



ROOTED

ACC NATIONAL
CONFERENCE 2024

19th - 22nd September
The Hayes Conference Centre



WELCOME

to the ACC National Conference 2024

In his letter to the Ephesians, the apostle Paul encouraged those in the churches who were facing difficulties and prayed that, “...you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.” (Ephesians 3:17-19)

Like the Ephesians we are living through various changes, challenges and opportunities. This generation are witness to seismic changes in personal and communal life, and ways of being. These changes take place on many different fronts and come in different forms. They arise as a result of the impact of new technology, and of rapidly shifting academic, political and societal norms which sometimes lead to confusion, conflict and uncertainty.

Recognising some of these pressures whilst planning for the 2024 conference, the team at ACC sensed that we wanted to provide a space where members and delegates are invited and encouraged to remember that they gain strength through being rooted and established in God’s love. Likewise, as practitioners, strength comes from being rooted and established in the knowledge and skills of their profession and pastoral roles. It’s a ‘back to basics’ approach.

We hope the conference provides an opportunity to experience being anchored

in the fertile ground of God’s boundless love, and a reminder that this is what enables us to grow through the changing seasons bearing fruit, providing shelter, able to weather many storms (Jeremiah 17:8). It is our prayer that we will gather “with all the Lord’s holy people” not only to grasp together the “love that surpasses knowledge”, but also to root and establish ourselves in the foundations of the work of counselling and pastoral care so that we “may be filled to the measure of all the fullness of God” in who He has called us to be and what He has called us to do.

It goes without saying that our conference cannot take place without the generosity of the trainers who give their time and offer their knowledge and expertise to equip us for the work.

We hope you can join us to learn and grow together in faith and professional development, and we look forward to welcoming you in person at the conference.



Yineng Hart
Head of training and
communications



CONTENTS



Association of Christians in Counselling and Linked Professions

Representing Christians who provide counselling and pastoral care, ACC is the only Christian UK-wide counselling organisation holding an Accredited Register with the Professional Standards Authority.

ACC head office

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Registered charity number:

1018559 : SC039810 / Limited Company Number: 2791541

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AGENDA

ACC National Conference 2024 Timetable

DAY 1

Thursday 19th September

09:00 Registration

10:00 Welcome and worship

10:45 Break/refreshments

11:15 Training stream

12:45 Lunch

14:00 Training stream

16:00 Break/refreshments

16:30 Training stream

18:00 Dinner

19:30 Worship and keynote speech

21:00 After hours

DAY 2

Friday 20th September

08:00 Breakfast

09:15 Training stream

10:45 Break/refreshments

11:15 Training stream

12:45 Lunch

14:00 Training stream

16:00 Break/refreshments

16:30 Group meets/free time

18:00 Dinner

19:30 Entertainment

21:00 After hours



DAY 3

Saturday 21st September

08:00 Breakfast

09:15 Service

10:45 Break/refreshments

11:15 Training stream

12:45 Lunch

14:00 Training stream

16:00 Break/refreshments

16:30 Training stream

18:00 Dinner

19:30 Reflection

21:00 After hours

DAY 4

Sunday 22nd September

08:00 Breakfast

09:15 Training stream

10:45 Break/refreshments

11:15 Training stream

12:45 Lunch

14:00 Training stream

15:30 Closing/commission

16:00 Departure



OVERVIEW

ACC National Conference 2024 Training Schedule

FOUR-DAY TRAINING STREAM

Thursday 19th September - Sunday 22nd September

Training Stream	Trainer(s)	For
SCoPEd column B training	Dr Heather Churchill and Dr Janet Penny	Qualified counsellors

TWO-DAY TRAINING STREAMS

Thursday 19th September - Friday 20th September

Training Stream	Trainer(s)	For
Integration of faith into therapy	Richard Lahey-James	Counsellors
Trust and betrayal	Pauline Andrew	Counsellors
Love, intimacy and sex in the counselling room	Rosie Tringham	Counsellors
Working with trauma	Kate Austin	Counsellors
Solution focused therapy	Karen Doherty	Counsellors
Counsellors “bearing” in a broken world, addressing spiritual abuse	Charity Jones	Counsellors
Continuous becoming	Pam Gawler-Wright	Counsellors
How the REMA Model works in, on and through individuals to the benefit of our collective community	Ike Odina and Dr Chris Steed	Counsellors & pastoral carers
Skills and self-awareness needed when working with couples	Sean Charlesworth	Counsellors & pastoral carers
Working with loss and grief	Sue & Chris Monckton-Rickett	Counsellors & pastoral carers



TWO-DAY TRAINING STREAMS

Saturday 21st September - Sunday 22nd September

Training Stream	Trainer(s)	For
Supervision: another level	Richard Lahey-James	Counselling supervisors
Should I stay or should I go? When relationships become toxic	Dr Chris and Pauline Andrew	Counsellors
Dissociation & Dissociative Identity	Lindsay Schofield	Counsellors
Intergenerational trauma	Ellen Yun	Counsellors
Using spiritual and religious interventions in counselling	Shannon Hood	Counsellors
Counselling mediation training	Karen Doherty	Counsellors
Understanding and working with addiction	Brent Clark	Counsellors
Exploring spiritual direction	Kate Austin	Counsellors & pastoral carers
Coaching through change	Fiona Stevenson and Jess Stott	Counsellors & pastoral carers
Working with domestic abuse in the context of counselling, psychotherapy and pastoral work	Nikki Dhillon Keane	Counsellors & pastoral carers



TRAINING STREAM

Thursday 19th September - Sunday 22nd September

SCOPED COLUMN B TRAINING

The Scope of Practice and Education Framework (SCoPEd) has been developed by six of the main professional counselling organisations, including the ACC, and provides an outline of the core competencies for counselling and psychotherapy practice with adults at three levels: column A, B, and C.

Counselling training at Diploma level provides counsellors with the training to meet the requirements of at least column A. However, to enable ACC registered counsellors to update and extend their skills and experience and also evidence that they can meet column B competencies, delegates can attend and complete this four-day training stream.

