



Newsletter

Hello,

We hope that 2015 has got off to a good start for you all.

In January, Lisa and Franca ran the first outdoor Eco-Coaching, Therapy and Supervision session.

During March, we saw the start of our 2015 course programme with the NLP Diploma and Practitioner.

We are all looking forward to the Summer as we continue to develop our course base, including in Northern Ireland, and Lisa and Franca make plans for more Eco- Coaching, Therapy and Supervision sessions in North Yorkshire.

Lisa, Rebecca & Janet



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Eco Coaching, Therapy and Supervision

In January, Lisa Wake and Franca Mongiardi ran the first eco-coaching, therapy and supervision session. Lisa, Franca and 6 participants walked for 4 miles across the beautiful North Yorkshire moors.



The next session is due to be held on 18th April 2015 in Fountains Abbey, Ripon.

This opportunity will enable you to:

- Utilise archetypes in life and nature
- Access your potential in the outdoors
- Work creatively in paired coaching groups
- Be supported by Lisa and Franca in experiencing eco coaching, therapy and supervision

We plan to hold more throughout the year and so if you would be interested in receiving updates or have a suggestion of a location, please contact the office.

For further information or to reserve a place on our April Eco-session, please contact Rebecca:

Tel: 0845 873 2036 **Email:** rebecca@awakenschool.co.uk

Congratulations

We would like to take this opportunity to congratulate **Lara Just** who has completed all elements of her training and become accredited with UKCP.

Lara presented a dissertation on “Why, when and how do qualified Psychotherapists from a range of modalities make use of client-generated metaphors using Clean Language”



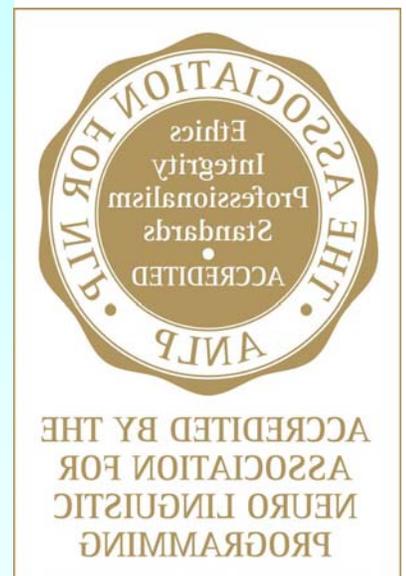
Well done Lara!

Introduction to NLP

Throughout 2015, Awaken are holding a series of one day Introduction to NLP workshops. The next date scheduled is 16th June 2015.

Designed to suit a diverse range of backgrounds, the workshops provide an introduction to all the key components of NLP including Rapport, Communication Model and Representational systems.

If you know of anyone that may be interested in finding out more about NLP, please contact us in the office.



Research Update

We now have the latest update from the USA project studying the effectiveness of the RTM protocol from NLP, with veterans experiencing PTSD.

The Research and Recognition Project has just completed a New York State funded thirty-veteran trial which targeted the relief of PTSD symptoms with exceptional results –76% of the individuals participating had a complete cessation of nightmares, flashbacks and emotional problems directly related to the traumatic memories which are associated with PTS. This well exceeds the current standard of care treatment used by the Veterans Administration; a combination of cognitive behavioral therapy, E.M.D.R. and exposure therapy which “improves PTSD testing scores” 35% to 45%.

Lisa published a paper in the Mental Health Review Journal, in conjunction with Dr Mags Leighton, measuring the effectiveness of NLP with Veterans experiencing PTSD.

Abstract

Purpose

To determine if NLP tools and techniques were effective in alleviating the symptoms of PTSD in clients from the Military and Emergency Services.

Design and Methodology

This project ran at the ‘Healing the Wounds’ charity in Bridgend, Wales. All clients were opportunistic, having self-referred to a Charity specifically set up to support Veterans from the Armed Forces. Data capture was inconsistent across the study group. 29 clients from an initial cohort of 106 clients provided sufficiently complete data to allow a comparison of their pre- and post- intervention emotional state, which was assessed using the DASS (Depression, Anxiety and

Stress) scale. A subset of 8 of these clients also returned DASS data for 3 months post-treatment. In addition, 32 clients completed pre- and post- treatment self-assessments using the NLP Wheel of Life scale. Of these, 19 also had data for DASS tests pre- and post-treatment; these data were used to compare the WOL and DASS assessment methods. Interventions included a range of NLP techniques, addressing self-reported symptoms.

Findings

Differences between DASS scores before and after treatment, assessed by the Z test, showed that the relief from symptoms of depression, anxiety and stress are significant ($p < 0.001$). T-test comparisons of the client subset ($n=9$) also returning longer term data showed that these initial post-treatment improvements are persistent after 3 months ($p < 0.01$). The consistent reduction in DASS scores post-treatment for every one of these clients suggests that their results are indicative of the overall response from the clients in this study.

