

MAY 2010

The Newsletter of *Inspire* Counselling & Training

Inspirations

Let's talk ... and listen!

UK marriage and divorce statistics are regularly in the headlines, often on the back of the most recent celebrity split. Lately it's the marriage breakdown of Cheryl and Ashley Cole in which the tabloids seem to be revelling – but you don't have to be a celebrity, or married to one, to be at risk from a split. In the UK:

- 35 divorces are granted every hour;
- approximately 31% of marriages end in divorce within the first ten years;
- 45% of marriages will end in divorce before a couple makes it to their 50th anniversary;
- 20% of second marriages will end in divorce; and
- marriage rates continue to fall whilst the number of couples choosing to live together rises.

(Statistics from the Office for National Statistics ONS).

All relationships go through difficult times – for many different reasons – and Christian marriages are no more immune to their problems than any other. It's how you handle the difficulties that can make the difference between staying together and splitting up.

At *Inspire* we offer counselling to individuals and couples. Many of our clients are experiencing relationship difficulties that are threatening to break their marriage. Many couples attending will say: "We've tried everything - counselling is our last resort." Sadly many do leave counselling until it's too late and by the time of their first appointment, years of bitterness and resentment have built up and the fear of being hurt blocks out any chance of change.

Experience and evidence tell us that the most positive outcome for a couple is achieved when they come to counselling as soon as they recognise there is an issue. Most will agree that counselling is a positive experience that helps them to step out from an uncomfortable place and begin to make a difference to a painful situation. Often we see marriages enriched, when couples begin to see their difficulties as strengths rather than points of conflict; the

issues that have been driving them apart can begin to pull them closer together. Even those couples who have decided to split find that talking it through with a counsellor can help them navigate their way effectively through this difficult time, whilst retaining as much regard and respect for one another as they can.

So, if you are experiencing any of the following or you are aware that things are just not right in your relationship, perhaps now is the time to consider counselling:

- When you talk to your partner, it feels as though you're hitting a brick wall.
- Your conversations just go round and round in never-ending circles.
- After you've talked, you feel frustrated and confused.
- You can't talk for more than a few minutes without it turning into a shouting match.
- You're afraid that if you bring up a certain subject, things will get even worse.
- There's nothing left to say.



Our trained couples counsellors will always seek to work with your agendas, and will offer no judgement or opinion about the choices made. Whilst we'd love to see marriages restored we know and acknowledge that sometimes they can't be! What we can offer is a safe and welcoming environment where both of you will be heard, valued and respected.

And don't forget *Inspire* has a bursary fund so don't let your finances, which can often be a point of conflict in a relationship, stop you seeking the help you need.

Inspire Counselling & Training is in partnership with Heart for Ipswich. Heart for Ipswich is an established project aimed at enabling Christians from many Churches to work together more closely to help meet the social and spiritual needs of the people of Ipswich, and to proclaim the good news of the Gospel.



INSPIRE TRAINING

It's been another busy training year at *Inspire* and we have delivered over 300 hours of training to over 100 people. This was provided in a variety of different ways from non professional, 2 hour sessions on subjects including listening skills, stress and bereavement, through to 90 hour professional courses in Counselling Skills or Studies.

Training has also been offered across the region and in different venues. We love being invited to Church groups and organisations to provide tailor made workshops. This is a great opportunity to meet one of *Inspire's* aims: to equip individuals or teams 'working' in pastoral or caring roles in Christian (and secular) communities. If you would like us to deliver such an event to a group with which you are involved, please do contact us. We are committed to providing high quality training at an affordable price – so let us know what topic or issue you'd like to address and we'll make it happen for you.

In 2009 we offered a new *Pastoral Care Course*. This 3 session course, approved by the Association of Christian Counsellors (ACC) and written by Barnabas Training International, aims to equip anyone with a desire to listen to and help others develop their skills, and an understanding of

how this can be done well. Led by Ken Donaldson, twenty three people, representing 16 Churches, undertook this training at the Orwell Centre last April, May and June. These folks came from a range of denominations and Church size, and offered a broad perspective and experience of what Pastoral Care is - and is not! There was much debate, agreement and some disagreement about the issues that arose but all concurred about the need for an effective and consistent approach from those with a passion for caring for others. Two of the course members went on to the Level 2 Counselling Skills course. Here's some of the feedback we received from course participants:

"It was great to learn from others' experiences – Ministers, Youth Workers and Church members. I loved it and it has encouraged me to make some changes to how we work."

