

## Dr Frank Wills

### New Perspectives on Therapeutic Work with Worries and Obsessions

Psychiatric manuals tell us that there are eight varieties of 'anxiety disorder' yet anxiety, stress, worry and obsessions are everyday experiences frequently in the cluster of difficulties faced by many clients in counselling and psychotherapy. In recent years innovative approaches have developed in relation to these problems and this workshop will focus on bringing these insights into counselling work with people troubled by these problems.

Worry is often held to be the core element of Generalised Anxiety Disorder (GAD) and is now seen as a pervasive tendency for the mind to go into and 'lock onto' a *catastrophic* future – one, which will probably not occur when or how the worrier imagines. This tendency limits the capacity for normal problem solving so that a self-perpetuating 'worry cycle' becomes established. In many ways, the view that we should focus on the 'worries of today' rather than the 'worries of tomorrow' is consonant with the modern psychological approach in anxiety. The first day of this workshop will describe ways of helping clients to 'spring the lock' of unproductive worry and to free up normal problem solving capacities to generate pro-active solutions for the problems that life inevitably throws up.

Obsessions do sometimes have religious and ethical themes and conscientious people appear somewhat more vulnerable to developing Obsessive Compulsive Disorder (OCD)- which can be a very disabling problem. Rather like with worry, modern research has revealed that in OCD the mind 'locks on-to' negative thoughts that seem almost 'alien' to the sufferer but which non-sufferers can brush off without undue difficulty. The second day of the workshop will present a framework for helping people who suffer from obsessions develop better strategies for dealing with this problem. This framework throws up interesting issues and challenges to those wishing to adopt an ethical life especially as we become aware that this problem is probably more pervasive than has previously been thought.

*Dr Frank Wills is a Fellow of the BACP and a well-known CBT therapist and has published a number of books on CBT, including most recently Skills for Cognitive Behaviour Therapy (Sage, 2015) and the problems of anxiety, including Counselling for Anxiety Problems (Sage, 2003).*

## Lindsay Schofield

### Compassion Fatigue and How to Avoid It!

This is a workshop for *you* - mental and social health, and caring practitioners – a time for *your* equipping – and also for reviewing and refilling.

Self care is a requirement of most therapeutic and care industry membership bodies – being fit to practice is a given.

It may be fairly easy to decide on our ability to practice when our symptoms or challenges are clear – when we are ill, or have experienced a significant negative event. However Compassion Fatigue (CF) occurs on a continuum and is often unnoticed or unaddressed until its symptoms make life or work particularly difficult, or sometimes impossible.

Do we know what the signs of CF are?

What symptoms might we overlook in ourselves or our colleagues?

Do we know how to care for ourselves?

Do we know how to stall or reverse CF in ourselves or our supervisees?

We will not spend the workshop reiterating stress management nor mindfulness techniques – we teach those, right? This is a practical - understand *my* challenges - make sense of what's going on - and know how to make a difference - kind of time.

If it seems hard to justify booking this for yourself...when you feel you should be gathering skills for your client work...you should definitely come!

*Lindsay Scofield is an accredited psychotherapist (BABCP, BACP, ACC and NCP), supervisor and trainer with a private practice in Surrey/South East London. With a breadth of training, her qualifications and experience include specialist training for working with trauma and dissociation, working therapeutically with children, and post graduate training in supervision; Cognitive Behavioural Therapy and Couples Therapy.*

*Lindsay has written and delivered workshops for mental health and caring professionals over many years. She is also a PICT trainer – a model that integrates CBT, TA and NLP for resolution of childhood abuse issues, ([www.ppfoundation.org](http://www.ppfoundation.org))*

## Dr Pauline Yong

### Neuroscience and the 3Rs of Self

A 2 day event to look at how Relationship, Regulation and Resilience are the foundations for creativity, learning and growth through the lens of neuroscience. Discover how attachment impacts the way we manage emotions and how we can learn to be more flexible and resilient.

*Pauline Yong lives in Southampton and works as a counsellor in private practice and for a Christian counselling agency and is also a supervisor and trainer. Pauline is accredited with the BACP and holds a Diploma in Counselling and a Diploma in Supervision. She has completed Levels 1 and 2 of Sensorimotor Psychotherapy training. Pauline enjoys working creatively especially using imagery and the body.*

*Pauline is involved as one of the leaders of the pastoral care team in her church and also runs "Working From A Place of Rest" retreats for the church. She has been a spiritual director for a number of years. She is married with 2 adult children and enjoys reading, watching films, jewellery making, rock painting, photo memories and exploring tasting menus of all sorts!*

## Booking Form

Name			
Address			
Email address		Contact Tel Number	
Please reserve me a place on 'Working Together' on 23 <sup>rd</sup> and 24 <sup>th</sup> November at Les Cotils Conference Centre, St Peter Port, Guernsey.			
I attach my cheque for £160 or £180 made payable to 'Philippi Guernsey LBG'			
Signed			
Dated			
I wish to attend the workshop: <i>(indicate order of preference by 1, 2 or 3) We will do our best to accommodate your choice but this will depend on available space.</i>			
Workshop		Preference	
'New Perspectives on Therapeutic Work with Worries and Obsessions' Dr Frank Wills			
'Compassion Fatigue— what is it and how to avoid it' Lindsay Schofield			
'Neuroscience and the 3R's of Self' Dr Pauline Yong			

### Note:

1. The final date for acceptance of bookings is **31<sup>st</sup> October 2017**. **Early bird cost reduction available**.
2. Space in the workshops is limited and bookings will be allocated on a first come first served basis and otherwise in accordance with your indicated preferences.
3. We regret that we are unable to issue refunds of fees once the booking is made, unless there are exceptional circumstances.
4. Limited parking is available at Les Cotils.
5. Please indicate if you have any special dietary requirements or allergies.

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6. A delegate pack will be available on the first day of the Conference.
7. A CPD certificate will be supplied.
8. Please attend at **9.00 am on Thursday 23<sup>rd</sup> November 2017** at the **Reading Room** for registration, welcome and introductions. The first day will finish at 5.00 pm and the second at 3.15 pm to allow for flights. The programme agenda will be in the delegate pack.
9. Please print out this form and return to Philippi Guernsey LBG, St Andrews Church Barn St Andrews Guernsey GY6 8UT

For further information please telephone Sarah on 01481 264343 or visit the Philippi Guernsey website [www.philippi.org.gg](http://www.philippi.org.gg) or email [philippi.g@cwgsy.net](mailto:philippi.g@cwgsy.net)



hosts

## Philippi Trust International Conference

### “Working Together”

Thursday 23<sup>rd</sup> 09.00 to 17.00

& Friday 24<sup>th</sup> 09.00 to 15.30

November 2017

**Dr Frank Wills**

New Perspectives on Therapeutic Work with  
Worries and Obsessions

**Lindsay Schofield**

Compassion Fatigue — what is it and how to avoid it!

**Dr Pauline Yong**

Neuroscience and the 3Rs of Self

Each workshop lasts 2 days

£160 until 31st August

£180 until 31st October

(includes tea & coffee, fruit &  
sandwich lunch)

**Les Cotils Conference Centre, St Peter Port, Guernsey**