



ACC National Conference 2022

22 - 25 October
The Hayes Conference Centre

Welcome

Back in December 2019 when a team of us gathered to plan for the next conference, we had an image of a banqueting table fully laden with choice food and all were invited to come and partake in the feast. It was a symbolic image of what we hoped the conference would offer (aside from good food!) that all from diverse backgrounds would feel invited to come, take what they like and share with others what they have. We didn't know what Zoom was and we didn't know a virus would grind everything to a halt. Fast forward a couple of years, we have navigated through a pandemic, we have witnessed the cruelty of racial injustice, we have felt the impact of climate crisis, and we have seen the devastating consequences of a war that we never thought would happen in a modern day world... It has been an unsettling and unnerving experience for many of us. However, in the midst of it all, there is also resilience that we may have seen in different forms in ourselves, our clients and those we pastorally care for.

Running an in-person conference after Covid and under the pressure of rising living costs comes with its risks. But we cherish learning from one another and connecting with others in our embodied forms. It is not just a time for intellectual learning; it is also a time for journeying together in what God has called each of us to do. Above all, we believe there is power in gathering, in being one in Christ Jesus.

The theme of the conference is drawn from Galatians 3:28 "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus." (NIV) As an ecumenical body, we want to celebrate the diversity amongst our membership and in the field of counselling and ministry of pastoral care; equally we want to celebrate the unity we have in Christ. We trust the conference will be a vehicle for it.

We want to thank all the trainers who have kindly offered to share their knowledge and expertise to future equip us for the work.

We hope you will join us and celebrate what God has done in our individual lives, community lives, in the fields of counselling and pastoral care. If not, we hope you enjoy looking through the programme!



Wineng Hart

Head of Training & Communications

Association of Christian Counsellors (ACC)



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Day 1

Saturday 22 October

9:00 Registration

10:00 Welcome & Worship

10:45 Break/Refreshments

11:15 Training Session (1.5 hrs)

12:45 Lunch

14:00 Training Session (2 hrs)

16:00 Break/Refreshments

16:30 Training Session (1.5 hrs)

18:00 Dinner

19:30 Worship & Keynote Speech

21:00 After Hours

Day 2

Sunday 23 October

7:30 Prayer (in Chapel)

8:00 Breakfast

9:00 Sunday Service

10:45 Break/Refreshments

11:15 Training Session (1.5 hrs)

12:45 Lunch

14:00 Training Session (2 hrs)

16:00 Break/Refreshments

16:30 Training Session (1.5 hrs)

18:00 Dinner

19:30 Group Meets

21:00 After Hours




Day 3

Monday 24 October

- 7:30 Prayer (in Chapel)
- 8:00 Breakfast
- 9:00 Plenary
- 10:45 Break/Refreshments
- 11:15 Training Session (1.5 hrs)**
- 12:45 Lunch
- 14:00 Training Session (2 hrs)**
- 16:00 Break/Refreshments
- 16:30 Training Session (1.5 hrs)**
- 18:00 Dinner
- 19:30 Entertainment
- 21:00 After Hours

Day 4

Tuesday 25 October

- 7:30 Prayer (in Chapel)
 - 8:00 Breakfast
 - 9:00 Training Session (1.75 hrs)**
 - 10:45 Break/Refreshments
 - 11:15 Training Session (1.5 hrs)**
 - 12:45 Lunch
 - 14:00 Training Session (1.25 hrs)**
 - 15:15 Break
 - 15:30 Commissioning
 - 16:00 Departure
- 

Our Trainers



Pauline Andrew



Mark Arnold



Vicky Bell



Chris Blakeley



Michelle Bridgman



Bonny Cheung



Dr Heather Churchill



Brent Clark



Pete English



Katy Evans



**Marlene Forsythe-
Gidharry**



Charles French

Our Trainers



Dr Hilary Garraway



Mel Halacre



Dr Paula Hall



Dr Gill Harvey



Sharon Hastings



Beverley Hutton



**Dr Naomi Lawson
Jacobs**



Nikki Dhillon Keane



**Richard Lahey-
James**



Nicky Lambert



Fiona MacMillan



Sharon Mclean

Our Trainers



**Sue & Chris
Monckton-Rickett**



Pippa Mundy



Louiz Nielsen



Teresa Onions



Dr Janet Penny



Paulette Peters



**Rev Nancy Sloan-
Capasso**



Kate Snowden



Karen Stefanyszyn



Dr Chris Steed



Peter Watts



Sarah Wilson

Training Overview

2-Day Training

Trainer(s)

For

Saturday & Sunday | 22 & 23 October

[Introduction to Family Therapy](#)

Richard Lahey-James

Counsellors

[How to help survivors of childhood sexual abuse & how to help ourselves and others with the emotion of shame](#)

Dr Heather Churchill

Counsellors

[An Introduction to Working Therapeutically with Eating Disorders](#)

Kate Snowden

Counsellors

[Working with Addiction](#)

Brent Clark

Counsellors

[Understanding and Working with Aspects of Self](#)

Pauline Andrew

Counsellors

[EMDR Workshop](#)

Beverley Hutton

Counsellors

(Cancelled)

[Fundamentalist religious childhoods and adult health: Implications for practice in one-to-one therapeutic encounters](#)

Gill Harvey

Counsellors &
Pastoral Carers

[Pregnancy and Infant Loss](#)

Rev. Nancy Sloan-Capasso

Counsellors &
Pastoral Carers

[Working with domestic abuse in the context of counselling, psychotherapy and pastoral work \(modules 1-4\)](#)

Nikki Dhillon Keane

Counsellors &
Pastoral Carers

[Walking the Talk of Self Care and Wellbeing](#)

~~Teresa Onions &
Marlene Forsythe-
Gidharry~~

~~Counsellors &
Pastoral Carers~~

(Cancelled)

[Sex & Porn Addiction and Pastoral Care](#)

~~Louiz Nielsen & Peter
Watts~~

~~Pastoral Carers~~

(Cancelled)

Training Overview

2-Day Training

Trainer(s)

For

Monday & Tuesday | 24 & 25 October

[Narcissism and Echoism](#)

Pauline Andrew

Counsellors

[Sex & Porn Addiction – Controversies, Concepts and Treatments](#)

Paula Hall & Peter Watts

Counsellors

[Working with domestic abuse in the context of counselling and psychotherapy \(modules 5-8\)](#)

~~Nikki Dhillon-Keane~~

~~Counsellors~~

(Cancelled)

[Find the Valuable Person - An Approach to Diversity](#)

Dr Chris Steed & Nicky Lambert

Counsellors

[Working with gender non-conforming & Transgender clients](#)

Michelle Bridgman

Counsellors

[Marriage Counselling & Couple Therapy Skills](#)

Richard Lahey-James

Counsellors & Pastoral Carers

[Holistic CBT](#)

Dr Hilary Garraway

Counsellors & Pastoral Carers

[1:1 Accompaniment through the Lens of Spiritual Direction](#)

Chris Blakeley & Karen Stefanyzyn

Counsellors & Pastoral Carers

['All Inclusive?' – Understanding and supporting families of children and young people with additional needs](#)

~~Mark Arnold~~

~~Counsellors & Pastoral Carers~~

(Cancelled)

[The More Course](#)

~~Beverley Hutton & Charles French~~

~~Pastoral Carers~~

(Cancelled)

Training Overview

1-Day Training

Trainer(s)

For

Saturday | 22 October

[Disability Workshop](#)

Mel Halacre, Katy Evans
& Pippa Mundy

Counsellors

[Writing Our Selves: Creative Writing for Therapeutic
Purposes in Counselling Practice \(Creativity Stream\)](#)

Janet Penny

Counsellors

[Children, Young People & Loss \(CYP Stream\)](#)
(Cancelled)

Pete English

Counsellors &
Pastoral Carers

[Working with People in Christian Ministry](#)

Sue & Chris Monckton-
Rickett

Counsellors &
Pastoral Carers

Sunday | 23 October

[Using music in Christian counselling – how music can
enhance spiritual reflection and mental wellbeing
\(Creativity Stream\)](#)