"It was an interactive and dynamic course – we were encouraged to participate and even disagree!"

"The course gave people a really positive desire to do care better."

"Every Minister should be made to do this course!"

This course is running again in the coming months and prices remain unchanged – see details below and be part of it.

In 2010 we are excited to offer an extended range of courses:

Professional Counselling Training

LEVEL 2 SKILLS CERTIFICATE

Accredited by the Association of Christian Counsellors and the Counselling Psychotherapy Central Awarding Body this one year certificate course is for individuals who wish to learn counselling skills so that they can help people in a voluntary or an employed situation - or for those who wish to find out more about counselling. This course will not qualify students to be counsellors, but it is a first step towards this and further training in counselling.

It is not necessary to have undertaken any other training before applying for this course.

There is some course, group and home work. Excellent resources and support are provided to enhance learning.

Dates: September 10 – July 11
1 day per month - day to be confirmed, but please register your interest now.

Venue: Ipswich

Cost: £765

LEVEL 3 STUDIES CERTIFICATE

Accredited by the Association of Christian Counsellors and the Counselling Psychotherapy Central Awarding Body this one year certificate course is for individuals who want to develop advanced counselling skills for professional helping relationships. This work involves deepening or developing a professional relationship between helper and helpee. Students will probably be working in a helping capacity in a range of contexts including care workers, teachers, personnel or pastoral workers.

It is necessary to have successfully completed the Level 2 Skills Course before undertaking this study.

There is some course, group and home work. Excellent resources and support are provided to enhance learning.

Dates: September 10 – July 11
1 day per month - day to be confirmed, but please register your interest now.

Venue: Ipswich

Cost: £765

LEVEL 4 DIPLOMA IN COUNSELLING

The Diploma in Counselling is accredited by the Association of Christian Counsellors and the Open College Network. This course is structured to aid those who wish to further their knowledge and skills in counselling and qualify as a practising counsellor. In addition to the study element of the course all students will be required to provide evidence of continuing counselling practice with supervision.

It is necessary to have successfully completed the Level 2 Skills Course and the Level 3 Studies before undertaking this training – or an equivalent course elsewhere.

There will be continuous assessment of skills, attitudes, self awareness, knowledge, written assignments, counselling practice and attendance.

Dates: September 2010 – July 2012
One half day session per week, actual day to be confirmed, plus one Saturday per term.

Venue: Ipswich

Cost: Approx £1700 per annum tbc

Please note: Our Professional courses are heavily subsidised at Government level and will continue to be so, assuming that no adverse changes to central funding are implemented.

Non Professional Training

PASTORAL CARE COURSE

Recognised by the Association of Christian Counsellors, this 6 session course is intended for Ministers, Church Leaders, Pastoral Carers, Small Group Leaders, in fact anyone with a heart for caring and listening. Come as a team or individually and explore topics including the qualities of an effective carer, the Biblical principles of caring and the boundaries, accountability and legal issues relevant to this work. Develop your listening skills and self awareness in a safe, relaxed and interactive environment.

There is a small amount of coursework to be completed between sessions but support and resources are offered to assist and enhance learning.

Dates: 6 Wednesday evenings 7pm–9.30pm
12th, 19th and 26th May, 9th, 16th and 23rd June

Venue: Greenfinch Church, Ipswich

Cost: £100 per person for a team booking of 4 or more
£120 per person

**PRICE
UNCHANGED
THIS
YEAR!**

Counsellors CPD

WORKING WITH SURVIVORS OF CHILDHOOD ABUSE

This interactive workshop is led by Karen Gardner, a BACP accredited counsellor who has immense experience of working in this field. The day aims to offer qualified counsellors and counselling students an opportunity to explore issues around working with those who have experienced childhood abuse. This promises to be an educative, creative and inspiring day!

Date: Saturday 12th June

Venue: Greenfinch Church, Ipswich

Cost: £50 including a light buffet lunch and refreshments

PERSON CENTRED COUPLES COUNSELLING

An advanced post diploma certificate in person centred couples therapy.

