



Newsletter

Hello,

As 2014 nears the end, we are reflecting on a busy year.

In the time since the Coast to Coast cycle ride in June, Lisa has been busy working on her PhD. Rebecca and Janet have continued their work in the office and have been busy with the membership renewal process.

This year, the Awaken office will be closed from **Tuesday 23rd December 2014 at 12pm** until **Monday 5th January 2015 at 9am**.

During this time, we will be checking emails periodically.

We wish you a very Merry Christmas and all the very best for a happy, healthy and prosperous 2015.

Lisa, Rebecca & Janet



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www.awakenschool.co.uk

Eco Coaching, Therapy and Supervision

“Walk off the Christmas turkey and prioritise your resolutions for 2015 in one go”!

Join Lisa Wake and Franca Mongiardi for an eco-coaching yomp over the beautiful North Yorkshire moors

This opportunity will enable you to:

- Focus on your resolutions and goals for 2015
- Access your potential in the outdoors
- Work creatively in paired coaching groups
- Be supported by Lisa and Franca in experiencing eco coaching

Ability: Distance is approximately 4 miles, terrain ranges from moorland, shale paths to steep climbs over muddy ground.



Date: 3rd January 2015

Time: 10.30am – 2.30pm

Location: Captain Cooks Monument
Car Park
near Great Ayton

Cost : £20 per person

For further information or to reserve a place contact Rebecca:

Tel: 0845 873 2036 **Email:** info@awakenschool.co.uk

UKCP College Meeting

Action Points

At the recent UKCP College Section meeting, there are a number of action points that have been raised to be addressed by members within their own practice.

1. **Death of a psychotherapist:** We ask that all therapists ensure that they have contingency plans in place and accessible by their supervisor in the event of their death. Obviously we hope this does not happen to any of us for some time and we are advised to ensure that we act professionally in preparing for such an eventuality.
2. **Supervision grandparenting:** If anyone wants to submit themselves for grandparenting onto the College Supervisors register, the closing date for this is 31st December. Any submissions after this time will not be considered and no further entries can be made onto this register via grandparenting. If you wish to apply, please submit your application in electronic format by 5pm on 31st December. The office will be closed from 12pm on 23rd December until 5th January, therefore applications submitted over the holiday period and before this timescale will be considered in the New Year. If you are interested in applying, please contact the office.
3. **Diversity and Equality:** There is a significant amount of free literature on the Diversity and Equality committee of UKCP website. This can be accessed via www.DESR.org.uk. You may find some of the information useful for yourself and your clients.
4. We are seeking someone to act as School representative for the 5 yearly reaccreditation process that is to be held at College level. Meetings will be held as teleconferences in most instances and a small honorarium will be paid by the School for this service. If you are interested, please submit your CV to the office by end January 2015. You are required to be UKCP accredited to take on this role.

UKCP Child Grandparenting

Earlier this year, UKCP and the Hypno-Psychotherapy College finalised the process for gaining the child marker. Two processes are in place, the first being direct grandparenting which runs from now until 31st August 2015. The second process allows for self-certification, whereby applicants can follow a less complex process and then apply for full grandparenting the following year. Self-certification runs until the 31st August 2015 and grandparenting for these members is between the 31st August 2015 – 31st August 2016. Forms for both processes are available from the office.

For those individuals who have already accredited with UKCP, the process will give you the child marker, which will mean that you will have a notification against your name on the register that you are competent to work with children. This is different from the child therapist title, which is only allocated to those who have completed a UKCP accredited child training.

For those individuals who are not accredited with UKCP, you would need to complete two steps.

1. Gain accreditation with UKCP through our usual route.
2. Apply for grandparenting for the child marker.

Timescales:

- **Grandparenting** for the child marker by end 31st August 2015. First panel meeting is the end of September 2014. **Please submit your application to us by 31st August 2014.** It is anticipated that a further 2 panels will meet prior to 31st August 2015.
- **Self-certification** for the child marker by 31st August 2015. First panel meeting is the end of September 2014. **Please submit your application to us by 31st August 2014.** It is anticipated that a further 2 panels will meet prior to 31st August 2015. Grandparenting will then commence in 2015 and will run until 31st August 2016. It is anticipated that the panel will meet 4 times to consider applications.