Sarah Wilson

Counsellors

[Racism and identity: exploring the impact and
implications for children and young people \(CYP Stream\)](#)
(Cancelled)

Sharon Hastings

Counsellors who
work with or are
training to work
with CYP

[Retreat - Images of Christ](#)

Sue & Chris Monckton-
Rickett

Counsellors &
Pastoral Carers

Training Overview

1-Day Training

Trainer(s)

For

Monday | 24 October

[Neurodiversity](#)

Dr Naomi Lawson
Jacobs & Fiona
MacMillan

Counsellors &
Pastoral Carers

[The Use of Symbolism in Therapy \(Creativity Stream\)](#) (Cancelled)

~~Sue & Chris Monckton-
Rickett~~

Counsellors

[Working Safely with Children and Young People \(CYP Stream\)](#) (Cancelled)

~~Vicky Bell~~

~~Counsellors who
work with CYP~~

[“Know Yourself”: Attachment, Identification and Difference \(Culture Stream\)](#)

Paulette Peters

Counsellors &
Pastoral Carers

Tuesday | 25 October

[Neurodiversity](#)

Dr Naomi Lawson
Jacobs & Fiona
MacMillan

Counsellors &
Pastoral Carers

[Exploring the Use of Art in Therapeutic Practice \(Creativity Stream\)](#)

Bonny Cheung

Counsellors

[Spirituality in Children’s and Young people’s Work \(CYP Stream\)](#) (Cancelled)

~~Vicky Bell~~

~~Counsellors who
work with CYP~~

[Cultural Competency Training \(Culture Stream\)](#)

Sharon Mclean

Counsellors &
Pastoral Carers

Introduction to Family Therapy

At the foundation of family therapy is the principle of understanding clients within their family and cultural context. It is vital to help clients reflect on their behaviour in the context of their history, story and significant influences. In families and groups the impact of one person's actions affects others, for better and for worse, in multiple ways. We will look at some of the basic skills and interventions to help our individual clients understand themselves within their family context and have a taste of what working therapeutically with whole families might entail.



RICHARD LAHEY-JAMES is a 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 five grandchildren.

How to help survivors of childhood sexual abuse & how to help ourselves and others with the emotion of shame

The first day of training will address how to help survivors of childhood emotional and/or sexual abuse. This day will consider how to help survivors and cover a number of difficult complex topics such as: implications of the false memory syndrome controversy for counsellors and how to help survivors who experience flashbacks, self harm and difficulties with a relationship with God. Due to the nature of the topic being discussed, care will be taken that the training and all the group work is undertaken in a sensitive way, with a high regard for the emotional safety of delegates.

The second day will aim to provide a Christian and compassionate understanding on the issue of shame and in addition, give practical advice as to how to help ourselves and others who struggle with high levels of shame.



DR HEATHER CHURCHILL DCPsych (Middlesex), MTh (Middlesex) BA (Hons) (Brunel); Fellow of Association of Christian Counsellors and Registered Accredited Counsellor, Registered Member BACP (Senior Accredited, Counsellor/Psychotherapist) and Supervisor

Heather is Head of Counselling Faculty for Waverley Abbey College and has many years of experience as a Trainer, Counsellor/Psychotherapist and a Supervisor. She has co-authored two books: *Insight into Helping Survivors of Childhood Sexual Abuse* and *Insight into Shame* and has published a number of articles in the *accord* journal of the Association of Christian Counsellors. In her private clinical practice, Heather specialises in counselling adults who have experienced abuse in childhood.

An Introduction to Working Therapeutically with Eating Disorders

This training will provide an introduction to working therapeutically with eating disorders. Kate will introduce the different types of eating disorders and explore symptoms and treatment from an integrative perspective. The training will explore the inevitable overlap between the medical and the psychological considerations for care faced by therapists seeking to support those with eating disorders, which currently have the highest mortality rate of any psychiatric disorder in the UK.

During the workshop, Kate will also explore spiritual perspectives on working with eating disorders for clients and therapists who wish to integrate faith into the therapeutic journey. Drawing on her therapeutic arts background, she will include a creative session exploring creative interventions for ED treatment.



KATE SNOWDEN MBACP, ACC, RDMP, MA, Dip-IC

Following a performing career as a professional ballet dancer, Kate qualified as a Dance Movement Psychotherapist (Goldsmiths University, London), going on to complete a Level 5 Diploma in Integrative Counselling and Psychotherapy. Over the last 11 years, she has worked as both a DMP and a talking therapist in a variety of settings. These include an NHS medium secure forensic unit, an outpatient clinic for eating disorders, schools, a counselling centre ([Heart & Mind](#)) and Christian charities ([Rahab](#) and [Azalea](#)). She also spent 4 years as Head of Therapeutic Development at creative arts charity: Talitha Arts.

Kate has taught and supervised on the Level 3 and Level 5 Certificate and Diploma counselling courses at [Heart and Mind](#) and offers clinical and pastoral supervision. She is a registered member of the BACP, ACC and ADMP accrediting bodies and adheres to the BACP code of ethical practice. Kate has a particular interest in eating disorders, trauma and the use of creative interventions to facilitate freedom and change.

Working with Addiction

This training provides a foundation in understanding addiction and counselling those in need. We will cover the history (both treatment and its genesis), the science of addiction, physical and psychological dependency, a Christian approach including the 12 Steps and the Oxford Group, the difference between Process (behavioural addictions) and Substance, addiction as a spiritual malady, risk assessments, how to work effectively in the counselling room with relapse prevention, CBT, how to work alongside support groups and the importance of Recovery Capital and continuing care.



BRENT CLARK has been counselling recovering addicts for over twenty years. He worked for seventeen years in East London designing programmes for residential and day programmes while facilitating thousands of one to one and group sessions. His work has taken him to rehabilitation centres in Russia (Siberia) and the USA (Tacoma, Arizona) and throughout the UK. He has also founded [two award winning social enterprises for recovering addicts](#).

Now in private practice as a therapist and supervisor, Brent also supervises and teaches on London South Bank University Masters Course in Psychology, Addiction and Counselling where he received his Masters in 2010. Brent has also taught at Diploma Level for Heart and Mind.

Brent is a husband and dad of three. He supports West Ham Utd and also is an illustrator who produces work for Christian publications and loves having a pencil in his hand and a blank piece of paper before him.

Understanding and Working with Aspects of Self

Pauline's workshop will look at how different counselling models and approaches each give us a theoretical understanding of the way we are configured. Using creative tools, we will explore the different aspects of ourselves, including our early formative years, developmental shaping, life events and the different roles we now carry out in life. We will go on to look at working more deeply with clients, including spiritual dynamics and the impact of trauma and abuse on the core personality. The days will be colourful, lively and interactive, including demonstrations, giving ideas for how we might work with clients.



PAULINE ANDREW is an ACC qualified counsellor and supervisor, and together with her husband Chris, is Director of Deep Release Counselling & Training. Pauline completed her Diploma in Counselling in 2002 and went on to achieve her MA in Counselling & Psychotherapy in 2008. She has a passion for creative counselling and training. She taught the Barnabas Level 4 Counselling Diploma and the Level 5 Supervision Diploma for many years and wrote and delivered the Level 5 Certificate in Integrating Creative Interventions in Counselling.

Pauline's childhood delight in drawing cartoons has come to fruition in the hugely popular *Roles Played in Families*, *Core Needs in Families* and *Roles Played in Anger* counselling cards, which are now sold around the world. She is author of *A Creative Guide to Working with the Inner Child* (2018), *A Creative Guide to Working with Blocked Anger* (2021) and *A Creative Guide to Working with Nesting Dolls* (2022).

In March 2020 the Deep Release training moved online, resulting in a huge increase in attendance, with participants from around the UK and other countries enjoying the highly colourful, engaging and interactive style of the courses.

Pauline and Chris share three amazing children, with their wonderful partners, and five gorgeous grandchildren.

