

The Norwich Centre

NEWSLETTER WINTER 2011

Welcome to our newsletter!

It has been over a year now since our last Newsletter but from now on we will be sending it out on a regular basis again.

It has been a challenging time for us, as indeed it has been for many charities, and cuts in income have left us focusing on our core operations. However I am pleased that we have had a satisfactory year, helped a great deal by the seminar in April which was organised by our fundraising group. It was a huge success and was enjoyed by all. We are very grateful to our fundraising group for all their hard work and thank you to all our supporters.

Workshop Programme

Please see inside for details of our programme of workshops and training courses. We are delighted that Rachel Freeth will be running a workshop on the influence of the medical model on counselling and psychotherapy. Caroline Kitcatt is running a workshop for spiritual seekers. She has recently trained in the United States in using the expressive arts in spiritual direction and this experience will form the basis for this workshop. We continue to run our Introduction to Counselling course for those wishing to learn more about counselling.

Please support our work by making a donation:

Find us on Local Giving at <http://localgiving.com/charity/norwichcentre>

OR TEXT YOUR DONATION - TEXT NCEN32 £5/£10/£20 to 70070

How does the medical model influence counselling and psychotherapy?

Rachel Freeth

Saturday 3rd March 2012

10 am – 4. 30 pm

How might your client be affected by medical model thinking and practice and how might this influence the therapy process? What are your own attitudes and responses to the medical model and in what way do they influence your practice? These are some of the questions that will be explored in this workshop, which will consider in detail what may actually be meant by the term medical model, as well as how its values have influenced many counselling and psychotherapy approaches, particularly within healthcare organisations. This workshop will appeal to therapists who are interested in exploring the impact of the medical model on their work with clients and who wish to develop a more informed critique of it.

Rachel Freeth is a psychiatrist working part-time in a community mental health team in Herefordshire. In 1998 she completed a Diploma in Counselling in the person-centred approach and since then has sought to bring the philosophy and values of the person-centred approach into mental health settings. She has written about the challenges of this in her book 'Humanising Psychiatry and Mental Health Care. The challenge of the person-centred approach' (Freeth, 2007. Radcliffe Publishing). She is interested in bridging the worlds of psychiatry and counselling and helping counsellors and psychotherapists develop greater understanding and confidence regarding psychiatric issues.

Cost: £60 per person

Price does not include meals, please bring a packed lunch. Limited parking is available at the Norwich Centre

Number of places: 14

Places must be booked in advance. To book your place please complete and return a booking form ([see website](#) or phone and we will send one).

Terms and Conditions apply, please contact the Norwich Centre or see our website for details.

The Norwich Centre Unit for Spiritual Exploration

At the Midpoint

Caroline Kitcatt

Saturday 4th February 2012

9.30 am—4.30 pm

At the midpoint between the Winter Solstice and Spring Equinox, this day is an opportunity to reflect on our spiritual lives using different creative modalities. As the days lengthen and the early signs of Spring appear, what signs of growth do we find within us? In the Northern hemisphere, the various traditions have festivals and rituals to reflect the time of the year. It is a half way point, and as such perhaps an opportunity to pause for a short time, to consider where we are, and where we have been in our process of spiritual development.

This time and space is for those who wish to focus on their spiritual life, whether you are committed to a faith tradition or not. The emphasis is on starting where you are, not where you are not. During the day there will be times of silence and times of sharing. Please come open to exploring using art, music, movement, voice and writing to engage with this time. You do not have to join in with anything that makes you feel uncomfortable, but at the same time this may be an opportunity to stretch your edges and try new things. You do not need to be good at art or singing or moving, just willing to be with the process.

Caroline Kitcatt is the Centre Director of the Norwich Centre and co-facilitator of the Diploma in Spiritual Accompaniment. She has a passionate interest in counselling, spirituality, and spiritual accompaniment, and in what the person-centred approach can offer in this area, and this was the subject of her doctoral research. Her thesis, 'Dancing Barefoot: An exploration of women's experience of the spiritual accompaniment/direction relationship' can be [downloaded from the UEA website](#). Caroline has recently attended [Awakening the Creative Spirit](#), in the United States, which is an experiential training in the expressive arts for spiritual directors.

Cost: £60 per person including materials, but you may wish to bring your own journal. This price does not include meals, there are places to eat nearby or you are welcome to bring a packed lunch. Limited parking is available at the Norwich Centre.

Number of places: 6

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Introduction to Counselling Skills

Aidan Abernethy

Spring 2012

Wednesday 7 pm - 9.30 pm

**18th, 25th January
1st, 8th, 22nd, 29th February
7th, 14th March**

**Saturday 21st January
10 am – 4 pm**

Counselling skills can enable us to improve our relationships through better communication better listening and better understanding. They also benefit us at work and can contribute to improving performance and wellbeing.

This course is aimed at those who are new to, or exploring, an interest in counselling. The aim of the programme is to increase understanding of the counselling process, explore some of the theoretical issues and to practise the skills involved. This course is designed to help you to discover your potential and can provide a first step towards other careers. We work in an experiential way to help you build your confidence in using counselling skills. The course will include group exercises as well as pair and triad work. This can involve talking about yourself as well as listening to others. Many people find that they have a changed view of life afterwards. Confidentiality within the group is essential.

In this course you will have the opportunity to:

- ❖ increase your understanding of counselling skills
- ❖ practise those skills
- ❖ increase your understanding of counselling theory
- ❖ increase your personal effectiveness at work, home or leisure
- ❖ apply theory in order to understand human interaction as it relates to self and counsellor-client relationship

For full details and a brochure please [visit our website](#) or contact us as below.

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