Limitations

Limitations of the study include: client group; significant levels of incomplete data for the total study group; therapist effect and therapist training; treatment methodology.

Implications

Data suggests that NLP has potential as a therapeutic tool in the treatment of symptoms of anxiety and depression associated with a self-report of PTSD. An observation is proposed that these candidates experience an improvement in their emotional state when NLP is used which is statistically significant ($p < .001$) both for overall DASS score averages and also for each of the three DASS categories (Depression, Anxiety and Stress). Stress was the highest scoring category prior to treatment for these clients; the reduction in their stress symptoms contributed most substantially to the overall reduction in average DASS score, indicating an improvement in their emotional state.

Supporting Children & Families with Dyslexia, ADHD and ASD

Dates: 14th May 2015

Venue: Life Therapies Clinic, 31 Saintfield Road, Belfast, BT8 6AF

Bridin McKenna and **Life Therapies** are delighted to bring to Belfast leading psychotherapist **Lisa Wake** to support our work with families and children experiencing challenges with learning through dyslexia, ADHD and ASD. This event is also highly suitable for carers, occupational therapists or other professionals working in this area. This one day workshop provides you with a day of training as a parent, carer or professional in the most up to date methods and techniques that are known to make a difference and that you can use yourself with your child or children that you work with.

You will learn:

- Tools and techniques from EFT and NLP that will help you;
- Effectively teach your children to manage and self regulate their emotional states
- Deal with communication and learning frustrations
- Build a more effective emotional vocabulary
- Working out your child's successful learning style
- Playing with and talking to your child that means they hear and see what you are saying
- Using and reinforcing a spelling and reading strategy that works
- Helping your child deal with and let go of the negative feelings associated with learning

Cost: £100

To receive further information or to book your place:

please email info@awakenschool.co.uk or call the office on 0845 8732036

Pathway to UKCP Accreditation in Northern Ireland

Do you want to gain accreditation with the UK Council for Psychotherapy (UKCP)?

Awaken School are developing a pathway of training for students. Bridin McKenna and Eamonn McVeigh are Awaken's representatives in Northern and Southern Ireland

The Pathway

- 2 years of Practical Clinical Training
- 1 year of Research and Clinical Practice
- 1 year of Advanced Clinical Training
- 450 client contact hours
- 250 Personal Therapy and Development hours
- Clinical Supervision – ratio 1:6
- Written assignments



The Process

- Apply for School Membership – Fees £100 per year
- Apply for Approval of Previous Learning (APL) – Fees £250
 - Maximum 2 years training and 1 year clinical practice granted
- Apply for training course

Contact

Bridin McKenna on bridin@life-therapies.com

Eamonn McVeigh on eamonn@life-therapies.com

Rebecca Pursord on rebecca@awakenschool.co.uk



Plagiarism

Our markers have brought to our attention that some students may be confused about what constitutes plagiarism. We would therefore like to remind you that it is important that all work taken from other sources is referenced and that this applies to all submitted work.

To remind you of our policy (which is also a standard academic policy and respects other authors work), we have copied it below.

Plagiarism is the act of intentionally copying another's work, including written, illustrated or spoken work. Awaken consider an act of Plagiarism as academic dishonesty and reserves the right to discontinue the studies of any student found to be plagiarising the work of another. Penalties imposed by Awaken vary and depend upon the previous record of the student. To avoid plagiarising a student is expected to:

- correctly annotate and reference any work directly cited from another
- clearly mark the cited work
- keep a record of all references when producing a piece of work
- carefully check all references before submitting final piece of work

Awaken's plagiarism policy is applicable to all submitted pieces of work. **This includes the integration paper, assignments and dissertations.** All work will be checked for plagiarism during the marking process.

There are many resources including websites that have information relevant to the written work set by Awaken. Whilst it is acceptable to use these sources to aid your learning, it is imperative that work is written in students own words. Any direct quotes taken must be referenced correctly. There is also a limit to the number of direct quotes that can be used in any one piece of work.

If you are currently completing a piece of written work and require any more information, please contact the office.