Saturday & Sunday

EMDR Workshop (Cancelled)

The training covers the basic theories behind EMDR as well as demonstrating how Beverley integrates it with faith to work with Christian clients. Beverley will talk about some of her work with more complex presentations, showing how EMDR benefits those with DID and body image disorders such as BDD. It will also include an opportunity to watch or take part* in some EMDR during the course of the workshop.

When EMDR processes memory that is stored within the central nervous system and the amygdala, it will involve the whole person - meaning the person can experience visual, sensory, emotional, and physical symptoms during processing. If the person is filled with the Holy Spirit then we can expect that it will also involve the Spirit too, which can be a wonderful and enriching experience. They may hear, see, and experience God in a way they may not have been able to before and, in particular, to experience God's hand upon the situation we're targeting with EMDR if we involve Him in the process. Integrating EMDR with our faith is a wonderful experience for the therapist as well as for the client.

Please note: This training is offered as insight into the process of EMDR. Formal EMDR training should be undertaken with an official training organisation, such as the EMDR Academy which leads to registration and accreditation as an EMDR approved practitioner.

*If you would like to try EMDR yourself at the training for others to observe and learn from, please contact the ACC office beforehand.



BEVERLEY HUTTON is the Clinical Director and Founder of mental health charity, Still the Hunger. She is a Psychodynamic Psychotherapist and EMDR Europe Accredited Practitioner, with several years' experience in senior NHS healthcare management. Beverley has a particular interest and experience working with dissociative disorders, including DID and trauma, body image disorders, and chronic pain management. She leads a weekly therapy group for people suffering with DID and BDD, as well as a monthly BDD support group in association with the BDD Foundation. She previously ran a Therapeutic Community programme for 7 years before moving into more individual work with EMDR, which has seen more complex clients being able to make dramatic progress over a much shorter time period.

She is the author of *Still the Hunger*, which is her own story of healing and recovery from growing up within a family involved in the occult, and *The MORE Course*, which she wrote as a resource for the church and as a self-help guide for those wanting to understand complex mental health issues from an integrated biblical and clinical perspective.

Fundamentalist religious childhoods and adult health: Implications for practice in one-to-one therapeutic encounters

These two days of training will provide attendees with an introduction to this often-neglected subject, within counselling and psychotherapy and other related occupations such as pastoral care, spiritual direction, and prayer ministry. Based on her recent doctoral research, Gill will provide an overview of the topic including making a differentiation between fundamentalism and extremism or radicalisation and introducing some of the literature on this subject. An exemplar anonymised case study will be used to illustrate how these important formative experiences can easily be missed in one-to-one therapeutic work.

During the workshop, the advantages and disadvantages of a fundamentalist upbringing across the Abrahamic religions, as identified in the findings of the narrative inquiry, will be identified alongside the impact on mental health and wellbeing in adulthood as recognised in the stories of the seven co-researchers who participated throughout the project. Some emergent implications for practice will also be acknowledged and explored and while, not the main focus of the research, the religious status of each participant as identified by them will also be given. There will be interactive discussions in both the whole and smaller groups and in addition video clips will also be used at times to facilitate conversations.



DR GILL HARVEY D.Psych; ACC (Accredited); BACP (Senior Accredited)

Gill is programme leader for the MA in Therapeutic Counselling and Psychotherapy at Waverley Abbey College. She is a therapeutic counsellor/ psychotherapist, supervisor, and trainer working mainly in private practice. Gill has completed a research doctorate at the Metanoia Institute/Middlesex University, the title of her thesis being: 'Both sides of the coin: Counsellors' stories of the influence of a fundamentalist religious upbringing on mental health and wellbeing in adulthood'. She is particularly interested in the relationship between counselling and spirituality, as well as early developmental religious experiences and adult mental health and wellbeing.

Pregnancy and Infant Loss

The two-day training will cover the basic anatomy and physiology of foetal development, miscarriage and termination, the life game - looking at foetal development and the decision making process regarding termination; the psychology that is specific to baby loss, stillbirth, miscarriage, termination; and spirituality of supporting the client whilst taking care of yourself. We will explore some case studies and there will be Q&A time. It will also provide an overview of the work carried out by Perspectives - counselling for those experiencing difficulties related to pregnancy and pregnancy loss.



REV NANCY SLOAN-CAPASSO has worked all her life in Health & Social care, as a registered nurse & now as a volunteer counsellor and centre coordinator for Perspectives. Initially, working as a neonatal nurse in the Ipswich Special Care Baby Unit and then towards the end of her nursing career as a nursing sister in St Elizabeth's Hospice. Since 2010 she has been the centre coordinator for Perspectives, a Christian Charity providing free and confidential counselling for those experiencing difficulties in pregnancy and baby loss. In 2018 Perspectives was invited by the Ipswich hospital to offer counselling to patients in the maternity department and this has seen a huge rise in the demand for their work. Nancy qualified as a counsellor in 2016.

Working with domestic abuse in the context of counselling, psychotherapy and pastoral work (modules 1-4)

These modules will give a thorough 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.



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. Nikki works in private practice and with several third sector organisations. She is a co-founder of the [Faith and VAWG coalition](#) and the founder of [Safe in Faith](#). 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](#)".

Walking the Talk of Self Care and Wellbeing (Cancelled)

Caring for others can be costly in terms of making ourselves available physically, emotionally, mentally and spiritually. Caring for ourselves can be challenging in terms of finding the time and space to do so, in embracing our own God given value, in recognising our own vulnerabilities and in finding a balanced understanding of scripture, e.g. 'deny self, take up your cross and follow me' (Mk 8:34-35); 'Let us not become weary in doing good' (Gal 6:9). These sessions aim to provide the time and safe space for those who 'give out' to 'put in' and walk the talk of self-care and wellbeing, through teaching, group support and personal reflection/retreat.



TERESA ONIONS has recently undertaken a Project Leader role with ACC, to establish online, facilitated Pastoral Support Groups, having retired from the role of Director of Pastoral Care for ACC in 2017. She has been Pastoral Leader of a church, involved in a Diocesan Pastoral Training Strategy Group, has written and delivered training material and supported and developed pastoral carers over many years. She has also worked as a counsellor and supervisor in the NHS, having trained at St. John's Theological College, Nottingham in the early 1990s. Teresa is passionate about enabling good pastoral care to happen and ensuring those who offer the care are well supported in their ministry. She is also passionate about the Lake District where she lives, walks, runs and cycles!



MARLENE FORSYTHE-GIDHARRY is a member of the steering group for the Pastoral Support Group (PSG) projects, PCUK trainer and PSG Trainer/Facilitator. She is a former ACC Board member and has recently been awarded an ACC Fellowship in 2021, for contributions to the organisation's work. Marlene is an ordained minister with the New Testament Church of God and a retired Assistant Headteacher. Having trained at the Institute of Pastoral Counselling (IPC), Nottingham and awarded the IPC Certificate in Reflective Practice and Pastoral Supervision in 2018, Marlene provides pastoral support in a variety of settings. Marlene's desire is to serve to bring about change, improvement and growth in pastoral care. She loves crafts of all kinds!

Saturday & Sunday

Sex & Porn Addiction and Pastoral Care **(Cancelled)**

This two-day training has been specifically designed with a spiritual focus to help those in pastoral carer roles supporting Christians who struggle with sex or porn addiction.

We will explore addiction holistically from the perspective of biology, psychology and sociology with biblical perspectives on dependency. Ultimately only the 'addict' can decide if their behaviour is 'addictive' or out of control. These experiential and information packed days will help those in supportive roles to guide people towards that decision and plan their way forward.

Practical tools will also be provided along with guidance for how to set up help within the local church context and when to promote appropriate referral.



LOUIZ NIELSEN is the national leader of Journey UK and has been part of the pastoral ministry team since 2002. Born in Denmark, she moved to the UK in her early twenties. She has a BA in Fine Art from Middlesex University, and an MA in Printmaking from the University of the Arts London, Camberwell College of Arts. She worked at Middlesex University in their schools of fine art & design for a number of years, and has continued her own work as a practicing artist. She is passionate about finding creative ways for people to connect with God at a heart level that goes beyond words, and often uses visual reflections, symbols, interactive and experiential exercises in ministry. She is married to a vicar, living in South East London with their two children.