The training is a joint venture between Waverley Abbey College and the ACC, with Drs Heather Churchill and Janet Penny delivering the course. This intensive four-day training will cover all of the SCoPEd column B competencies, including areas such as:

- advanced mental health
- developing a comprehensive risk assessment strategy
- inter-professional and multi-agency approaches to mental health
- assumptions that underpin the understanding of identity, culture, values, and worldview

- the impact of technology on counselling
- understanding the role of research in counselling
- using routine outcome monitoring tools
- working with issues of power and authority
- working with unconscious and out of awareness processes
- working with rupture and repair, and therapeutic impasses
- complex endings
- enhancing clients' self-awareness and understanding of self in relationship

Please note this CPD training is designed for qualified counsellors. Completing this training will enable participants to evidence SCoPEd B competency training as part of their accreditation application with ACC. Please contact ACC office for further details.



About the trainer

Dr Heather Churchill

DPsych (Middlesex), MTh (Middlesex),
BA (Hons) (Brunel)

Fellow of Association of Christians
in Counselling and Linked Professions
(ACC) and Registered Accredited
Counsellor and Supervisor

Registered Member BACP (Senior Accred,
Counsellor/Psychotherapist)

Dr Heather Churchill is Head of Undergraduate Counselling and Continual Professional Development for Waverley Abbey College. She has over twenty years' experience as a Trainer, Counsellor/Psychotherapist and Supervisor. She has co-authored two books and has published a number of articles in the *accord* journal. In her private clinical practice, Heather specialises in counselling adults who have experienced abuse in childhood and in her free time Heather enjoys going for walks and reading historical novels.



About the trainer

Dr Janet Penny is a counselling psychologist who has an interest in the integration of faith and therapy, and particularly in power dynamics in Christian counselling. She has taught in higher education over the last 21 years and is the Head of Postgraduate Counselling and Research at Waverley Abbey College as well as the Editor of the Waverley Abbey College Journal. Janet works as a research supervisor at the Metanoia Institute, and also enjoys working at the creative edges of therapy using therapeutic photography and creative writing. Janet is an honorary fellow of ACC. As well as being involved with prayer ministry at her local church with her husband, she is a keen amateur photographer.





TRAINING STREAMS

Thursday 19th September - Friday 20th September

INTEGRATION OF FAITH INTO THERAPY

Gaining competence to assess and explore spiritual matters with our clients is the aim of this essential training. I am often asked by trainees and supervisees how and when to explore spiritual issues with clients. Some secular training doesn't encourage such an exploration leaving counsellors unsure how or if they are 'allowed' to explore spiritual matters with clients when God is in the room. Likewise, some Christian counselling training doesn't adequately address the safe integration of faith into therapy. Learning how and when to safely address a client's religious history, personal faith or spiritual concerns is an area of angst for many therapists who are fearful of being accused of inappropriately bringing God into the counselling conversation. It is important not to miss vital opportunities to fully support our clients in their spiritual journey.



About the trainer

Richard Lahey-James is a fellow of ACC, an accredited counsellor and supervisor, and UKCP registered systemic & family psychotherapist. He regularly teaches couple and family therapy skills in various contexts and is a therapist in private practice in south London. Richard is a culturally lost kiwi having lived most of his life in England but still has family in his native New Zealand. He is married to Michelle; they have four adult children and six grandchildren in the UK.





TRUST AND BETRAYAL

During this two-day training we will look at different ways in which our trust and confidence has been broken, and the ongoing effect this can have on our relationships and the way we live our lives. The training will include issues such as:

- Broken promises
- Broken confidences
- Scapegoating
- Infidelity
- Ghosting
- Finances
- False witness

The training will include video testimony from different people who have experienced betrayal and the impact on their sense of self. We will explore the pain caused within individual relationships and also groups, including churches. Together we will look at how to work with clients to help them recover and experience healing from deep wounds, finding ways to move forward to trust again. Pauline will also share creative ways of working on these key issues.



About the trainer

Pauline Andrew MA Counselling/Psychotherapy, Dip Sup, Fellow of ACC

Pauline Andrew is a Director of Deep Release and PA Counselling & Training. Her lively, interactive and often humorous training style has proved popular around the UK on a wide range of topics relating to counselling, including being part of the ACC and BACP CPD programmes. Pauline taught Diplomas in Counselling and Supervision, and the L5 Certificate in Integrating Creative Interventions in Counselling (all CPCAB) for many years with Barnabas Counselling Training. She is the creator of the widely-used counselling cards, Roles Played in Families, Core Needs in Families, Roles Played in Anger and Roles Played in Groups, and author of the three Creative Guides for Counsellors on Working with the Inner Child, Working with Blocked Anger and Working with Nesting Dolls. Pauline also has a thriving, colourful YouTube channel with lots of free videos showing different creative interventions.

WORKING WITH TRAUMA

We will look at the different models used when working with trauma survivors and the latest research. We will have times of discussion where you can contribute your own experiences of working with this client group and there will be the opportunity to share skills, so that we can improve our practice.

Using the reflective therapy workbook, we will explore our own journeys and look at the ways in which we may support our clients on their journeys. During the two days Kate will also facilitate somatic movement sessions.

Somatics is a slow and controlled way of contracting and releasing muscles that promotes freedom of movement and pain relief. This can be very effective for clients in releasing frozen trauma and emotions that are stored in the body. These movement sessions are not exercise classes and you do not need any level of fitness to participate. Please wear comfortable clothes.



About the trainer

Kate Austin is a Clinical Trauma Professional and a Somatic Movement Educator. She is the author of the 'Reflective Therapy' workbook, which she developed specifically to use with marginalised trauma survivors.



LOVE, INTIMACY AND SEX IN THE COUNSELLING ROOM

This training will explore elements of working with clients on issues related to sex and intimacy, and will delve into current theorists discussing sex and intimacy, and consider different cultural narratives surrounding these topics. Elements such as common issues in psychosexual therapy, mindfulness, porn, masturbation, sexual addiction will also be explored. It will include personal reflection on our own relationship with sex and intimacy, discussion, research, and current practice information, and also when to refer clients elsewhere and available resources for referrals.

