then please contact;

Oxfordshire Relate on 01865 242960

**BOOKING FORM**

I wish to apply for a place on the OCN Accredited Further Counselling Skills course.

**Course details**

Course date .....

Venue .....

**Your details**

Surname .....

First name .....

Title .....

Address .....

.....

Telephone .....

E-mail .....

Profession/Occupation .....

Dietary requirements .....

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Signed .....

## **Cognitive Behaviour Therapy (CBT) Across Cultures: Challenges and Possibilities 7th March 2010 / London Conference**

The Delivering Race Equality Programme (Department of Health 2005) highlighted the need to improve access to culturally appropriate counselling and psychological therapies, for individuals from Black and minority ethnic communities. The Improving Access to Psychological Therapies (IAPT) initiative has improved access to counselling and psychological therapies for people suffering from anxiety and depression from a range of diverse backgrounds including those from BME communities. The third wave new CBT treatments include Mindfulness Based CBT and Meditation. The latter is prevalent in many cultures across the world and practiced directly or indirectly by several world religions.

Having made progress, there is now a need to consider the extent to which counselling and psychological services are culturally appropriate and whether they need to be adapted.

In the case of CBT, there is robust evidence to show that CBT is an effective treatment for people suffering from anxiety and depression. The emphasis in CBT is on the client's social context and that CBT therapist works collaboratively with clients to agree treatment options. However, CBT is based on Western concepts and illness models. The focus is on the individual and on treating the individual. For some people, this will be a challenge especially

if they view themselves in the context of their immediate and wider family and / or in the context of their community. Some critics of CBT argue that by focusing on the individual, the larger familial, community and societal issues and problems are ignored or left unspoken and unaddressed.

**Key considerations when delivering CBT with clients from diverse cultural backgrounds include:**

The location of the service

Language and the use of interpreters or therapist who can speak the client's mother tongue

Health beliefs and explanatory models of distress/mental disorder

The presenting problem/s or "idiom/s of distress"

Expectations about CBT

**Some of the key questions which will be discussed during the one day event include:**

Is it necessary to make adaptations when delivering CBT across cultures? If so, how?

Are traditionally routed treatments such as Mindfulness CBT and Meditation more appropriate when working with individuals from BME communities?

In instances where individuals have unique and "different" culture-led conceptions of health and ill health and the way this is managed, how is this reconciled?

What evidence base exists which demonstrates that CBT is effective with clients from different cultural backgrounds?

This one day conference will bring together clinicians who have experience of delivering CBT across cultures. Learning points and good practice will be shared. The challenges experienced and possible limitations will also discussed via anonymous case vignettes.

## **Programme of the day**

9.00 - Registration, Tea & Coffee

9.30

9.30 - Introduction & Chair

10.40

### **CBT: Gaining from Diversity**

**David Kingdom**

*Professor of Mental Health Care Delivery at the University of Southampton and Honorary Consultant Adult Psychiatrist for the Hampshire Partnership NHS Trust*

10.40 - **CBT Across Cultures: Challenges and**

11.30 **Possibilities**

**Rathod Shanaya**

*Clinical Service Director, West Hampshire - Adult Mental Health Hampshire, Partnership NHS Foundation Trust*

11.30 - Tea & Coffee

11.45

11.45 - **Making CBT Culturally Responsive**

12.30 **Beena Rajkumar**

*Psychotherapy Specialist Registrar at Nottinghamshire Healthcare NHS Trust*

12.30 - Morning session Q&A

1.00

1.00 - Lunch

1.45

1.45 - **Addressing Spirituality in CBT**

2.35 **Rob Waller**

*Consultant Psychiatrist in General Adult Psychiatry and Associate Director of Medical*

*Education for NHS Lothian at St John's Hospital*

2.35 - **CBT with South Asian Muslims**

3.25 **Farooq Naeem**

*Consultant Psychiatrist & Cognitive Behaviour  
Therapist, Southampton University*

3.25 - Tea & Coffee

3.40

3.40 - **Employing a Culturally Representative IAPT**

4.30 **Workforce in London**

**Tom Dodd & Robert Hardy**

*London Regional Delivery Team for Improving  
Access to Psychological Therapies, Working for  
Wellness*

4.30 - Afternoon Q&A

4.45

4.45 - Plenary, Closure & Evaluation sheets

5.00

**Who Should attend?    Where?**

This conference will be relevant to all professionals in the field of Mental Health and Social Care, including those from Local Authorities and NHS trusts across the UK, Psychiatrists,

The Resource Centre  
356 Holloway Road  
London  
N7 6PA

Tel: +44 (0)20 7700 0100  
<http://www.theresourcecentre.org.uk>

Psychologists,  
Psychotherapists,  
Counsellors, Early  
Intervention Teams,  
CPN's, OT's, Social  
Workers, Chaplains,  
Community Faith  
Leaders & Healers,  
Equality Leads,  
Community  
Development  
Workers, Service  
User  
Representatives,  
Charities, Third  
Sector, Educational  
Establishments,  
Academics and Policy  
makers.

### **Conference Booking**

Conference Brochure

Conference Booking  
Form

### **Conference Contact**

Ahmed Qureshi (conference co-ordinator) tel. 07540 356  
526

email us on: [info@bmehealth.org](mailto:info@bmehealth.org) or visit us  
on [www.bmehealth.org](http://www.bmehealth.org)