PETER WATTS is a therapeutic counsellor specialising in working with sexual addictions and supporting those who struggle with them and their partners. He has many years of experience in helping churches address these issues both in supporting groups and providing training. He is a Registered Member of both the BACP and ACC and a member of the Association for the Treatment of Sex Addiction and Compulsivity (ATSAC). He is a freelance trainer for the Institute of Sex Addiction Training (ISAT) and an associate counsellor with the Laurel Centre, a therapy practice dedicated to treating sex and porn addiction. Peter currently attends a church in South London with his family.

Disability Workshop

1. Disability Affirmative Therapy by Mel - what is it and how can we be more comfortable with our own and our client's responses to disability? We'll discuss disabled clients' experiences of therapy, the disability affirmative approach developed by [Spokz People](#) and the challenges and opportunities for therapists engaging with disability, disabled clients and their families. **2. The experience of therapy from a disabled client's perspective** by Katy - we'll look at the very real and common attitudinal and physical barriers with the goal of equipping therapists with the tools and confidence to create welcoming, accessible therapy spaces. **3. Disability, Faith and Wellbeing in Therapy** by Pippa- We'll look at how therapists can work with disabled clients around their questions of faith, for example 'why am I disabled or in pain?', how to become more comfortable with disability and faith issues, touching on healing and prayer, their relationship with God and viewing disability as a resource for church communities.



MEL HALACRE has been clinical director and therapist at Spokz People CIC since its foundation in 2009. They are a non-profit organisation developing a disability affirmative therapy approach. Their services are: an online platform for disabled members and their families, offering mental health and wellbeing support through a community & programme; a growing directory of psychological therapists who have disability experience; an online CPD hub & forum support for therapists and other professionals to discover more about working affirmatively with disabled clients.

KATY EVANS works as an associate for an organisation which champions the rights of disabled people and people with mental health difficulties to live ordinary lives. Katy was also an advisor to the government during the 2014 Special Educational Needs and Disability (SEND) reforms and worked with the Council for Disabled Children. She writes about her lived experiences of disability and a trauma survivor and her difficulty accessing appropriate, non-pathologising mental health services. She has been a co-researcher on the Living Life to the Fullest Project for four years.



PIPPA MUNDY is a Trainee Clinical Psychologist, who has been working in the mental health field for the last 8 years. Pippa is a full-time wheelchair user with Cerebral Palsy so is particularly passionate about supporting the development of mental health resources for disabled people, and equipping other professionals with the skills and knowledge they need to work with this client group. Outside of work, Pippa is active in her local church, so speaking at the ACC conference is an exciting opportunity for her to explore how disability, faith and mental wellbeing all intertwine.

Writing Our Selves: Creative Writing for Therapeutic Purposes in Counselling Practice

Creative approaches in therapy can enable the counselling process to move beyond 'stuckness', allow for the communication of difficult issues, and move towards change that crosses the 'head-heart gap'. As part of creative approaches, writing for well-being has a long history, and the Psalms can be seen as an early form of writing for therapeutic purposes. Creative writing for therapeutic purposes (CWTP) is an accessible approach that encompasses a breadth of interventions using some form of creative writing for working with a range of client difficulties. The types of interventions used in CWTP are almost limitless, and they range from being unstructured to structured, shorter through to longer interventions, and from serious to playful. Importantly, with its focus on the process, rather than the outcome and production of 'good' writing, no writing expertise, knowledge, or experience is needed in CWTP, and research now shows how expressive writing has beneficial effects on health and well-being. In this one-day experiential workshop you will learn what creative writing for therapeutic purposes is and how you can weave CWTP interventions into your counselling practice and in personal development.

Workshop Outline

- What is CWTP?
- Brief foundations of CWTP: Research and theory
- Creativity and the inner critic: Responding to fears and shame
- Structure and unstructured approaches in CWTP: Exploring the variety of interventions
- 'Scribio Divina': Writing as a spiritual practice and the use of Scripture
- Creating your own CWTP interventions



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 19 years and is the Deputy Head of Counselling Faculty at Waverley Abbey College as well as the Editor of the Waverley Abbey College Journal. Janet works as a research supervisor at London School of Theology and the Metanoia Institute, and also enjoys working at the creative edges of therapy using therapeutic photography and creative writing. As well as being involved with prayer ministry at her local church with her husband, she is a keen amateur photographer.

Children, Young People & Loss (Cancelled)

In this one-day workshop we will explore loss and the impact on children & young people. The content will include an exploration of the additional complexities of loss in a pandemic. There will be an opportunity to consider loss in different circumstances i.e., suicide, sudden death, long term illness as well as see and experience a craft activity and other resources.

Outcomes include gaining a basic understanding of how loss and bereavement impact children & young people, increasing confidence and knowing when to refer on and having some practical tools to support a grieving child or young person.



PETE ENGLISH is an accredited member of ACC & BACP. He is project lead for ListeningPeople - the training division of the national bereavement charity AtaLoss. He has founded, and helped develop, a number of charities during his career and has delivered training for both Christian & secular organisations including Child Bereavement UK. Pete speaks regularly on the subject of bereavement particularly focussing on the impact on children and young people. He experienced the loss of his mother at 2 years old and subsequent loss of other key family members throughout his younger years. He has written 2 journals called Tough Stuff to support children affected by various forms of loss and co-wrote a book on parental separation for the Grove Book Series. Pete works as a counsellor and pastoral worker in 2 primary and 2 secondary schools and helps to lead the youth work at his local church. He is married with 3 grown up children and 3 grandchildren.

Working with People in Christian Ministry

Reports show that burnout amongst church leaders, youth workers, pastoral workers etc. has hit a record high post Covid-19.

Wellbeing and burnout have been issues for church leaders and Christian workers for many, many years – long before the pandemic. So, how as counsellors can we understand and best work with clients who are in ministry?

In this workshop, we will look at:

- what contributes to stress in ministry – expectations (internal and external), the roller-coaster of daily ministry, isolation, etc.?
- the psychological dynamics of church families and the pressures they create
- balancing the cost and the calling of ministry
- the problem of boundaries – physical, psychological and spiritual
- the relationship between, physical, emotional and spiritual burnout
- how to work with clients to improve their wellbeing and prevent or recover from burnout

The workshop will involve teaching, case studies and discussions.



SUE & CHRIS MONCKTON-RICKETT are both Registered Accredited Counsellors, who have been working in private practice for over 25 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 counselling training has included Jungian psychology and sandplay and their practice has involved working integratively and creatively with a wide variety of issues and clients. For many years they worked as counsellors for Claybury Trust, one of the first cross-denominational organisations to provide support for people in ministry and their families.

They are both experienced trainers working with both counsellors and pastoral care and have been leading retreats for many years particularly focusing on people in caring professions.

They have both recently worked in managing ACC NHS Counselling Service and Chris is planning to establish an ACC Forum for counsellors and pastoral carers working with disability. Sue is Chair of ACC.

Using music in Christian counselling – how music can enhance spiritual reflection and mental wellbeing

This workshop will aim to give a brief overview of music therapy, theory and practice, and then focus on how music, including Christian music (hymns, worship songs, etc.) might be used in Christian counselling. We will consider how music can facilitate discussion and reflection and affect a non-verbal emotional and spiritual experience which may enhance the counselling work. The facilitator will draw on over 20 years' experience working as a music therapist and mental health practitioner in adult mental health settings (inpatient hospitals and community projects) to share how music might be accessed and utilised by non-music therapists and musicians to add a different experience to counselling work.



SARAH WILSON is a Nordoff-Robbins trained music therapist. She has worked in NHS hospitals and community projects in London for over 20 years, supporting people to look after their mental health and manage illness. Sarah's particular interest is in how music can facilitate healing and foster communities which can reduce isolation and improve wellbeing and self-worth, and contributed to a research project published in the book "Musical Pathways in Recovery" (Ansdell & DeNora with Wilson, Routledge, 2016). She is currently manager of SMART (St Mary Abbot Rehabilitation and Training) Projects, a mental health service in Chelsea, and runs the Band for Life project in London's East End, a music-based mental health project funded by the Methodist Church in Tower Hamlets. Sarah is also a church musician and accompanist.