We will also address current developments and discussions on working with clients with intimacy and sex questions who are in transition, e.g. after converting to Christianity, or moving out of church-based environments perceived as controlling.

Additionally, there will be an overview of common themes within the genre, with a brief link to the Bible and Christian mystics.

This training is suitable for counsellors and psychotherapists who work with individuals and/or couples and would like to join Rosie for a journey of learning and growth in understanding intimacy through a lens of a Christian psychosexual therapist.



About the trainer

Rosie Tringham is an accredited Psychosexual Therapist. She is also a qualified family, couple, young people and child therapist, and supervisor. She worked for Relate for over 10 years and over 5 years for commissioned services for IAPT.

Rosie developed and set up a charity working with teenage parents in her 20s and she was the CEO for this charity for over 15 years. This included developing an award-winning peer-led sex education project that was recognised through presentations including at the Lottery awards. In the past, she was involved in Christian ministry and family mediation. She works in private practice and works as a Pastoral Supervisor.

She is keen to enable people to see intimacy and sexuality as a part of their lives, alongside seeing intimacy as an expression of God's love. Rosie loves spending time with her grandchildren and enjoys fitness, having recently run a marathon and triathlons.





SOLUTION FOCUSED THERAPY

Solution Focused Brief Therapy has been around since late 1970s, developed by Steve de Shazer and Insoo Kim Berg. During Covid, Elliott Connie and Adam Froerer who are psychotherapists have now come to the fore with online training on Solution Focused Therapy.

Delegates will have time to explore the practice of SFT and how could this work within their own practice or could it?

This is not a problem-solving approach, but solution focused. This will be a different mindset for some as SFT has an overarching attitude of finding hope and has principles 3 of which are:

- If it's not broken, don't fix it.
- If something is working, do more of it.
- If it's not working, do something different.

SFT's emphasis is on what is changeable and possible.

Learning outcomes:

- Gain an understanding and background of SFT
- Gain an understanding of differences between problem focused and solution focused approaches
- Gain insight of the 7 pillars of SFT
- Gain insight of the assumption about change and about helping within SFT
- Gain insight of the questions to ask

“Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently.” Romans 8:24-25 (NIV)

This training will consist of theory with skills practice, casework, discussion and interactive reflective practice including whether this fits with your Christian approach.



About the trainer

Dr Karen Doherty is an accredited counsellor with 35 years counselling experience in professional and pastoral settings with individuals, couples, and groups with a variety of issues or conflicts. Karen has worked with organisation such as Cancer charity based in community Palliative Care Team providing counselling for patients, family, carers and staff, Royal College of Nursing, and first counsellor in NI to work in GP setting in inner-city.

During the covid pandemic, Karen helped different organisations training pastoral care online courses, counselling courses, counselling and supervision. Karen gives her expertise when helping organisations set up counselling services; latest is for young people aged 11 – 25 years old.

Karen relaxes through family time, friends, swimming (a lot), and outdoors, then reading.



COUNSELLORS “BEARING” IN A BROKEN WORLD, ADDRESSING SPIRITUAL ABUSE

This 2-day training on spiritual abuse seeks to equip counsellors/ psychotherapists to work well as Christians in one of the most challenging areas of practice. The training will provide space for delegates to reflect as they may wish to on the impact of spiritual abuse in their personal experience.

We will cover:

- Bearing Witness to what it is and isn't, similarities and differences to other forms of abuse.
- Bearing witness to how it presents in our clients, acknowledging the damage.
- Bearing the burden, walking alongside our clients.
- Discussing the way our faith directs us and allows us to keep our bearings and influences our clients' bearings.
- Discussing the way theories of counselling and therapeutic techniques provides effective bearing on spiritual abuse.
- Bearing God's image, seeing beauty in brokenness, resourcing our clients.
- Discussing self-care and secondary trauma as a result of bearing, reflecting on the impact of our clients' stories on us and the way our own stories are impacted and triggered in our bearing of others' stories.
- Bearing hope in the midst of grief, using our greatest clinical tool, our presence.



About the trainer

Charity Jones is an accredited member of the BACP, a registered member of the ACC, a Licensed Professional Counselor in America and draws from nearly 20 years of counselling practice most often in the areas of trauma and abuse. She graduated with a Bachelors in Psychology from Cornell University in 2001, and a Masters in Counseling from Covenant Theological Seminary in 2006. She has found further training in EMDR and in trauma healing to be particularly helpful tools in her work. She describes herself as an integrative therapist pulling especially from psychodynamic, family systems, IFS, attachment theories, and more recently PVT and neuroscience studies. Charity is the clinical director of Kairos Community Counselling whose mission is to seek to make counselling accessible to those to whom it traditionally has not been.



CONTINUOUS BECOMING

“Miracles are not contrary to nature but only contrary to what we know about nature. Some people, in order to discover God, read books. But there is a great book: the very appearance of created things.”

St Augustine

All psychotherapy is about managing change – whether processing unstoppable change or carrying unchanging burdens. At the pivot of pain is the potential loss of faith in what is Stable and what is Unstable, Known and Unknowable, what Passes and what Endures, ‘What-Might-Be’ and ‘What-Just-Is’.

The Continuous Becoming Frame was developed by psychotherapist Pamela Gawler-Wright from observing deep structural patterns in hundreds of cases where recovery from patterns of suffering seemed hopeless. This easily applied, organic assessment tool generates a systemic conceptualisation method for individual, couple and family cases. It invites client-led interventions that harness the natural momentum of inevitable change even with our most complex cases, such as depression, trauma and addiction.

