



**FORUM**  
*For Counsellors & Psychotherapists*

**FFORWM**  
*Cwmselwyr a Seicotherapyddion*

Hello Forum Member!

This is an important Newsletter informing you about new and exciting Forum events and changes.

**Firstly we'd like to warmly invite you to celebrate Forum's 25th birthday in the New Year!**

Forum is providing a three course dinner free to Members, at The Wynnstay Hotel in Oswestry, on **Thursday 13th February 2020**.

The evening will be an informal gathering:

- helping us make better connections with Forum practitioners in the area, and welcoming new members
- learning about current CPD trends & developments
- input into future Forum training events

As a networking event, your attendance will count towards CPD hours.

**For details and bookings please see attached invitation.**



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## **New terminology**

The traditional title for the Forum group that organises the CPD events has always been "Committee". We've decided to change this term and call ourselves the *Events Team*. This reflects the collaborative and fun spirit of the organising group.

## **Farewell**

On behalf of everyone I'd like to sincerely thank four members of the Events Team who will be standing down next year. Iris Briscoe (Secretary to the Events Team), Jenny England (Training coordinator), Debbie Palmer (Membership Secretary), and Neville Tomlinson (Treasurer). They've each contributed a great deal of their time, energy and enthusiasm to the running of Forum over several years, and now, for respective reasons, feel it's time to move on.

These changes creates gaps – and opportunities! – in the Team that need filling for Forum to continue its CPD programme of training events. Each of the four people mentioned above can offer advice and support to members who are interested in taking a particular role.

In the lead-up to our next Annual General Meeting in the Spring (date tbc), you can either put yourself forward, or vote for someone who you would like to endorse.

Getting involved initially at a low level might work for you, and could be a springboard to use your skills and experience to assist in particular functions of the team. Typically we meet 4–5 times a year for 90 minute sessions, held on different weekdays. All hours given are countable for CPD, and expenses can be met.

*If you're interested in becoming involved, an informal Q&A session will take place at **11am on Wednesday 8th January. This will be at The Greenhouse Cafe, 1 Milk St, Shrewsbury SY1 1SZ.***

Please get in touch with myself, Duncan Stoddart, for an informal chat or for more information. My email is: [info@duncanstoddart.com](mailto:info@duncanstoddart.com) and phone number is: 07900 307903.

### **Upcoming Training Events**

Following the success of the PTSD event at the University Centre Shrewsbury (UCS), we're aiming to offer similar presentations for larger audiences, as well as smaller, more experiential workshops, such as those we've put on at Hope House, near Oswestry.

Debbie Palmer, Forum's Membership Secretary, has recently emailed us all about our next event at the University Centre Shrewsbury (UCS), on Friday 20th March 2020, in which **Paul Sibson** will talk about *The Neuroscience of Transformation*.

This presentation will show us how issues such as trauma, that are embedded in the mind-body memory complex, can be brought into awareness and consciously re-processed, thereby reducing – or eliminating – symptoms. This practice, called Coherence Therapy, is applicable across therapeutic modalities, and will therefore be relevant to counsellors and psychotherapists from many disciplines.

Later in the Spring we're holding a practice-based workshop on Working with Self-Harm. This event, facilitated by a highly experienced speaker and therapist, will take place in a slightly smaller room at UCS, on Friday 15th May. Details to follow in due course.

In the Autumn we're aiming to return to Forum's roots by running a workshop by Forum members. We're aware that within our community we have a rich resource of expertise, experience and knowledge among us. Transforming this into a workshop, we're attracted to the model of 3-4 presenters who each run a session on their specialist topic. Later in the day they will form a panel with whom the audience can engage with questions and discussion, facilitated by a Forum member. So please let us, the Events Team, know if you're interested in presenting. Send a simple proposal on one side of A4 to: Duncan Stoddart at: [mail@duncanstoddart.com](mailto:mail@duncanstoddart.com).

### **New Payment Method**

We're aiming to make the booking and payment process for workshops more streamlined and easier. When you receive emails publicising a new event, a link to Eventbrite will enable you to pay online. After payment you will receive your booking ticket by email, which you can print off.

### **New Website on its way**

Janie and Debbie have been working hard with a web designer to upgrade our current website. Many of us agree that it's clunky and limited, and also restrictive for Janie in what she can do to edit content. In the New Year we're aiming to bring the new site online, which will include new features, including a facility to pay for your annual membership via the website.

***Finally, the Events Team would like to wish everyone a Happy Christmas and Season's Greetings.***

***We're looking forward to seeing you all in 2020!***

Duncan  
Janie  
Rob  
Linda  
Neville  
Iris  
Debbie  
Jenny



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