Racism and Identity: Exploring the impact and implications for children and young people (Cancelled)

Experiencing racism can be distressing for anyone of any age and in particular for children and young people. This day will be an opportunity to explore how experiences of racism can affect the mental health and wellbeing of children and young people and how we can support them. We will look at:

- Definitions of racism, stereotypes and microaggressions
- How these may contribute to racial stress in children and young people and negatively impact their sense of self and identity
- Ethnicity and identity
- How counsellors/pastoral workers can support children and young people and 'be' with them and help them express their feelings around the situations they face.

We will be looking to create a safe space where participants will be able to reflect on these issues, their own experience of adolescence, what might get in the way of being authentically present with their clients and how they can enhance their practice by working in a culturally competent way with children and young people of all backgrounds.



SHARON HASTINGS is an integrative Counsellor, Supervisor and Freelance Trainer. She provides therapeutic counselling to adults, children and young people and has worked in primary and secondary school settings and in private practice.

Before joining the field of mental health, Sharon worked for a local authority, the NHS and for a leading mental health charity. These experiences have led her to sharing her passion about mental health in the training arena. Sharon has delivered a range of training courses on mental health to a wide variety of organisations in the public, private and voluntary sectors, as well as working as a counselling tutor. Sharon is an approved Mental Health First Aid Instructor with Mental Health First Aid England and a Suicide First Aid Instructor with the National Centre for Suicide Prevention Education and Training.

Retreat - Images of Christ

As Christians we believe that we are made in the image of God, but do we ever reflect upon what images of God that we carry.

On this retreat day, we will use the richness of art and imagery of Jesus from across the world to explore:

- different aspects of who Jesus was and is in different cultures, theologies, etc.
- our own personal images of Jesus and how we relate to him through them
- the use of imagery to widen and deepen our faith and understanding of Jesus

The day will include some led teaching, Biblical meditations, music, relaxation and reflective exercises. In each session there will also be time for private reflection perhaps using meditative exercises, working creatively, reading or even just resting in silence.

This is about time for you, a time for Jesus to meet with you, to perhaps develop a new personal imagery of Jesus.



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Narcissism and Echoism

Pauline's workshop will give participants an understanding of the origins of narcissism, how to identify it, and the impact of living with a narcissist – including family members and life partners. We will also take an honest look at narcissistic traits we ourselves might possess! The training will include an understanding of Echoism, a counterpart to the Narcissist, and how we as counsellors may be particularly vulnerable as echoists and empaths. A fascinating look at a very relevant topic, including videos, practical exercises and creative interventions.



PAULINE ANDREW is an ACC qualified counsellor and supervisor, and together with her husband Chris, is Director of Deep Release Counselling & Training. Pauline completed her Diploma in Counselling in 2002 and went on to achieve her MA in Counselling & Psychotherapy in 2008. She has a passion for creative counselling and training. She taught the Barnabas Level 4 Counselling Diploma and the Level 5 Supervision Diploma for many years and wrote and delivered the Level 5 Certificate in Integrating Creative Interventions in Counselling.

Pauline's childhood delight in drawing cartoons has come to fruition in the hugely popular *Roles Played in Families*, *Core Needs in Families* and *Roles Played in Anger* counselling cards, which are now sold around the world. She is author of *A Creative Guide to Working with the Inner Child* (2018), *A Creative Guide to Working with Blocked Anger* (2021) and *A Creative Guide to Working with Nesting Dolls* (2022).

In March 2020 the Deep Release training moved online, resulting in a huge increase in attendance, with participants from around the UK and other countries enjoying the highly colourful, engaging and interactive style of the courses.

Pauline and Chris share three amazing children, with their wonderful partners, and five gorgeous grandchildren.

Sex & Porn Addiction – Controversies, Concepts and Treatments

This two-day training will provide counsellors with an overview of why sex and porn addiction is so controversial and an understanding of how the ongoing debates impact the people who seek our help. A biopsychosocial lens that incorporates spirituality will be offered to help us understand addiction and compulsive behaviours, including those that we may struggle with ourselves. A variety of assessment and treatment options will be explored, including traditional therapy, 12-step and self-guided options. An introduction to the impact on partners and couples will also be provided along with a framework for providing support.



DR PAULA HALL is a BACP Accredited, COSRT Senior Accredited, and UKCP Registered Sexual & Relationship Psychotherapist with 30 years experience, 15 of which have been specialising in compulsive sexual behaviours (commonly known as sex addiction/porn addiction). She is the Clinical Director of the Laurel Centre who provide services around the UK for people struggling with compulsive sexual behaviours, including individual, couple and group therapy. She is also the Course Director for ISAT's Accredited Diploma in Compulsive Sexual Behaviour and Sex Addiction. She is also the author of three books published by Routledge and *Confronting Porn: A Guide for Christians* published by The Naked Truth Project. Most recently Paula launched Pivotal Recovery CIC, a not-for-profit organisation that provides a low cost treatment alternative to traditional therapy.



PETER WATTS specialises in working with sexual addictions, both those struggling with addiction and their partners. He works privately and also as a Senior Associate Therapist with The Laurel Centre, one of the UK's leading sexual addiction counselling agencies, doing individual and group work. He has run numerous CPD training days for therapists, either privately or for the Institute for Sex Addiction Training (ISAT). Peter also runs workshops on sex addiction and pastoral care for faith groups and churches.

Professionally, Peter is a Registered Member of both the BACP and ACC. He is also a member of the Association for the Treatment of Sex Addiction and Compulsivity (ATSAC) and the Association for Counselling and Therapy Online (ACTO).

Working with domestic abuse in the context of counselling and psychotherapy* (modules 5-8) (Cancelled)

These modules will explore the limitations of traditional therapeutic approaches when working with domestic abuse. You will learn how to work therapeutically with victims and survivors using a five stage framework, and understand how to respond to clients who may be perpetrating abuse. Participants will explore issues around working with survivors of sexual violence, including pre-trial therapy. You will also gain a deeper understanding of trauma and complex trauma, and different approaches to trauma therapy. These modules will also explore new approaches to working with internalised abuse and internalised spiritual abuse. There will be an opportunity to learn about organisations supporting Christian survivors of domestic abuse and gender based violence.

***Please note: to sign up for this training, you will need to have completed modules 1-4 on Saturday & Sunday, even if you have experience in working with domestic abuse.**



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. Nikki works in private practice and with several third sector organisations. She is a co-founder of the [Faith and VAWG coalition](#) and the founder of [Safe in Faith](#). 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](#)".

Finding the Valuable Person - An Approach to Diversity

We will explore a possible theoretical approach to working with and appreciating differences in race, gender and categories of disadvantage. This is an emerging development of the London School of Theology counselling model which seeks to integrate Christian Theology and counselling theory, alongside a sociological perspective. We will explore both theoretically and experientially:

- How responses to what is going on in the social world of both client and counsellor form part of our identities and therefore impact our therapeutic dialogue.
- How power dynamics, both individual and systemic, can impact the therapeutic relationship and the importance of taking the context of the relationship seriously.
- How our diverse embodied experiences of privilege, oppression, trauma and groundedness can affect our dialogue, both in and out of the counselling room.
- Some possible sources of healing and growth from a theological perspective.



DR CHRIS STEED is an Anglican minister and academic with a varied career including government service, Headquarters Director of Operation Mobilisation, secondary education and 25 years church leadership which combined extensive pastoral counselling experience with 5 years in professional counselling. Chris is a member of BACP and is the Programme Lead at London School of Theology where he has led on a recent revalidation of the undergraduate degree programme. Concurrently,

this has been 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. The result is a book that is attuned to social imperatives of race and gender etc but also biblically sensitive to texts such as the theme for this conference.