Day 1:

- Understanding Continuous Becoming from our own life experience
- Identifying challenge to faith within the process of spiritual growth
- Stories, tools and experiential application

Day 2:

- Utilising the Continuous Becoming Frame in case conceptualisation
- Harnessing the dynamic relationship of stable and unstable factors
- Precision and effectiveness in promoting clients’ healing and growth

Clinical supervision conditions

By attending, all participants agree to:

- Be willing to reflect on own experience and personal challenge before seeking to apply skills to others’ lives
- Maintain confidentiality of all clinical and personal information shared in the training – strictly no sound or video recording



About the trainer

Pamela Gawler-Wright is an accredited psychotherapist, clinical trainer, international conference speaker and storyteller. She specialises in recovery from trauma, addiction and anxiety/depression, running a busy psychotherapy practice in London’s East End. Founder of BeeLeaf Institute for Contemporary Psychotherapy, Pam has trained psychotherapists on the professional accreditation pathway for 30 years and developed many original models for psychological and spiritual integration including “The Continuous Becoming Frame”, “S.O.S Recovery” and “The Three-Eyed Monster”. As a contributor to the development of the psychotherapy profession, Pam has been a consultant for several professional bodies and worked with diverse groups to create meaningful and community lead frameworks for ethical and competent practice. She has Honorary Fellowships of four professional bodies and is particularly grateful that this includes the ACC.



HOW THE REMA MODEL WORKS IN, ON AND THROUGH INDIVIDUALS TO THE BENEFIT OF OUR COLLECTIVE COMMUNITY

The Theology & Counselling Department of London School of Theology will set out to demonstrate the potential universality of the REMA model, with the working title being: How the REMA Model works in, on and through individuals to the benefit of our collective community.

The acronym (REMA) is represented as follows: R – Relational; E – Embodiment; M – Meaning; A – Agency. The model was developed at London School of Theology about 15 years ago and offers an approach that helps us to deepen and nurture the integration of our psychotherapeutic theory and practice, with well-grounded

theology. Through a blend of theory, discussion and creative activities we will be exploring together how the REMA Model might be used to help us to reflect, both theologically and therapeutically, on the continued search for the unique, valued person within one and all of us.

This will be an opportunity to show the versatility of our REMA Model at work, as it sets about to address the unique needs of each unique individual, such as colour, ethnicity, gender, faith/spirituality, sexuality and economic status. In an 'ideal' world, following the successful use of the REMA Model, the unique individual becomes aware of who they are as well as what they can offer their various collective communities.



About the trainer

Ike Odina's academic roots can be found in the existential approach to psychotherapy. His MA dissertation centred around Jesus Christ being the model for all psychotherapeutic practitioners – regardless of modality. As such, he has always aimed to integrate his faith with his profession. With three decades of clinical experience, Ike remains excited about the prospect of forging a positive working alliance between theology and counselling, by way of the REMA Model and as the Programme Leader for the BA (Hons.) in Theology and Counselling at London School of Theology.

Ike has been privileged to have worked with a very broad spectrum of society, providing psychotherapeutic services and supervising practitioners by way of his private practice.



About the trainer

Dr Chris Steed is an Anglican minister and academic with a varied career including Government service, Headquarters Director of Operation Mobilisation, secondary education and church leadership which combined extensive pastoral counselling experience with professional counselling. Chris was the Programme Lead at London School of Theology where he led on a revalidation of the undergraduate degree programme. This was combined with generating a textbook on the alignment of counselling psychotherapy with theology, not just for the course but as a wider marker for how these different disciplines marry up. The principle of alignment has evoked Chris' post-doctoral work and social theory together with a theological emphasis on valuable personhood.



SKILLS AND SELF-AWARENESS NEEDED WHEN WORKING WITH COUPLES

This training will focus on skills and interventions needed when helping couples navigate and problem solve. Often people seek help when the relationship has been in “free fall” for a while, and they are looking for miracles. They will often come to counselling sessions with hurt, a lot of mixed emotions, a breakdown in communication, false expectations, anger, fear, affairs, and sexual issues to name some reasons people seek help.

Working with couples is more diverse and varied than working with individuals. You need a different set of tools, interventions, courage, self-awareness, confidence, and problem-solving skills. We all come to couples work with our own stories, prejudices, judgements, liking one client more than the other. But trusting your training and being self-aware can help couples move forward, resolve conflict, have a deeper understanding of each other, and a renewed commitment to the relationship so ultimately making the relationship stronger. This training provides a safe space to learn new skills and self-awareness when working with couples.

This training is ideal for those considering expanding their skills to begin working with couples as well as more established practitioners already doing couple work.



About the trainer

Rev Sean Charlesworth has been an ordained minister, counsellor, and supervisor for over 20 years. He serves on the board for ACC. He is active within the ACC Couple Counselling Network, with supervision and planning. He works in private practice seeing individuals and couples as well as a Christian rehab centre as an independent counsellor. He is active in his local church with responsibility for pastoral care and leadership. Sean is an experienced trainer who creates a safe atmosphere in which people flourish, and feel free to ask questions, and is able to maintain energy in the room. He has been married to Julia for 36 years. They have a rescued Lab and are Dog breeders for Guide Dogs for the Blind.





WORKING WITH LOSS AND GRIEF

Loss and grief are part of nearly every life event explored in counselling or supported pastorally - from relationship break-up to chronic illness, gender issues to redundancy, death to infertility, there is always change and so in some way loss and grief.

Grief is therefore a natural and universal experience, but also unique, following no set-pattern or model and for our clients often one of the most difficult of experiences, as CS Lewis said "No one ever told me that grief felt so like fear."

This training is a chance to look at loss and grief, exploring them in this wider context, looking at:

- the counsellors' and clients' understanding of the grief process and its purpose
- the impacts of grief physically, psychologically, cognitively, relationally and spiritually
- how we can help clients to grieve well and move to that place of changed meaning and hope
- barriers to the grief process and interactions with trauma, anxiety, attachment, etc.
- looking at tools and practices that can help clients with grief
- looking after ourselves when working with loss and grief

We will also look at different types of grief, including traumatic, anticipatory, disenfranchised, cumulative, complicated, and some of the specific issues and difficulties that arise and how we work with clients in these situations.