This six day course is led by Allan Turner and Kate Stubbings, two BACP accredited experienced couples' counsellors, supervisors and trainers. This course aims to train counsellors to confidently offer Person Centred therapy to couples. This is achieved through a variety of training methods including demonstrations, teaching sessions, role play and encounter groups. Applicants should already have a good grounding in counselling and be trained to accreditation level although it is **not** a requirement that they are accredited.

Dates: 5th / 6th & 19th / 20th November
and 3rd / 4th December

Venue: The Fletcher Centre, Ipswich

Cost: £375

For further details regarding any of the above courses or to request an application form please fill in the response form overleaf, contact *Inspire* on 01473 217694, e-mail Susie Donaldson or download an application form online at www.inspirecounselling.org.uk

INSPIRE NEWS

Refreshed Rooms!

In our last issue of Inspirations we told you about how an *Inspire* team raised over £1,400 by abseiling down Ipswich Hospital's Maternity Block. This fantastic amount was used to purchase paint, furniture and fixtures for a much needed overhaul of our waiting room and three counselling rooms. Thanks to Ray Bullock, who freely gave his time to do all the painting, we're really pleased to tell you that this project has now been completed – making a real difference to our counselling environment. THANK YOU Ray!



Client Library

Many who seek help from a counsellor are also looking for ways in which they can help themselves – and often ask for book recommendations. Thanks to a kind donation from KPMG, *Inspire* is in the process of putting together a library of books which clients will be able to borrow. To benefit as many as possible, *Inspire* is purchasing a range of titles and, given that many clients have similar issues, will buy three of each title. Many of the books which *Inspire* is buying provide simple, practical help to those in distress and can be of particular use in showing clients that they aren't the only one going through the difficulties they are facing. We are also aiming to purchase core text books that our course students can borrow to assist them with their studies.

And from one of our clients...

One of our clients has kindly given us permission to reprint this poem – written to express their feelings after a counselling session at *Inspire*.

MY FIRST DAY OUT

Today I went out and ate a cake
 The air was cold and breezy – it blew my hair around
 I like that.
 I haven't been out for a very long while
 I prefer the light to the dark
 It's easier to breathe in the light and the air tastes nice.
 Nothing is stale.
 I really liked it.

GIFT AID AND STANDING ORDER FORM

If you are a tax payer, then the Inland Revenue will repay the tax to *Inspire*, which increases the value of your donation to us, at no further cost to yourself

Gift Aid Declaration

Name:

Address:.....

.....

Post Code:.....

I am a UK taxpayer, and pay sufficient tax to cover my donations. I wish *Inspire* to treat all my donations as gift aid and recover the tax. If at any time I no longer pay sufficient tax to cover my donations, I will let *Inspire* know..

Signed.....

Date.....

STANDING ORDER FORM

Name of Bank.....

Address.....

.....

Bank Sort Code.....

Account Number.....

Please pay from the above account, the sum of

£..... monthly to:

***Inspire* Counselling and Training**
HSBC Bank, 66 Hamilton Road, Felixstowe, IP11 7AJ
Sort Code 40-21-06
A/c 01141333

Starting on (date).....
 until further notified by me

Name(s).....

Address.....

.....

Signature (two if joint account).....

.....

MONEY MATTERS AT *INSPIRE*

Inspire was set up to provide **low cost** counselling, with a Christian ethos, to individuals and couples aged 18 and over, of any faith or none.

How does this work? *Inspire* agree a fee per session with clients, based upon their individual annual income. Some clients are able to pay a “market rate” but many (currently approx 90%) are not – so *Inspire* agree an appropriate donation with each client, one which suggests a willingness and commitment to the work on the client’s part.

So what’s the problem? We are a small charity and to meet our costs – which we seek to keep to a minimum – we have established a small, minimum donation. At present, however, only 65% of clients are able to meet this; perhaps this is not surprising given the recent economic climate. The demand for *Inspire’s* services has increased almost 100% since the start of 2010 (compared to the same period last year) whilst the ability of potential clients to pay the minimum amount is reduced. There is therefore a significant proportion of the community seeking help in the form of counselling, who are unable to pay for it and who would

normally be unable to access counselling. The ethos and heart of *Inspire* is always to meet the counselling needs of all those who seek our help (within the professional limitations of such a service) and so we have a Bursary Fund on which we draw as a client’s need is identified.