NICKY LAMBERT is a lecturer in the Counselling & Theology Department of London School of Theology and is also in private practice as both a counsellor and a supervisor. Prior to this, she worked as a counsellor, supervisor and manager in Community Drug and Alcohol treatment for more than 10 years. Her teaching and practice is rooted in her original training as a Gestalt counsellor – she holds a Post Graduate Diploma in Pastoral Counselling from St John's College, Nottingham and is an accredited member of BACP and ACC. Having spent a considerable time living in China, Nicky speaks passable Mandarin and is fascinated and challenged by the joys and difficulties of being in dialogue with people different from herself. Nicky is also Chair of Trustees of Alumah CIO which supports people in West Suffolk to recover from the impact of abusive relationships.



Working with gender non-conforming & Transgender clients

In our current culture there is more and more fluidity around gender and yet at the same time we are being faced with increasing prejudice and fear. Do you feel comfortable and knowledgeable about working with clients who identify as gender non-conforming?

The training will combine theory and experiential learning. It will include some background to clinical thinking and how treatment in the 1960s evolved into current treatment pathways. We will help you become familiar with terminology, an understanding of what your client's may be experiencing from the perspective of people who are assigned male or female at birth, but who do not identify with those assigned genders as well as individuals who have a non-binary or non-conforming gender identity. Most importantly, we aim to illustrate how you can work with, and support them.

The relationship between sex and gender is often confused and we will explore the differences as well as the intersectionality between sex and gender. The intention is for you to leave the training feeling more confident in your ability to work with this demographic.

The training will be a mix of theory, Case studies, therapeutic practice and experiential learning both in the large group and in pairs/triads. The intention is to provide a safe environment where attendees can explore their own beliefs and attitudes towards Gender and gender identity.



MICHELLE BRIDGMAN is an experienced Gestalt Psychotherapist, Hypnotherapist, Coach and Keynote Conference Speaker with over twenty-five years of experience in Private Practice and in hospital settings.

She has been working with adults and young people presenting with Gender Dysphoria for over twenty-five years and co-authored the 'Standards of Care' for professionals working with Gender Dysphoria published in 2017. She is a regular commentator on Gender Identity issues in the Media.

Michelle recently completed a research project and thesis on *"The Role of Psychotherapy in the clinical treatment of Gender Dysphoria"*

Marriage Counselling & Couple Therapy Skills*

This training will focus on principles, skills and interventions, from various family therapy schools, applied to couples in therapy. Couples find themselves wrestling with various challenges in life and relationships as they progress through the rough and tumble of the human lifecycle often finding they need a little extra help to navigate the trickier moments. 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. You will learn some useful tools for couple counselling, as well as expand your understanding of individual clients as you consider the impact of their relationships with significant others.

***The training is geared towards trainee and qualified counsellors & psychotherapists. However, those involved in pastoral care of married couples might find many of the ideas presented quite useful in their ministry.**



RICHARD LAHEY-JAMES is a 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 five grandchildren.



Monday & Tuesday

Holistic CBT

This two-day training will assume that participants have some basic understanding of standard CBT (Cognitive Behaviour Therapy) and the training will offer the following:


- Learn the HCBT longitudinal formulation and how this has developed standard CBT formulations to incorporate the spiritual and other aspects of a person's life.
- Reflect on the concept of the human spirit and explore how to use HCBT and the concept of spirit with people of different faith traditions and spiritual journeys.
- Gain an overview of the 'Free to be Me' course based and how this can be offered in groups or as individual therapy.
- Learn some therapeutic techniques from HCBT with opportunity to practice these skills such as working with the HCBT formulations and other HCBT tools such as drawing the 'me-tree,' working with the HCBT thought record and using the Ignatian idea of the Examen in therapy.
- Understand the ethos of HCBT and reflecting on our own ways of working.



DR HILARY GARRAWAY is a consultant clinical psychologist and accredited CBT therapist, supervisor and trainer. Hilary was with the Christian organisation Youth With A Mission for about ten years both in the UK and abroad. During her time with Youth with a Mission she completed the YWAM Diploma in Christian counselling and then worked alongside Dr Mike Sheldon (one of the founding members of ACC) helping to provide counselling training both in the UK and in Uganda, developing

the concepts of whole person health care and establishing a community project based on some of these principles. Hilary then moved into the NHS and has worked in adult mental health for about twenty years. Until recently she was the adult psychology lead in Enfield NHS mental health services and prior to that she worked in Early Intervention in Psychosis teams.

Hilary describes her spirituality as Celtic contemplative and worships both in a local church and is part of Contemplative Fire. She was chair of the National Spirituality and Mental Health Forum and the spirituality lead for the British Psychological Society and is a trustee for Whole Person Health Trust and Whole Care. Hilary has trained in art therapy, creative writing, ecotherapy and spiritual direction and she seeks to bring these threads of creativity, spirituality and psychology together in her work. This has led to the development of Holistic Cognitive Behaviour Therapy. Last year she had a book published on this therapy and the related 'Free to be Me' course manual as well as working with others on publishing the 'Mental Health, Spirituality and Wellbeing' handbook.



1:1 Accompaniment through the Lens of Spiritual Direction

This training will combine an experiential introduction to core aspects of spiritual direction with the opportunity to reflect on your own practice in the light of these. Run by an experienced spiritual director and coach, it will focus on 'presencing' and will draw on the first commandment with its emphasis on whole-life embodiment - heart, soul, mind and strength. We will work with practical exercises in each element of this as a way of becoming fully present to the living presence of God so that we may discern God's Will at work in our lives (Romans 12). The term 'Direction' in spiritual direction is a source of confusion and debate. We will view it in terms of helping people find 'the good way' (Jeremiah 6:16) that is uniquely theirs in their developing intimacy with the Divine. The role of the spiritual director will be viewed primarily as holding a space in which the directee can connect and receive as fully as possible from the Trinitarian Presence without distortion, rejection or resistance.

On Monday we will provide an overview of the approach followed by experiential activities to help each other attune to how we experience and 'know' God at work, not just in the mind but also heart, body and soul. This will be practical work that will help you wherever you are on your own journey of spiritual formation as well as giving you the opportunity to support others in theirs. On Tuesday, we will explore the implications of this for people's diverse ministries - both the limits and possibilities of such an approach to personal healing and growth.



CHRIS BLAKELEY is the founder of Waverley Learning and helps leaders at all levels across all sectors to 'claim the space' to lead with authority, clarity, conviction and compassion. He has also established the Crossroads Retreats Charity to provide space for people at difficult Crossroads in Life and runs the Waverley Learning Community which provides monastic retreats for people in professional life. He is an Anglican, Benedictine Oblate, a trained coach, counsellor and Spiritual Director.

He has just published a book on 'Leading With Love' and is a tutor at Waverley Abbey College on their Spiritual Formation Programme.

KAREN STEFANYSZYN is a certified integral coach, a Fellow of the CIPD, a member of the International Coaching Federation (ICF), certified in Transformational Narrative Coaching and a member of the Association of Business Psychologists. She has held senior global roles in O.D. where she specialised in strengths based approaches to leadership. She is a member of the Methodist Ministries Committee and a Director at Westminster Central Hall. She began her career in youth work and was a member of the YMCA National Executive. For the past 5 years, as a Director of Waverley, she has been building a coaching practice, inviting people sense the world as it really is today and to work creatively with complexity and ambiguity, preparing to deal with situations they can't even anticipate yet.



‘All Inclusive?’ - Understanding and supporting families of children and young people with additional needs (Cancelled)

In this interactive stream, we will unpack and understand more about the wide range of additional needs journeyed with by 20% of children and young people in the UK, and their families. We will discuss the many different challenges that their families experience, how these challenges have deepened over the past couple of years during the pandemic including reference to research undertaken to capture the voices of families, as well as considering the often devastating impact the pandemic has had, and continues to have, on them. We will explore the range of support that can be offered to families, both practically and pastorally, including highlighting a range of helpful support organisations, and we will work through some case study scenarios to help us to put into practice what we have learned together.