The training will include teaching, group work and discussion, case studies and personal exercises.



About the trainers

Sue and Chris Monckton-Rickett are both Registered Accredited Counsellors, who have been working in private practice for nearly 30 years. Their organisation, WINGS (Wholeness in God's Son) Connexions Limited seeks to bring wholeness to the lives of individuals, families and communities through counselling, retreat leading and training.

Their practice has involved working integratively and creatively with a wide variety of issues and clients. They are both experienced trainers working with both counsellors and pastoral carers and have been leading retreats for many years particularly focusing on people in caring professions.

Sue is Chair of ACC.





TRAINING STREAMS

Saturday 21st September - Sunday 22nd September

SUPERVISION: ANOTHER LEVEL

Using the Systemic lenses of the GRACES (Gender, Generation, Race, Religion, Age, Ability, Class, Culture, Celebrity, Ethnicity, Education, Sexuality, Spirituality) we will explore the dynamic interaction within the Supervisory Relationship (SR) and how it brings out the best and worst in supervision practice. Where supervision has become comfortable or collusive, the GRACES will sharpen the supervisor's ability to move towards greater collaboration and creativity. It is important for supervisors to not only bring their best efforts to the supervision of others but to look at the interactive processes within the SR; what we need and what we don't need, identifying adjustments to make with and for our supervisees to enhance and sharpen our supervisory practices. No stone needs to be left unturned.



About the trainer

Richard Lahey-James is a fellow of ACC, an accredited counsellor and supervisor, and UKCP registered systemic & family psychotherapist. He regularly teaches couple and family therapy skills in various contexts and is a therapist in private practice in south London. Richard is a culturally lost kiwi having lived most of his life in England but still has family in his native New Zealand. He is married to Michelle; they have four adult children and six grandchildren in the UK.





SHOULD I STAY OR SHOULD I GO? WHEN RELATIONSHIPS BECOME TOXIC

In this two-day training we will explore how to identify the ways in which relationships become toxic and look at issues which stop people from leaving them.

The training will include:

- Childhood patterns and belief systems
- The narcissistic parent

- Controlling relationships
- Group dynamics
- Spiritual dynamics
- The place of commitment and loyalty
- Conflict resolution
- When to stay and when to leave

Chris and Pauline will share different ways of working with clients, including psychoeducation and creative tools.



About the trainer

Pauline Andrew MA Counselling/
Psychotherapy, Dip Sup, Fellow of ACC

Pauline Andrew is a Director of Deep Release and PA Counselling & Training. Her lively, interactive and often humorous training style has proved popular around the UK on a wide range of topics relating to counselling, including being part of the ACC and BACP CPD programmes.

Pauline taught Diplomas in Counselling and Supervision, and the L5 Certificate in Integrating Creative Interventions in Counselling (all CPCAB) for many years with Barnabas Counselling Training. She is the creator of the widely-used counselling cards, Roles Played in Families, Core Needs in Families, Roles Played in Anger and Roles Played in Groups, and author of the three Creative Guides for Counsellors on Working with the Inner Child, Working with Blocked Anger and Working with Nesting Dolls. Pauline also has a thriving, colourful YouTube channel with lots of free videos showing different creative interventions.



About the trainer

Dr Chris Andrew MRCPsych,
MA Counselling/Psychotherapy, Dip Sup, AC

Dr Chris Andrew has been involved in counselling and psychotherapy for over 50 years. As a medical doctor, he trained in Anaesthetics, General Practice and Child and Adolescent Psychiatry. Now retired from medical practice, he continues to work privately as a counsellor, supervisor and trainer. Throughout his career Chris has sought to integrate the spiritual, emotional and physical in his understanding and practice. He has developed a genuine integrative model, 'The Integrative Cyclical Dynamic Model'. It is based on a core understanding of how the brain works and demonstrates how those principles extend into an understanding of ourselves, interpersonally and intrapersonally, with subsequent global dynamics. His interest in very early development within the womb and beyond led to the founding of Deep Release, together with his wife Pauline. He is also particularly interested in restoring broken relationships.

He is now involved in the online and in-person training programmes of Deep Release, where he teaches on these issues close to his heart.



DISSOCIATION & DISSOCIATIVE IDENTITY

Dissociation is present in many conditions - making it invaluable to know how to identify it, what impact it might have and how to respond.

What is dissociation? Who is likely to experience it and why? What effects does it have on clients, their therapy and the therapist? How can we identify different types of dissociation and how can we work with them? Do clients always know when they have multiple “selves”, or might they be unaware of them? When is it okay to do the work and when should we refer on?

This training offers insights and practical information for discerning what, who, why, how and when of dissociation and dissociative disorders (DD):

Participants will be able to

- identify dissociation and different DD
- distinguish between DD and other challenging conditions
- understand when it is likely and how it may impact therapy
- identify screening interventions and/or assessments
- understand the complexities and effects of its origins and development, including chronic, severe, ritualised and organised abuse

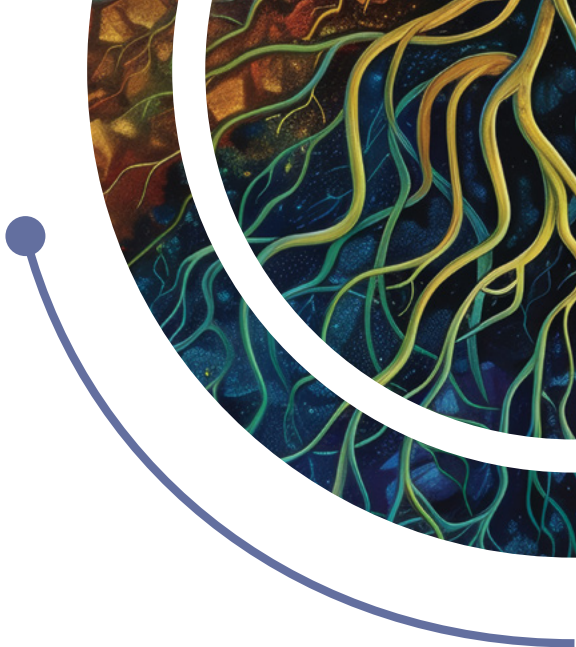
- differentiate between spontaneous and constructed forms of DID, and resulting implications
- appreciate the tasks and goals of therapy and recommended treatment models
- identify the skills, strengths and learning requirements for working with dissociative clients
- identify the help and support clients and practitioners need when working with DD and DID
- reflect on the distinctives of fragmented states and how to work with them
- reflect on the differentiation of wounded parts and spiritual activity
- identify further training sources, ask questions and interact!