How can you help? To enable us to continue to provide low cost counselling to those in need, we continue to need to raise money for our Bursary Fund. The recent Sports Relief activities and fundraising ventures for the people of Haiti have shown us the generosity of the British public. We appreciate that this request is one of many – but we would be really grateful for any support you can give us to enable us to continue and develop this work. And don’t forget – if you’re a British taxpayer and you sign a gift aid form (a copy of which is attached overleaf) the government will add to the value of your donation. This is a further valuable source of income to us which we couldn’t do without!

Inspire exists only because of your support so please, if you are able, send us a donation. If you’d like to discuss our finance further or help us with any fundraising please complete the attached reply form or talk to Jane Scarlett at the *Inspire* office.

THANK YOU!

Thank you to those churches, individuals and organisations who support us financially on a regular basis. Please continue to support us in this way and consider increasing your giving. We cannot continue the work of *Inspire* without you and rely on your ongoing commitment to us!

INSPIRE REPLY FORM

Please detach this form and send it with your full name and address to this address:

Inspire Counselling & Training
The Fletcher Centre
2 Crescent Road Ipswich IP1 2EX
Tel: 01473 217694

email: contact@inspirecounselling.org.uk
www.inspirecounselling.org.uk

- Please send me information about financial giving to *Inspire*.
- Please send me information about fundraising for *Inspire*.
- Please send me general details regarding counselling training, with *Inspire*.
- Please send me details of / an application form for the **Pastoral Care Course**.
- Please send me details of / an application form for the **Level 2 Skills Course**.
- Please send me details of / an application form for the **Level 3 Study Course**.
- Please send me details of / an application form for the **Level 4 Diploma Course**.
- Please send me details of / an application form for the **‘Working with Survivors of Childhood Abuse’ workshop**.
- Please send me details of / an application for the **Person Centred Couples Counselling Course**.
- I wish to discuss how *Inspire* can help provide my Church / organisation with training.
- Please send me information about the *Inspire* Bursary Fund.
- Please send me general information regarding *Inspire* Counselling and Training.
- Please add me to your mailing list to receive regular information regarding the work of *Inspire*.

Name.....

Address.....

Postcode.....Tel. No.....

E- Mail.....

INSPIRE PEOPLE

Introducing some new faces at *Inspire*

Ken Donaldson has been part of the *Inspire* family for many years. He says: "I was a Trustee back in earlier days of the organisation and had responsibility for the charity's finances. I left in 2001 when I began my counsellor training before returning as a member of the Counselling Team some 4 years later. Last year I was invited back onto the Board of Trustees and I continue to serve the organisation in both of these roles. I believe passionately in the work of *Inspire*; I feel privileged to be able to contribute towards the provision of a vital resource for Churches and the wider community. *Inspire* is a dynamic and professional organisation and I am honoured to be part of the team."



Kate Bannister says, "After deciding that I wanted to broaden my horizons I embarked on my training to become a counsellor. I'm currently studying for level 3 and I absolutely love it. I'm learning so much – and I can honestly say that, wherever God leads me, the skills and knowledge I've been developing are being used in all areas of my life."



I passionately believe in what *Inspire* is doing. Counselling is very empowering and enabling – and whilst it can be quite expensive for anyone seeking counselling on a private basis, *Inspire's* bursary fund enables anyone to access a good counsellor. After getting to know more about what *Inspire* does and the people who work with and for it I put up my hand as a volunteer – and I help put together Inspirations. If you'd like to see anything addressed in a future article please contact me via the *Inspire* offices."

Congratulations

... to **Judi Jay**, one of our counsellors, on receiving her BSc Degree in Integrative Counselling, with Matrix. After an intensive post diploma course Judi was awarded her degree last summer, cheered on by her proud family. We're very proud of you too Judi!



INSPIRE PRAYER POINTS

Give thanks for:

- Our committed team of volunteers and supporters
- God's provision – financial, personnel and opportunities
- Clients - finding what they need through *Inspire*

Please pray for:

- Our team – for equipping, growth and health
- Healthy finances – for ongoing and new support
- Clients – to know of our work and the support available