UKCP Events

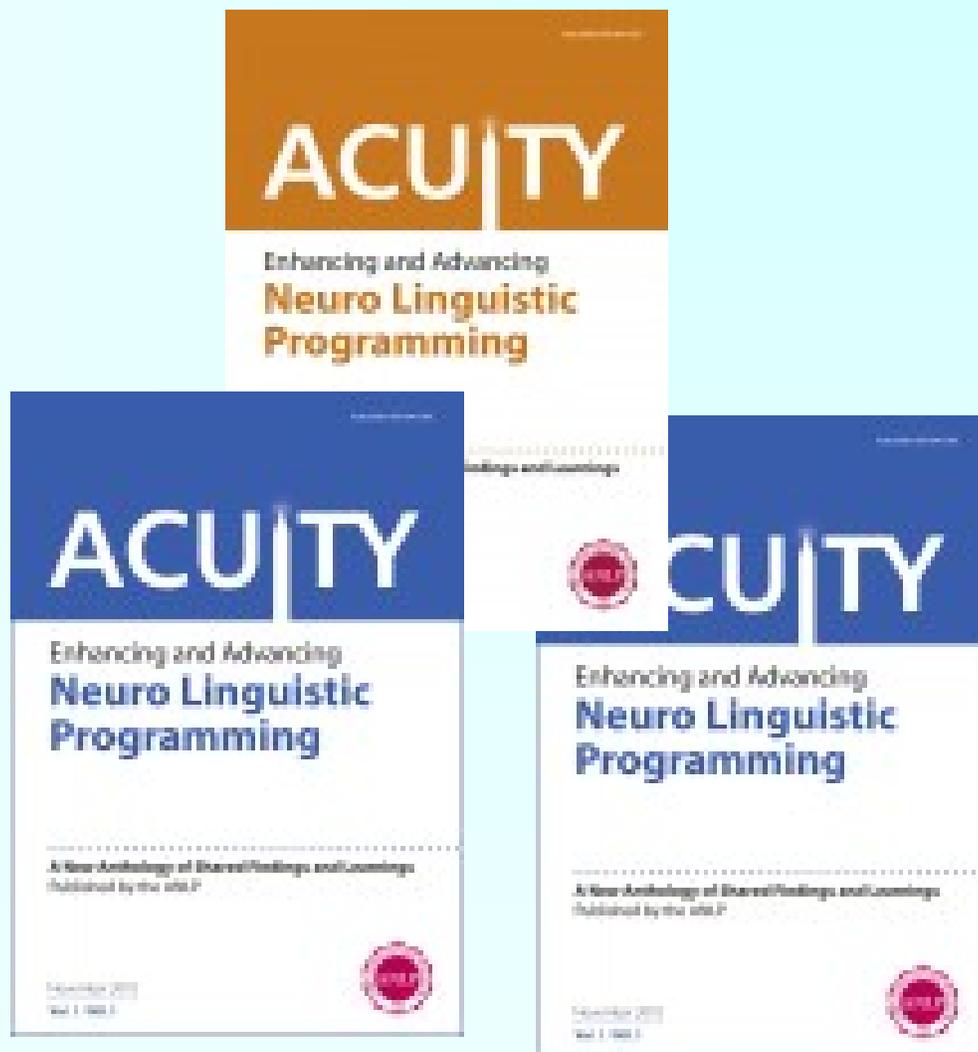
24 th April 2015	Research Plenary Session	London
25 th April 2015	Transpersonal Special Interest Group Event	London
5 th May 2015	European and UK Symposium on Addiction Disorders	London
30 th May 2015	North East Psychotherapy Research Workshop	Newcastle upon Tyne
6 th June 2015	Listen to my Story	York
27 th June 2015	Pride in London	London
18 th July 2015	Fourth UKCP Research Conference	London
12 th Sept 2015	Sharing Learning from Complaints	

For more information on any of the events, please visit the UKCP website on www.ukcp.org.uk

ANLP - Acuity

Acuity is a serious research informed journal published by ANLP. We encourage students with high grade marks for their assignments to consider submitting their article for publication.

Copies of submission and writer guidelines can be obtained from the office.



Dates for 2015

Introduction to NLP

16 June 2015

NLP Diploma

13-16 October 2015

NLP Practitioner

13-16 October, 17-19 November and 8-10 December 2015

Clinical Practitioner in NLP

20-24 July 2014

NLP Master Practitioner

20-25 April, 1-6 June, 29 June-4 July 2015

NLP Practice Group

5 May 14 July

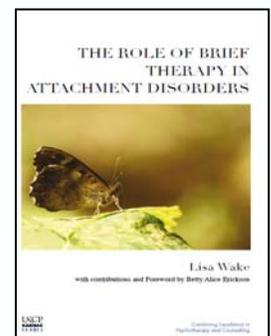
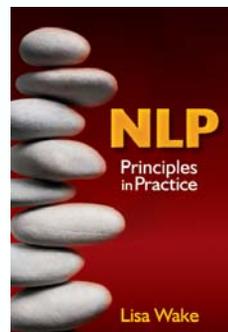
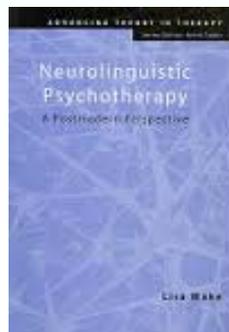
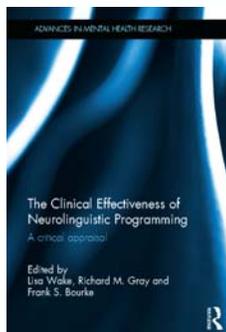
8 September 10 November

Introduction to Research Methods

15-17 July 2015

Advanced Patterns in Psychotherapy

Starts September 2015



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