

Counselling, Coaching and Conflict Resolution (continued from page 4)

magnitude over three weeks". EMDR is recommended by the National Institute for Health & Clinical Excellence (NICE) for the treatment of PTSD (Post Traumatic Stress Disorder), where flashbacks, nightmares, fears, lack of concentration and physical reactions are common occurrences.

- **Systemic Psychotherapy** - This approach views people in relation to each other rather than focusing exclusively on what is happening within the individual. The therapist explores how and what people communicate to each other in order to identify patterns of beliefs and behaviours within roles and relationships that have become set over time and are no longer useful. This exploration enables individuals to decide what changes would be desirable and to identify how these can be implemented. Typically we use this approach with families and couples as well as with individuals.

- **Conflict Resolution through 'Co-Mediation'** - Sometimes we find ourselves in conflict/disputes with others close to us - with our neighbours, with members of our family, with our partners, with our co-workers with our children. Common features of normal conflict situations are accusations, condemnation, erosion of trust, and attempts to persuade others to adopt a particular point of view and set aside their own.

At SWIFT we offer a respectful approach in which trust is built, beliefs explored, new understandings gained, and a new future created that is constructive and positive for all parties involved.



The conflict resolution process involves:

- Two SWIFT counsellors working alongside the clients in conflict;
- A minimum of two sessions, one of which is likely to last for two or more hours;
- Preparation of written agreements that all clients are asked to sign voluntarily. Although these agreements are not legally binding, they are the property of those who have attended the sessions and provide a framework for future behaviour and ways of relating

Other therapeutic approaches used in conjunction with one of the above are:

- **Appreciative Enquiry (AE)** - This is a way of managing changes in relationships focusing on what has worked in the past rather than trying to find a direct solution to current issues.

- **Non-Violent Resistance (NVR)** - This approach is especially useful in dealing with violent, destructive and harmful behaviours in children, adolescents and adult children. It uses ideas and methods of non-violent direct action and resistance developed by Gandhi, Martin Luther King and others.

- **Cognitive Behavioural Therapy (CBT)** - These techniques are designed to help people solve problems in their lives, such as anxiety, depression and PTSD. CBT is based on the idea that the way we think about a situation affects how we act. In turn, our actions affect how we feel. Therefore, it is necessary to change both the way we think (our cognitions) and the way we behave if we are to overcome some of the emotional problems that affect our lives.

SWIFT Counselling, Coaching and Conflict Resolution Service is based in Swindon and can be contacted via the following websites:
www.familytherapy.uk.com,
www.emdr-uk.com

Trauma at Lambeth Conference

No, this is not about the difficult and controversial issues that the Bishops were debating, nor about the divisions that were emerging within the Anglican Communion - it is about the workshop that Willows Executive Director, Mike Fisher was running with Consultant Psychiatrist Jane Potts.

The workshop, entitled "Working with Trauma" was part of the specially prepared programme for the wives of the Bishops attending the conference. In many countries around the world, the wives of Bishops are responsible for Diocese Pastoral Needs and therefore face having to address issues of Trauma.

The following was published in 'Interact' - the journal of The Trauma and Abuse Group, (TAG) and is repeated below with their permission:-

Mike Fisher and Jane Potts enjoyed the great privilege of contributing to the 2008 Lambeth Conference by leading an afternoon

workshop on trauma. Approximately 20 participants from various parts of Africa, U.S.A., Canada, Australia, India, Solomon Islands, Spain, and U.K., came together to share experiences, give mutual support and learn a little about the effects of trauma and how to manage them.

Bishops' wives from Burundi, Sierra Leone, Liberia and the Congo bravely shared first hand witness of atrocities carried out by rebel militia and other perpetrators of violence.

Everyone was deeply moved, and Mike validated and normalised everyone's response to extreme threat and loss. He also skilfully engaged with the content of their stories to provide greater understanding of the emotional and somatic reaction to trauma. He explained some of the sensorimotor strategies of working with traumatic memory within the 'window of tolerance'.

Body resources such as moving, stretching and deep breathing were experienced by the group as 'settling the stomach', 'making

me feel lighter' and 'feeling more in control'. One group member led everyone in the Taize chant 'Be still and know that I am God', thus introducing the crucial resources of Scripture, music and voice.

Another person, who had lost several relatives, commented on the value of hearing similar stories from other Bishops' wives. This mutual encouragement clearly diminished their sense of isolation. A huge amount was given and received, by all present, in a short space of time.