About the trainer

Lindsay Scofield, MSc, PG Dip, Adv Dip is a consultant psychotherapist, supervisor, trainer and author, who has dedicated thousands of hours to learning about and working with survivors of complex trauma and dissociation. She has published a set of books (a Picture book and Guidebook) about Dissociative Identity Disorder with Routledge (2021), which have been well-received by survivors, supporters and professionals: <http://www.routledge.pub/UDID>

Lindsay provides therapy and support to individuals, couples, supervisees, and associated health professionals and works with a broad range of emotional and mental health challenges. She is accredited with the BABCP, the BACP (Senior), the ACC (Counsellor/Supervisor), and the NCPS (Senior/Supervisor) and writes and delivers her own workshops in the UK and internationally.



INTERGENERATIONAL TRAUMA

This 2-day training will use an Internal Family Systems (IFS) informed approach to explore intergenerational trauma. Generous and unhurried space will be given for us to expand our awareness of how intergenerational trauma has impacted us including our Christian identities, and an invitation to explore deeper healing and transformation for ourselves, our clients, our communities, our churches and the world.

This training will be highly experiential in nature, inviting curiosity and courage to turn towards the parts of our individual and collective stories that may have been hidden, banished, silenced, ignored, rejected and shamed.

Shame and secrecy keep us in hiding and disconnected. Love beckons us home with open arms, restoring connection with our true identity as God's beloved children, paving the way for us to bring our pain and burdens to Him for individual and collective healing and redemption.

This training is for you if you have observed that there are generational patterns that seem to be repeated in yourself, your family and society and you are curious about how to start the journey of being a cycle breaker for yourself and for others.

I invite you to join me in generous, spacious and courageous space to explore and journey this topic, together.

Here are 2 articles that I have written and have been a part of and may be of interest to prepare you for the session: *Breaking intergenerational pain and burdens: reflection of Shang-chi* and *Towards healing - creating space for uncomfortable conversations An interview about race between Ellen Yun and Janet Penny.*

Here's an [introduction to IFS](#) that I contributed to the Counselling Directory.



About the trainer

Ellen Yun 甄淑妮 (Yun Shuk Yee), MA in Integrative Psychotherapy, BA (Hons), Internal Family Systems Level 3 Trained, Dip Supervision, MBACP (Reg), ACC (Reg)

Ellen is second generation Chinese British and works as a psychotherapist, supervisor and speaker. She has also worked as a tutor at Waverley Abbey College. She has contributed a number of articles to the ACC *accord* journal, the SOLA Network and the Waverley Abbey College Journal. She is committed to a journey of personal and collective healing, liberation and transformation, one encounter at a time. In recent years the Internal Family Systems model of therapy has been an integral part of this personally and in her current approach to therapy.



COUNSELLING MEDIATION TRAINING

This training is for counsellors who want to explore another approach when working with people in conflict such as couples, families or within workplace.

There will be time to explore how to facilitate difficult conversations using mediation skills alongside the professional experience as a counsellor. When the therapy and boundaries are explained to clients, they state it gives them a confidence to proceed and trust the process with the counsellor/s.

The delegates will

- Be able to discuss the approach or method used and how to set up, manage, and use counselling mediation between two or more parties.
- Be able to understand negotiation and specifically principled negotiation and the benefits when working with couples or others in conflict.
- Gain an understanding of four different styles of mediation: formal and informal intermediation, transformative and facilitative mediation, and how or when to use each one.
- Explore conflict styles and the impact this has on communication between couples or groups of people.

“If a fellow believer hurts you, go and tell him-work it out between you. If he listens you’ve made a friend, if he won’t listen, take one or two others along so that the presence of witnesses will keep things honest.” Matthew 18:15-17 (MSG)

This training will consist of theory with skills practice, casework, discussion, and interactive reflective practice.



About the trainer

Dr Karen Doherty is an accredited counsellor with 35 years counselling experience in professional and pastoral settings with individuals, couples, and groups with a variety of issues or conflicts. Karen has worked with organisation such as Cancer charity based in community Palliative Care Team providing counselling for patients, family, carers and staff, Royal College of Nursing, and first counsellor in NI to work in GP setting in inner-city.

During the covid pandemic, Karen helped different organisations training pastoral care online courses, counselling courses, counselling and supervision. Karen gives her expertise when helping organisations set up counselling services; latest is for young people aged 11 – 25 years old.

Karen relaxes through family time, friends, swimming (a lot), and outdoors, then reading.



UNDERSTANDING AND WORKING WITH ADDICTION

The aim of the training is to help participants have:

- An overview of the science of addiction (behavioural and substance); its genesis, its maintenance and behavioural implications.
- An understanding of implications for working with people who present with addictions - trauma, family dynamics, genetics.
- An understanding and experiential appreciation of therapeutic interventions. Practical suggestions for working with addiction in the counselling room.
- An understanding of 'post active addiction' - the importance of building a new life.



About the trainer

Brent Clark has worked as a counsellor for over 25 years. For 17 of these he worked in East London specifically with recovering addicts in a residential and day programme. During this time, he pioneered two social enterprises (a decorating firm and coffee shop) with the express intention of melding therapeutic interventions alongside work experience for people in recovery from addiction and unemployment. Brent also designed an integrative therapeutic programme blending 12-step recovery with other complimentary therapies. For the past 6 years Brent has been in private practice in London and Bishops Stortford (his home town). He teaches counselling skills at diploma level (Heart and Mind) and on a masters course at London South Bank University. Brent is also an illustrator; he originally trained at Central St Martins and has work published in a few magazines from time to time. He enjoys sitting with people and blank pieces of paper wondering where the journey will go.