Participants on this stream will be supplied with full-colour A4 workbooks to support the training, as well as access to playlists of helpful supporting video content that can be explored at their leisure.



MARK ARNOLD is the Additional Needs Ministry Director at leading national Christian children’s and youth organisation Urban Saints and is Co-Founder of the Additional Needs Alliance, a vibrant and fast-growing online community. He is an enthusiastic national and international advocate and ally for children and young people with additional needs.

Mark blogs as the national award winning [‘The Additional Needs Blogfather’](#), and is father to James who is autistic and also has learning difficulties and epilepsy. To find out more about how Mark and his work can help you, contact him at marnold@urbansaints.org or [@Mark J. Arnold](#).

Monday & Tuesday

The MORE Course (Cancelled)

The MORE Course was written specifically for the church to equip pastoral leaders supporting those with more complex mental health needs. If you are supporting people with more complex mental health needs, such as DID or eating disorders and self-harm, within the church community, it is important to have an understanding of these conditions and to know how to provide effective and safe support.

The course considers identity and faith as a child of God in the face of sometimes unspeakable trauma. Along with understanding negative thought and behaviour patterns, it also covers forgiveness, establishing safe boundaries, all the while integrating clinical theory and experience with faith, with plenty of opportunities for group discussions along the way.



BEVERLEY HUTTON is the Clinical Director and Founder of mental health charity, Still the Hunger. She is a Psychodynamic Psychotherapist and EMDR Europe Accredited Practitioner, with several years' experience in senior NHS healthcare management. Beverley has a particular interest and experience working with dissociative disorders, including DID and trauma, body image disorders, and chronic pain management. She leads a weekly therapy group for people suffering with DID and BDD, as well as a monthly BDD support group in association with the BDD Foundation. She previously ran a Therapeutic Community programme for 7 years before moving into more individual work with EMDR, which has seen more complex clients being able to make dramatic progress over a much shorter time period. She is the author of *Still the Hunger*, which is her own story of healing and recovery from growing up within a family involved in the occult, and *The MORE Course*, which she wrote as a resource for the church and as a self-help guide for those wanting to understand complex mental health issues from an integrated biblical and clinical perspective.

CHARLES FRENCH is a psychodynamic counsellor with experience in complex mental health conditions, including DID, BDD and eating disorders, addictions, and autistic spectrum disorders. As well as working as a therapist at Still the Hunger, Charles also works on a ward in a secure intensive care psychiatric hospital. He brings a wealth of experience to Still the Hunger as a pastor of a local church and leader of Still the Hunger's Encounter Rooms, where clients can come for personal prayer ministry and to join in worship should they choose to. Originally from South Africa and with several years' experience in church leadership, Charles is also a keen rugby player and gifted worship leader.





Monday

OR

Tuesday

Neurodiversity

Neurodiversity is the idea that there are natural variations in the way people think, sense and understand the world. There is an almost infinite range of neuro-cognitive variation among human beings but some people are neurodivergent—our thinking and *ways of being* diverge from the norm. This includes autistic people and those with ADHD, dyslexia, dyspraxia and Tourette’s syndrome, among other conditions. Historically understood as deficit and pathology, today neurodivergent people are shaping a growing understanding of neurodiversity as difference and diversity that comes with gifts as well as needs. In these sessions we’ll explore neurodiversity, look at the barriers neurodivergent people face in a neurotypical world and ask what counsellors and Christian leaders can do to enable neurodivergent people to flourish, as the people God created us to be.

Outline of training - neurodiversity: overview and history of a movement; myths; language; the social model of disability and the neurodiversity paradigm; ableism; power and normalcy; centring lived experience; unconscious bias; the pastoral model in churches and Christian communities; thinking and communication; strengths; mental health – anxiety, depression and trauma; sexuality, gender and relationships; tools & strategies; resources.



DR NAOMI LAWSON JACOBS (they/them) is a social researcher, writer and trainer. Naomi is disabled and neurodivergent, and also has lived experience of a physical chronic illness. They have been a disability advocate and activist for several decades.

Naomi’s book ‘At the Gates: Disability, Justice and the Churches,’ co-written by Emily Richardson, is out in June 2022. The book shares disabled people’s stories of marginalisation in churches, their cries for justice from the edge, and their transformative theologies for the whole church. The book is based on Naomi’s PhD research with disabled and neurodivergent Christians.



FIONA MACMILLAN (she/her) is a disabled and neurodivergent practitioner, advocate, speaker and writer. After 10 years managing pioneering health projects Fiona studied at the School for Social Entrepreneurs, becoming one of its first Fellows.

Fiona is a trustee of Inclusive Church, chairs the Disability Advisory Group at St Martin in the Fields, and leads the planning team for their annual partnership conference on disability and theology. Fiona has co-edited two booklets and contributed chapters to three books on practice and experience of disability and church.

The Use of Symbolism in Therapy (Cancelled)

Symbols are important to all cultures and faiths for example in Christianity the image of the cross, bread and wine, the Good Shepherd, etc. have great meaning, but they are also important psychologically. They are the language of our unconscious, they hold meaning, but are not fully understood and are vital in both an individual's psychological development and also the therapeutic process.

Drawing on Jungian psychology, in which symbols and imagery are seen as vital, we will explore how they provide a way for the conscious mind to access the unconscious, the way they can help individuals can externalise and process their thoughts and feelings (positive and negative), their fears and traumas as well as the treasures of hidden qualities and unexplored gifts.

The workshop will be experiential and an opportunity for you to work creatively with your own symbols as we explore their meaning for you personally as well as how you can use symbolism with clients, including:

- understanding the importance of symbolism in the culture, faith and each personal life of ourselves and our clients.
- the depth and transformative power of working with symbols and imagery.
- the many ways that we can work with symbols - in creative therapy, working with objects and paintings, storytelling, in dreams, etc.



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They are both experienced trainers working with both counsellors and pastoral care and have been leading retreats for many years particularly focusing on people in caring professions.

They have both recently worked in managing ACC NHS Counselling Service and Chris is planning to establish an ACC Forum for counsellors and pastoral carers working with disability. Sue is Chair of ACC.

Working Safely with Children and Young People **(Cancelled)**

It is an opportunity to be part of a learning community where we will explore safe working with CYP. We will consider boundaries, contracting assessment and record keeping, recognising potential differences dependant on context, client group and method of delivery. We will use the ACC code of ethics to help us as well as best practice guidance that exists, as well as considering what impact counsellor's stage of development in CYP work may have and the role of supervision. This will be an experiential workshop, there is an invitation to bring any documents that you currently use (without client details of course) so you can review and consider them in the light of our discussions if you wish. If numbers permit we will seek to provide the opportunity to work with others who counsel in similar settings and age group. Safeguarding will of course be considered as it always forms part of working with CYP however the workshop will be much broader than this alone.



VICKY BELL loves counselling CYP; She has been qualified and working as a counsellor since 2008, and Supervisor and Pastoral Supervisor since 2016.

Counselling has been her career since qualifying and she has worked predominantly for large charitable organisations providing counselling services to children and young people in both school and community settings. She currently works full time as a counsellor and supervisor dividing her time between a 3rd sector organisation and private practice. She provides counselling for those aged 5+ and works face to face and online using video and text. Privately she provides family therapy and in all her work seek to work with client's parents/ carers whenever possible as well as recognising the important role of partnership working has especially in CYP work as well as the challenges this can bring.

“Know Yourself”: Attachment, Identification and Difference

This one-day training programme is designed to raise awareness of the way birth, heritage and life experience, impact relationships, and the importance of identification, culture, and diversity.

The focus of the course is identity versus identification. At the end of the course, participants will have had the opportunity to examine their experience of birth and attachment styles; reflect on their uniqueness and what they contribute to relationships. You will be encouraged to celebrate cultural and other elements of identification that signal difference and enhance diversity. This course also offers an opportunity to consider legacy and what we contribute to the next generation through our varying pathways.

The course is grounded in scripture with a focus on Galatians 3:28 and integrates our sense of unity in Christ, whilst celebrating difference. Object Relations Theory, Attachment Theory and Systems Theory are used to facilitate learning but will not be explored in depth.