The woman from Burundi was determined to establish more comprehensive trauma care in her war torn country and hopefully TAG may assist with this. Perhaps someone reading this may feel called by God to do some 'Healing Trauma' training in this needy part of the world.

TAG is a National Network of Carers, Counsellors and professionals, working with the issues of Trauma and Abuse. Willows hosts the office for this organisation.

Training Programme

Willows organises the following courses which are part of the Association of Christian Counselling (ACC) Recognised Programme "The Knowledge, Skills and Attitudes Framework for Counselling"

Introduction Course – Level 2

This is a ten week evening course (plus two Saturdays) and the next one is planned for Autumn 2009.

Basic Practice Course – Level 3 Advanced Certificate

This is a one year day time course, which includes some Saturday workshops. The next course is planned for September 2009.

In Practice – Level 4 Diploma in Therapeutic Counselling

This is a two year day time course and the next one will commence in September 2010.

We also organise short courses and the next one is entitled

"An Introduction to Couples Counselling"

This is a four week evening course and aims to provide an introductory specialist training for suitably qualified counsellors who wish to develop their work in relationship and couples counselling. It will run from **2nd to 23rd June**.

A course for supervisors and prospective supervisors will be held in October - dates to be arranged.

All the above courses will be held in Swindon

Topic Workshops are held at The Harnhill Centre of Christian Counselling, Cirencester, Gloucestershire.

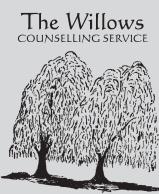
30th May - "Using CBT to help individuals suffering from Low Self Esteem", Paul Hebblethwaite

4th July - "Working with Shock and Trauma", Mike Fisher

7th November - "The Place of Music in Therapy", Bob Heath

For information on any of the above courses, please contact:

Avril Fray, Training Manager at Willows Telephone number 01793 706646 E-mail: training@willowscounselling.org.uk



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Your Resource for Better Living!

May 2009

Willows are moving into "The Promised Land!" - the new Willows Centre

It wasn't 40 years, and one wouldn't call Gorse Hill 'The Wilderness', but it has taken 7 years from realising that Willows couldn't grow further in 496 Cricklade Road, to actually owning '11 Prospect Place, Old Town, Swindon, SN1 3LQ' as of 27th February 2009! The Willows Centre' should be operational in June 2009.

496 was an envisioned, blessed and much prayed over gift in its own right, doing marvellous service for 25 years. Heartfelt appreciation is due to all those who have supported Willows throughout this time and during our quest towards our new exciting goal. Expansion is out of step with the current shrinkage of economies and

Willows Trustees The Ven Alan Hawker and Rev Jan Partridge sign the contract for the new Willows Centre in the presence of Mr Hugh Ellins, Solicitor with Charles, Lucas & Marshall, Old Town, Swindon.



financial uncertainty. It is no accident that, thanks to the enormous generosity of so many, Willows has completed this purchase of our new home without

major debt encumbrance.

To misquote Esther, Willows is in Swindon for such a time as this. To offer encouragement and hope to those

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Living with ADHD and Aspergers Syndrome

by Jan Greenman

Using references to her book, Jan offers a moving account of life with her son Luke and the difficulties she encountered in obtaining recognition of a serious psychological condition.

The idea to write a book about life with Luke came to me as I was following an ambulance up the M4 with a terrible sense of unreality and shock. It was carrying my very precious firstborn son, (I wasn't allowed to travel with him) who had been taken seriously ill with a brain virus at just seven weeks old.

All I knew back then was that a serious illness had come knocking on our door and the only way I knew how to make sense of things was to write about them. So my book started being written in my head on that terrifying day that started our painful, difficult, demanding yet rewarding life-journey, a journey that without God's help I'm not sure I could have survived.

There's no one else to turn to in the middle of the night when you are still trying to keep up with your hyperactive (and destructive) child who can't be left alone because of the damage he can inflict in a few seconds, who can't stay in bed, let alone sleep and who still has more energy at the end of 24 hours

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Next Issue:

Living without Children
Continuous Personal Development
Life in our new home

Willows in the Promised Land! (continued from page 1)



<< We've got it! Members of the Management Team celebrate

we meet; to work alongside others with overlapping visions, whether individuals, churches, or from voluntary or statutory sectors; to provide training that builds on existing aptitudes and skills; to increase awareness of financial management; and move forward into the future.

At such a time of interdependence for individuals, families, organisations and nations, many of us are looking afresh at what is truly meaningful in life. Willows' role continues to be constructive, thanks to your generosity of time, resources, and yourselves.