USING SPIRITUAL AND RELIGIOUS INTERVENTIONS IN COUNSELLING

This two-day training is for counsellors who are looking to intentionally integrate a client's faith into their counselling journey. Specifically it will focus on what it means to ethically introduce spiritual and/or religious interventions. Whilst we will consider 10 interventions overall, the focus will be on the 'Big Four' (Prayer, Scripture, Forgiveness and Mindfulness/Meditation).

The two days will give time to practise using these big four interventions in a structured way as well as opportunities for participants to engage in their own style. We will consider the impact of the Christian experience of both the client and counsellor using Foster's Six streams as a framework for exploration.

The training will be a distilled version of a final year capstone program typically conducted with students studying Master of Counselling at Perth Bible College. The content will be a 'sneak peek' into a book scheduled for publication in 2025.



About the trainer

Rev Dr Shannon Hood is the Dean of Counselling at Perth Bible College and is a Workplace Deacon with the Anglican Diocese of Melbourne. Shannon specialises in working in blue collar industries especially critical incident and trauma work with Emergency services. He has an active private counselling and supervision practice and has been a clinical manager with one of Australia's largest EAP providers. He is a lifelong student and has bachelor's or master's degrees in engineering, theology, education, commerce and counselling. He holds a PhD in counselling and graduate diplomas in Integrated Psychotherapy and Pastoral Ministry. Shannon is a Level 4 member of the Australian Counselling Association and a member of their college of clinical counsellors and college of supervisors. Shannon lives in Melbourne, Australia with his wife, four teenage/young adult children and Pepper the Labrador. Shannon is an avid reader, loves outdoor sports and believes regular Lego building is important for mindfulness.

EXPLORING SPIRITUAL DIRECTION

In this two-day training, we will explore spiritual direction from the place of retreating and deepening your own relationship with God.

We will look at the calling of spiritual direction and experience a few of the different modalities used, e.g. Ignatian, lectio Divina, Christian meditation. We will also discuss the training options available.

During the two days, if you would like to, you will have the opportunity to practise spiritual direction, both as directee and as director.

If you are considering a movement in this direction, or feel you are being called to this area of ministry, this training will be a useful discernment tool.



About the trainer

Kate Austin has been a spiritual director and supervisor of spiritual directors for many years. She is the author of the Christian spirituality books 'The Garden Series'. She has also led Christian retreats for 20 years plus.



COACHING THROUGH CHANGE

Whether it is our work, family, relocation, health or something else, change is a part of our lives and affects us all at one time or another. Many of the people we work with are navigating some sort of change. In this training we will consider the place for coaching, specifically looking at dealing with change and how we can accompany individuals and organisations through transition.

Topics will be interspersed with different coaching tools and techniques.

Some of the topics we will consider are:

- How is coaching different to counselling?
- Different people deal with change in different ways.
- Why do people resist change?
- Bridges stages of transition.
- How are people affected by organisational change and how can it be done well?



About the trainer

Jess Stott works as an intercultural coach and is accredited with the European Mentoring and Coaching Council. She is an American living in Britain, has worked with charities in Southeast Asia and South Asia and knows what it is like to choose to live and work cross-culturally. She has also worked with refugees and asylum seekers who don't always feel they had a choice in the direction their life has gone. Jess loves coming alongside others and giving them space to process and find ways to keep moving within four dimensions - forward, outward, upward and inward. Jess works with both couples and individuals and has a Masters in Spiritual Formation.
<https://www.jessstott-interculturalcoach.com>



About the trainer

Fiona Stevenson has over 30 years' senior management and leadership experience in various roles. She has managed large teams and complex projects. Before moving into leadership roles she started her career in consultancy and worked with clients helping to plan and implement new systems and manage the accompanying change. Fiona now works as a facilitator and coach/mentor with many of her clients navigating transition or with management or leadership challenges. She has a Masters in NGO Management, is a Chartered Manager and an accredited coach working with individuals, groups and organisations. She is currently studying for a Professional Certificate in Pastoral Supervision.
<https://www.fionastevenson.net>



WORKING WITH DOMESTIC ABUSE IN THE CONTEXT OF COUNSELLING, PSYCHOTHERAPY AND PASTORAL WORK

This training will explore the new competency framework for working with domestic abuse and faith.

It will give an understanding of different forms of domestic abuse and coercive control. Participants will explore the psychological effects of abuse, as well as the practical barriers that can trap victims. We will address issues of gender and intersectionality and expose some common myths about domestic abuse perpetrators. We will also explore domestic abuse in the context of Christian spirituality; understanding spiritual abuse and how Faith can be both a source of support and a tool of abuse. Participants will gain an understanding of how to support victims and survivors in the context of trauma informed care and safeguarding. You will learn to recognise risk factors and signpost clients safely to appropriate support. You will also learn how to respond safely to perpetrators of domestic abuse and how to maintain your own safety and wellbeing while working with these clients.



About the trainer

Nikki Dhillon Keane is a counsellor, trainer, and clinical supervisor who specialises in working with domestic abuse and gender based violence in the context of religious faith. She is also an honorary fellow of ACC. Nikki works in private practice and with several third sector organisations. She is a co-founder of the Faith and VAWG coalition (www.faithandvawg.org) and the founder of Safe in Faith (www.safeinfaith.org.uk). Nikki is also a visiting lecturer at St Mary's University, and the domestic abuse advisor to the Catholic Bishops of England and Wales. The "good practice in action" resources she has written for BACP include "Working with Domestic Abuse in the Counselling and Psychotherapy Professions." Nikki is also fluent in British Sign Language and is the founder of Signs of Hope Deaf counselling Service. Her books include "Domestic Abuse in Church Communities: A Safe Pastoral Approach" (www.rpbooks.com).