PAULETTE PETERS is a qualified, Therapeutic Counsellor, Supervisor and Trainer. She specializes in couple therapy but has extensive expertise in working with individuals living with stress, anxiety, and depression, and runs wellbeing group sessions online. Paulette’s background is in Children and Families Social Work and is well versed in issues that affect couple relationships. Her training career includes writing and delivering courses for Relate in Parenting, for example, to Race and Equality for local authority employees, whilst managing Practice Education for university programmes. She is passionate about women’s mental, emotional and spiritual wellbeing and is the President of the Women’s Discipleship Ministries in her church.

Exploring the Use of Art in Therapeutic Practice

“But I’m not an artist.”

“Are you going to read my mind if I showed you my painting?”

“Can you tell me what yellow means?”

Art does not want to be explained. Art wants to exist. It wants to be. It wants to be heard, it wants to be seen, when it feels safe. Does Art sound like someone you know?

In this training we will be looking at how the use of art is a powerful tool that we can utilise in our therapeutic practice, whether you are Jungian, Freudian, Gestalt or none or all of the above. We will de-mystify the concept of art therapy. And you might get your hands dirty in the process too!

Join me as we welcome the Voice of our Creator, and learn to give space to the voice within.



BONNY CHEUNG is an integrative art psychotherapist, with personal passions in different expressions of art including painting, dance, writing and music. She initially entered into art psychotherapy and theological training when she felt a call from God to leave her commercial graphic design career behind and to get equipped to use art therapy to reach the unreached with the gospel of Jesus Christ. Bonny has experience in working with clients both in the UK and abroad, with a great variety of age, cultural, ethnic and religious/spiritual backgrounds. The majority of her work is engaging with individuals who have been through human trafficking, complex trauma, sexual exploitation and childhood abuse.

Spirituality in Children's and Young people's Work (Cancelled)

It is an experimental workshop where we can come together as practitioners to explore spirituality in our work with children and young people. There will be space for personal reflection, with the opportunity to use creative medium and the conference location as we connect with the theme and consider what we bring to it. Opportunity to explore and learn together, including considering how to ethically work with our clients and our own spirituality both explicitly and implicitly in sessions with clients of all faiths and none. This workshop will be delivered by 3 experienced children and young people's practitioners – Vicky Bell, Christine Pinder & Heather Barton – who have been exploring this topic themselves; they work in various settings including those where practitioners' personal faith cannot be made explicit and across the full age range.



VICKY BELL loves counselling CYP; She has been qualified and working as a counsellor since 2008, and Supervisor and Pastoral Supervisor since 2016.

Counselling has been her career since qualifying and she has worked predominantly for large charitable organisations providing counselling services to children and young people in both school and community settings. She currently works full time as a counsellor and supervisor dividing her time between a 3rd sector organisation and private practice. She provides counselling for those aged 5+ and works face to face and online using video and text. Privately she provides family therapy and in all her work seek to work with client's parents/ carers whenever possible as well as recognising the important role of partnership working has especially in CYP work as well as the challenges this can bring.

Cultural Competency Training

This training on cultural competency will attempt to answer the question of “Why is being culturally competent essential in our work as counsellors and pastoral carers?”

The session will cover an introduction to the McLean’s ABC Model which is an experiential model that has been developed to be used for counsellors, pastoral carers, supervisors, trainers and anyone who has an interest in looking at culture to enable them to be culturally competent in their work.

The main outcomes for the sessions will cover:

- An Introduction to the model;
- How you can include culture in your work and life;
- How you can help others to see the benefits of expressing their own culture to enhance diversity and inclusion;
- Ways to embrace the experience of culture to see how it adds value to your work and life;
- Q&A session;
- Group activity session using the model and additional tools.



SHARON MCLEAN (M.A) is a Business Mentor, Trainer, Counsellor, Supervisor, and Tutor who has been counselling since 2008. She runs her own private practice and has a passion for supporting people to become the best version of themselves. Sharon has developed training materials around confidence building, self-esteem, trauma, race and culture to name a few. She is also the director of the Family Therapy Centre which is linked to her church YCF based in Tooting which offers counselling online and in the community to individuals, couples and

families as well as training, support groups and family activities. She has worked with a range of clients with depression, relationship issues, blockages and barriers to learning and uses an integrative approach.

One of Sharon’s recent accomplishments is the development of the McLean’s ABC Cultural Competence Model, which seeks to incorporate inclusion and diversity into a cultural context. It is an experiential model which can be used in any learning context for individuals, training organisations, counsellors and supervisors. Sharon has written articles for various magazines and in 2020 became one of the founding members of ACCEnT (ACC’s ethnic tapestry group) which is a group which convenes monthly, to promote inclusion and diversity as well as challenging racism in the counselling and training profession.

E: familytherapy@ycfinternational.co.uk or info@businesswithexcellence.com W: www.familytherapycentre.co.uk or www.businesswithexcellence.com T: 07958 183429

Prices

	Members	Non-Members
Early Bird (by 30 June 2022 inclusive)		
4-day Residential (Saturday - Tuesday)	£490	£550
2-day Residential (Saturday & Sunday or Monday & Tuesday)	£310	£350
4-day Non-residential (Saturday - Tuesday)	£340	£340
2-day Non-residential (Saturday & Sunday or Monday & Tuesday)	£170	£170
Day Pass (inc. refreshments, lunch & dinner*)	£85	£85
Standard (from 1 July 2022)		
4-day Residential (Saturday - Tuesday)	£540	£595
2-day Residential (Saturday & Sunday or Monday & Tuesday)	£345	£385
4-day Non-residential (Saturday - Tuesday)	£380	£380
2-day Non-residential (Saturday & Sunday or Monday & Tuesday)	£190	£190
Day Pass (inc. refreshments, lunch & dinner*)	£95	£95

*Please note dinner is not provided on the final day (Tuesday 25 October) as the conference finishes at 4pm.

The conference will take place in [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.

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

Terms & Conditions

1. Residential options include training, digital CPD certificate, refreshments, ensuite accommodation, and meals. Non-residential options and day passes include training, digital CPD certificate, refreshments, lunch and dinner (except for Tuesday 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 30 September 2022 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 30 September 2022. 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 2022, 50% of the fee paid is refundable.
 - Cancellation prior to 31 August 2022, 25% of the fee paid is refundable.
 - Cancellation on or after 1 September 2022, 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 Saturday 22 October to Tuesday 25 October 2022.

2. How does it work with the 2-day training streams and 1-day workshops?

The training part of the conference is made up of two-day training streams on either Saturday & Sunday or Monday & Tuesday and a few 1-day workshops on each day. If you are attending the whole conference, you will need to choose a 2-day training stream on Saturday & Sunday or a 1-day workshop on Saturday and another one on Sunday, and a 2-day training stream on Monday & Tuesday or a 1-day workshop on Monday and another one on Tuesday.

Most of those 1-day workshops are part of a training stream, i.e. creativity stream, CYP stream & culture stream, but they can be chosen individually. For example, you can choose to attend a workshop from CYP stream on Saturday and a different workshop from creativity stream on Sunday.

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

Most of our training streams are two days and are either on Saturday & Sunday or on Monday & Tuesday, so our booking system is set up to reflect that. We have a very limited amount of 1-day workshops which you can book to attend as a day delegate.

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

We have a limited number of rooms available on the Friday night and the cost is £69. It's first come, first served and you can arrive from 6pm onward on Friday.

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?

Frequently Asked Questions

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. I need a room with disability access. Is there any provision for that?

There are a limited number of rooms with disability access which will be allocated on a first come, first served basis. 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. Once these rooms are taken, there is the option to stay locally and come in as day delegates.

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 30 September 2022.

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 Saturday & Sunday has 10 CPD hours.
- A 2-day training stream on Monday & Tuesday has 9.5 CPD hours.
- A 1-day workshop on Saturday, Sunday or Monday has 5 CPD hours.
- A 1-day workshop on Tuesday has 4.5 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*

Association of Christian Counsellors UK

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