The Friends of Willows appeal said 'If you won't help, who will?' and you gave in abundance. The Development Plan appeal said 'Run With us Towards our Future. Please stay with us, or join us anew, on this exciting journey of vision and hope!

How can churches respond to the recession? by Jon Doble

The avalanche of media coverage of the eponymous "credit crunch" and the heralding of a time of recession has been something of a feeding frenzy of graphic headlines and numbers with staggering numbers of zeros attached to them. The sheer scale of what is happening around us is both daunting and frightening. The challenge we face in asking how churches should respond to such circumstances is not only to be able to see and engage with the big picture but also to remind ourselves that behind every news headline and global trend announcement are the stories of people facing uncertainty and often deep personal crisis. As a church we need to respond at a variety of levels if we are to have a meaningful impact on what is happening around us. Rowan Williams has said that:

"We face a "wake up call" and it is right that we shape a voice to call for a rethink in our society about what values drive us and what priorities are going to shape our future"

We face a crisis, and there are big choices to be made in how we work for recovery in a way that takes seriously the threat to our planet from greed and unfettered consumerism.

There are political, economic and lifestyle choices to be made and we need to bring a thoughtful Christian voice to the debate wherever we can.

There is also a vital role for the Christian community to play in holding onto a perspective of hope. The breakdown of trust within the banking and economic system has been a stark phenomenon to see and the potential for trust aversion is a truly damaging one for our society. I was struck by a comment made by the MP Stephen Timms in a recent article where he said "I've been impressed by the rich stream of hope I find in the faith communities in my constituency and elsewhere. The hope they draw on helps them respond to circumstances now but also motivates their work for the future" That's not a bad feature to be known for and the energy and creativity of response from church groups should be an encouragement for us to build on. The Churches Council for Industry and Social Responsibility (ISR) and

others are keen to promote and support creative responses at local level including:-

- **Raising Awareness** - Do we know what is happening in our own community? How do we bring the concerns of the workplace into our lives together and share and learn about what we can do. Some years ago, Christian Aid said that there were three things that we can all do when faced with issues that seem too big to deal with – learn, pray, act!

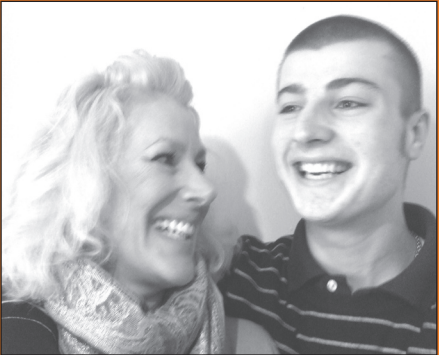
- **Supporting local and national projects** - We don't always have to reinvent the wheel and there are many local and national projects we can support. Indeed, it is likely that many voluntary organisations that work on our behalf on difficult issues are going to face funding problems. Where can we see a need locally or build partnerships with local outreach projects? It does make a difference and offers of support, volunteering or donations will help them enormously.

- **Offering advice, information and support** - For many people the speed of change in their lives has been

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Living with ADHD and Aspergers Syndrome (continued from page 1)

than you had at the start. If you haven't experienced it, it's difficult to convey what ADHD does to a little brain. It drives the body long, long after it should have stopped - to keep moving, talking, ever restless, ever demanding. It sends the child mad with frustration because he wants to stop. To use Luke's own words "Mummy I haven't got an off switch, my brain won't give my body a holiday"



Luke was as violent and destructive in his agitated state as when sleep finally descended for a few hours, his little body thrashing and twitching constantly. There was no peace for him and the only thing on offer from the medical profession was, and I think still is, a drug that acts directly on the already damaged brain and has to be administered at your own risk because the long-term side effects are still unknown.

At aged nine Luke was nearly killed when he ran out into the road in front of a car. His brain at that time was so impulsive and frantic and out of control that he had no idea of what he would do next and life became a case of damage limitation. We therefore reluctantly decided that a drugged Luke was better than a dead one.

One of the most confusing aspects of parenting a boy like Luke is that you hate your child's behaviour, hate the effect it has on your whole family but understand that this behaviour is, in fact, his disability.

Luke would have given anything to be 'normal', to be the 'good' child, not the disruptive one and yet he just couldn't control the frantic and impulsive part of his brain that dictated everything he did.

On the drug Ritalin, Luke was a different boy entirely. We had to get used to a different set of dynamics and bigger problems as he calmed down, became depressed and anxious to the point of vomiting. It was then that he acquired another label - Aspergers Syndrome/ High Functioning Autism. At this point the awful realisation sank in that this was for life, there would be no growing out of it. For Luke life would always be a hard struggle. This can break a mum's heart until, with God's help, you learn to accept a different truth.