PRICES AND BOOKING

ACC National Conference 2024

EARLY BIRD PRICES By 30th June 2024

Prices	Members (£)	Non-members (£)
4-day residential* (Thursday - Sunday)	595.00	670.00
4-day non-residential (Thursday - Sunday)	420.00	480.00
2-day residential (Thursday - Friday or Saturday - Sunday)	380.00	425.00
2-day non-residential (Thursday - Friday or Saturday - Sunday)	210.00	240.00

STANDARD PRICES From 1st July 2024

Prices	Members (£)	Non-members (£)
4-day residential (Thursday - Sunday)	670.00	740.00
4-day non-residential (Thursday - Sunday)	480.00	530.00
2-day residential (Thursday - Friday or Saturday - Sunday)	425.00	465.00
2-day non-residential (Thursday - Friday or Saturday - Sunday)	240.00	265.00

OTHER

Prices	Members (£)	Non-members (£)
Pre-conference stay - Wednesday night**	76.00	76.00

* All residential options include lunch, dinner and accommodation on the first day, and breakfast, lunch & dinner on the last day, but exclude accommodation on the last day. Please note that we finish at 4pm on Sunday so no dinner will be provided.

** Limited availability. First come, first served.

The conference will take place at the Hayes Conference Centre, Swanwick, Alfreton, Derbyshire, DE55 1AU.

We recommend reading our Terms & Conditions and Frequently Asked Questions on the next few pages before making your booking. Where possible, please book by debit card.

[Visit our website here](#) to book.



TERMS AND CONDITIONS

1. Residential prices include training, digital CPD certificate, refreshments, ensuite accommodation, and meals. Non-residential prices include training, digital CPD certificate, refreshments, lunch and dinner (except for Sunday when the conference finishes at 4pm).
2. You will need to choose your training stream(s) at the time of booking. You can change your choice of training stream(s) before 29 August 2024 by emailing us at office@acc-uk.org; after that, no change will be permitted.
3. If a training stream has less than 6 people signed up, ACC reserves the right to cancel the training stream. Those who have signed up for the training will be given the option to sign up for a different training stream.
4. Some training have a maximum number of participants; the spaces will be offered on a first come, first served basis.
5. At the time of publishing this programme, all training streams had been confirmed. However, in the event of unforeseen circumstances arising, ACC reserves the right to make necessary adjustments which may result in cancelling a training stream.
6. Any dietary requirements should be made clear at the time of booking on the booking form or by emailing us before 29 August 2024. If we are not notified by then, we regret that we will not be able to accommodate your dietary requirements.
7. In the event of you needing to cancel, the following policy will apply:
 - Cancellation prior to 30 June 2024, 50% of the fee paid is refundable.
 - Cancellation prior to 31 July 2024, 25% of the fee paid is refundable.
 - Cancellation on or after 1 August 2024, no refund will be made.





FREQUENTLY ASKED QUESTIONS

1. Where is the conference held? What are the dates?

The conference will take place in the Hayes Conference Centre, Swanwick, Alfreton, Derbyshire, DE55 1AU, from Thursday 19 September 2024 to Sunday 22 September 2024.

2. How does it work with the 2-day training streams?

The training part of the conference is made up of 2-day training streams (apart from "SCoPEd column B training" which is four days) on either Thursday and Friday or Saturday and Sunday. If you are attending the whole conference but not attending the 4-day training, you will need to choose a 2-day training stream on Thursday and Friday and another 2-day training stream on Saturday and Sunday.

3. I don't want to come for the whole conference. Do I have to book for either Thursday & Friday or Saturday & Sunday?

Yes, all but one of our training streams are two days and are either on Thursday & Friday or Saturday & Sunday, so our booking system is set up to reflect that.

4. I want to book for the whole 4-day conference. Can I come the night before, i.e. Wednesday night?

We have a limited number of rooms available on the Wednesday night and the cost is £76. It's first come, first served and you can arrive from 6pm onward on Wednesday.

5. What are the bedrooms like?

All of the bedrooms have ensuite facilities. If you don't mind sharing a room, please indicate that on your booking form. However, we are not able to offer a discount for sharing a room.

6. I'm not sure if I want to come in person; do you offer live streaming?

Unfortunately we are not able to offer live streaming this time. It is something we are hoping to achieve in the future.

7. What happens next once I have booked?

Relax! Further information regarding the conference and training will be sent a few weeks before the conference. Please make sure your email address is correct at the time of booking and notify us if there is any change.

8. What if I need to cancel my booking?

Please refer to our cancellation policy in the Terms and Conditions.

9. Is there any provision for disability access?

The conference centre has some training rooms and bedrooms with disability access. Please make sure you let us know on the booking form if you require disability access and/or any reasonable adjustments we can make to help you access and enjoy the conference. The bedrooms with disability access will be allocated on a first come, first served basis. Once these bedrooms are taken, there is the option to stay locally.



10. I have a dietary requirement. What do I do?

Please make sure you let us know the details of your dietary requirement on the booking form or email us at office@acc-uk.org. We need to know any dietary requirements before 29 August 2024.

11. What do I need to bring to the conference?

Anything you need for the duration of the stay and what you need to make notes. As part of our commitment to becoming more environmentally friendly, we won't be providing paper copies of training handouts or conference timetable. They will be emailed to you beforehand. If you wish to have a paper copy of them with you at the conference, you will need to print them at home and bring them. Your certificate of attendance will be emailed to you afterwards.

12. How will the CPD hours be calculated on my certificate?

The CPD hours is calculated based on training stream(s) you have chosen and attended.

- A 2-day training stream on Thursday & Friday has 10 CPD hours.
- A 2-day training stream on Saturday and Sunday has 9.5 CPD hours.

13. I have a question that is not covered here. What do I do?

Please email us at office@acc-uk.org or call us on 02476 449 694 for any further questions.





To facilitate the provision, by
Christians, of quality counselling,
psychotherapy and pastoral care

ACC head office

Tel: 024 7644 9694 / email: office@acc-uk.org /
www.acc-uk.org

Registered charity number:

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