Please note that you will not be allowed to apply for grandparenting for the marker after the end of 31st August 2015. To ensure processing time you are encouraged to apply before 30th April 2014.

Please note that you will not be allowed to apply for self-certification and then grandparenting after 31st August 2016. To ensure processing time you are encouraged to apply via self-certification before 30th April 2015.

Please contact the office for the relevant forms or if you have any questions.

Membership Renewal

We would like to thank all our members for the excellent response we have had so far during our annual membership renewal. Most of our members have now completed their renewal.

For those of you who have not yet received your certificate, your membership may still be pending awaiting outstanding documentation. Please can you return this at your earliest convenience so that we can complete your renewal.

If you have not yet responded, it is not too late so please contact us on info@awakenschool.co.uk or 0845 8732036 for details.

Mental Health Review

Recently, Lisa has been involved in an article that was published in the Mental Health Review Journal

Pilot study using Neurolinguistic Programming (NLP) in post-combat PTSD

by Lisa Wake & Margaret Leighton



MA in Applied Coaching

If you have completed a Practitioner or Master Practitioner course with Awaken recently, you will be aware that you were eligible for credits towards an MA.

We have received notification that if eligible students wish to enrol for the MA in Applied Coaching through University of Derby and guarantee using the credits that the course allowed, you must let us know and start the process off by January 2015.

At present there are some changes happening at the University and we are unsure how long we will be able to offer this as a route.

Please note that in order to enrol into the MA, you need to have completed all assessed elements of the course and have your full certificate.

If you would like any further information or wish to enrol, please contact the office.



Courses in Belfast

Starting in the New Year, we will be working alongside The Life Therapies Clinic to offer a series of courses, CPD events and a pathway to UKCP accreditation based in Belfast.

For more information, please contact the office.



Dates for 2015

Introduction to NLP

25 February 2015

NLP Diploma

24-27 March 2015

NLP Practitioner

24-27 March, 14-16 April and 19-21 May 2015

Clinical Practitioner in NLP

20-24 July 2014

NLP Master Practitioner

20-25 April, 1-6 June, 29 June-4 July 2015

NLP Practice Group

13 January 2015

17 March 2015

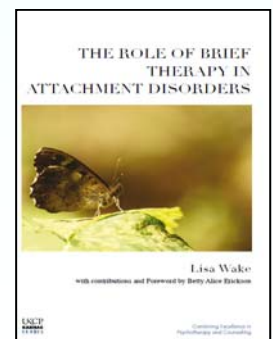
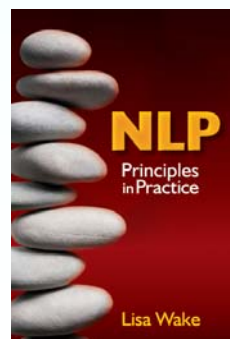
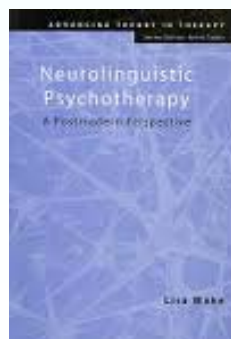
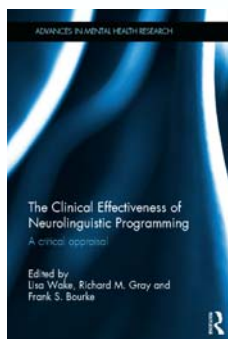
5 May 2015

Introduction to Research Methods

15-17 July 2015

Advanced Patterns in Psychotherapy

Starts September 2015



Contact Details

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*If you would like to be unsubscribed from our mailing list,
please contact us in the office*