My book tells the full story of that bleak truth of Luke's eating problems, various obsessions, strange and compulsive habits, communication problems, violent and aggressive behaviour, sensitivity issues, panic vomiting, school phobia, not to mention the lack of any help and the hurtful judgmental attitudes of people, including some of our family and friends. To parent Luke has taken all my skills, it has been an all-consuming 24 hour a day job with no pay, lousy hours and very

little obvious reward. Luke couldn't even be touched or cuddled, let alone kissed better and the effort of just keeping up with his awful behaviour and its consequences was so painful that the memory still makes me cry. Please, if you see someone struggling with their child's behaviour, don't make the smug assumption that you are the better parent. Consider that their life is probably much harder than yours and offer up a silent prayer for them - they need it.

The boy in my book is now a strapping and handsome seventeen year old who accepts himself, labels and all. He is learning to drive, has a beautiful girlfriend and a part-time job. Having been expelled from mainstream school, I believe that God finally provided him with a place at a specialist school where in one short year his life has turned around and he is now a brave and talented public speaker about his conditions.

He is booked to speak at the national conference of The Attention Deficit Disorder Information and Support Service (ADDISS) in London in March where he will address professors from across the world, telling them with humour and great insight what life is like 'when your face fits but your behaviour doesn't'. As he says 'I'm not disabled, I'm different'.

Our story is one of love and encouragement and hope. Thank you for inviting me to share it with you.

Jan Greenman's book, 'Life at The Edge' (ISBN 9780955498206) is available on Amazon and from all good bookshops or from Jan's website www.jangreenman.co.uk. Additional information from www.addiss.co.uk

How can churches respond to the recession? (continued from page 2)

extremely fast and they are adapting to new and often scary circumstances. Access to good advice and information is crucial and there are agencies and groups who can help. There are churches that are setting up drop in sessions where advice agencies are invited to run sessions with the church providing a welcoming space for people to listen and share. There is good material from organisations such as 'Red2Black' and 'Care for the Family' that can help us respond.

- **Providing workplace support** - There are many workplaces which would welcome contact from churches seeking to offer pastoral care, a listening ear and a presence. If your church would like to explore this, ISR would be happy to help and advise on how this can be done. We support many volunteer chaplains in workplaces and are keen to grow this service so please do contact us if this might be for you.

- **Working together and sharing stories of success** - There is much that can be done by churches but we do not have to do it alone. Now more than ever is the time for us to talk, share, grow partnerships and find ways to encourage and build together. We are starting to build a resources section on the ISR website to provide links to useful material and groups. We would welcome any material or links that you think should be included and promoted.

There is much that churches can and should be doing to respond to the impact of the recession so if you have ideas or suggestions, or feel that ISR could help your group then please contact me.

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Counselling, Coaching and Conflict Resolution by Sally Worthing-Davies

Following her recent one-day seminar at Harnhill, Sally describes the work and different therapies offered by SWIFT, a counseling, conflict resolution and coaching service that she and her husband Richard founded.

People usually come to SWIFT with the objective of working towards more satisfying lives. Our aim is to help people consider how they might bring this about. Our primary focus is on relationships but we also deal with concerns such as depression, anger and past disturbing experiences. We see children, adolescents, couples, individuals from small businesses and families where children, adolescents or adult children seem out of control. Other services include psychological

rehabilitation for insurance companies and solicitors.

We use three main therapeutic approaches:

- **Eye Movement Desensitization and Reprocessing (EMDR)** - This is a powerful psychological treatment method developed by an American clinical psychologist, Dr Francine Shapiro, in the 1980s. A wealth of research has been conducted demonstrating its benefits in treating a diverse range of psychological trauma arising from damaging life experiences including war, childhood sexual and/or physical abuse, neglect, natural disasters, assault, surgical trauma, road traffic accidents, workplace accidents

and performance anxiety. EMDR has been found to be of benefit to children as well as adults.

EMDR is a complex therapy where the brain both carries out and controls the healing. It can accomplish profound and lasting beneficial change in the lives of people affected by trauma. In an article entitled 'Natural Ways to beat Depression' published in the Times on May 22nd 2004, leading US psychiatrist Dr David Servan-Schreiber states that "A few sessions of eye movement desensitisation and reprocessing (EMDR) are often enough to clear out the consequences of old sufferings. I do not know of any treatment in psychiatry, including the most powerful drugs, that has reported results of this

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