



Network celebrates the appointment of a new patron

A leading academic and internationally renowned author has agreed to become our patron.

Brian Thorne is Emeritus Professor of Counselling at the University of East Anglia, Norwich and Co-founder of the first counselling service and training agency in Europe committed to the person-centred approach to therapy. He was born in Bristol and educated at Clifton College.

Bristolian

Professor Thorne said of his appointment: "As someone who has long since discovered a profound compatibility between Christian spirituality and the person-centred approach to counselling, I am delighted and honoured

to be a Patron of Network Counselling & Training. As a Bristolian it is also a pleasure for me to be associated with an enterprise in the city of my birth".

Encouragement

We are delighted that such a prominent figure in the world of counselling has endorsed the important work we do at Network. Brian's support is an enormous encouragement to everyone involved here. He is a prominent member of the international person-centred community and a prolific author. His work covers the fields of counselling, education and pastoral theology and in recognition of this interdisciplinary contribution he was made Lay Canon of Norwich Cathedral in 2005. He lectures widely both in the UK and abroad.



Brian Thorne

inside network:news

- Counselling in Nepal
- Firewalking challenge!
- Christmas cards for sale
(3 designs available)



Welcome

Welcome to Network News – a new publication to keep you informed about exciting developments and challenges here at Network.

We will be sending this to you quarterly and hope you will enjoy reading about what's going on throughout the year as well as how you could support our important work.

We would love to hear from you too – so if there is anything in this newsletter that you would like more information about then please get in touch.

Wishing you a very Happy Christmas and New Year,
Mary Barrett, Director.

network: Training

...in partnership with the
**UNIVERSITY OF
 GLOUCESTERSHIRE**

Training with Network – a life-changing experience...

By Kate Steele

Network Training offers a broad range of well-established part time courses for those who wish to develop their listening and counselling skills – including:

- "Being There", an introductory course in basic listening and counselling skills;
- substantial Higher Education certificate and diploma level courses in Christian person-centred counselling (all validated by the University of Gloucestershire);
- a certificate in counselling supervision
- a programme of continuing professional development short courses and workshops for qualified counsellors on a range of specialist topics.

Our courses will be of interest not only to those wishing to train as counsellors, but also to those wishing to develop their listening and counselling skills for use in other roles and settings such as pastoral care, youth work, nursing or teaching.

The ethos and core values of the courses are Christian and person-centred and our particular interest as a training organization lies in the integration of Christian faith and counselling practice. In addition to covering the same ground that is covered by comparable secular courses, our courses also give students the opportunity to study aspects of pastoral theology which are relevant for the work of the counsellor and to explore the interface between faith and practice.

network: Training

Continuing Professional Development Programme 2008 - 2009

Sat 22 Nov 08 **When the victim is male**
 10.00am – 4.00pm Led by Professor Kim Etherington
 CPD 08G Cost: £70 to include lunch
 (£45 for Network volunteers)
 Venue: Penny Brohn Centre, Pill, Bristol

Sat 25 April 09 **Existentialism: Challenges
 and Contributions to
 Therapeutic Practice**
 Led by Professor Mick Cooper

Fri 3 July 09 **Working with Anger**
 Led by Karl Gregory

Flyers and booking forms available from:
Network Counselling & Training
 College Park Drive, Henbury, Bristol BS10 7QD
 0117 950 7271
 Email address: info@network.org.uk
www.network.org.uk

**Certificate and Diploma Students
 at their graduation in October.**



Supporting network

We receive no statutory funding and so our important work as Bristol's longest established counselling service is funded by generous contributions from our supporters.

Over the next year we need to raise money to meet all sorts of needs and here are some of them...

Item	Approx cost (£)
IT equipment (3 x desk top computers)	1500
New IT server	3500
New furnishings for counselling rooms	2000
Bursary Fund for one counselling student for 2 years	3000
Travel expenses for volunteer counsellors for one year	5000
New books for counselling clients	500

Fundraising...



Network's 15th Annual Bike

Pictured here are Karen Smith (student counsellor), Wendy Staff (volunteer) and Ken Miles. They raised an amazing £1,236.29.

There are all sort of ways to **support Network and get involved**, from shopping to sky diving!

Whether you like gentle pursuits or more exciting challenges, there is something for everyone to do and help Network sustain its important work counselling those who need support at difficult times in their lives.

THANK YOU to supporters who through their fundraising efforts have raised over **£5,000** for Network in the past year.

Bath Half Marathon

We have 4 places for the Bath Half Marathon in March 2009. If you are a keen runner and would like to support Network please get in touch with us on **0117 950 7271** or email us at **info@network.org.uk**



Tandem Sky Diving

The rather nervous looking lady on the right is Kim Carey – a brave Network supporter who this year raised £150 in a sponsored sky dive along with her daughter Sarah. Well done Kim and Sarah!

If you would like to take part in a tandem sky dive log onto our web site at **www.network.org.uk** or give us a call on **0117 950 7271** and we'll take it from there!

The shortest sponsored walk in the world!

Are you, or someone you know, brave enough to take on a firewalking challenge and raise money for Network?

"They were great – the best thing I have ever done and I did it twice!" That was the comment from one girl who took on the challenge recently – and in fact, the world record for walking on hot coals is also held by a 23 year old woman in Canada. She walked for 220 ft on coals measuring between 1600 and 1800 degrees Fahrenheit!



But don't worry – Network is organising a much smaller event with fully trained professionals who provide all the support and the highest levels of safety.

Firewalking involves walking barefoot across a bed of burning coals without getting burned. Those who do it say it is really inspiring and motivational.

Firewalkers attend a 'Learn or Burn' seminar prior to the walk and are fully supported on the evening of their challenge.

If you would like more information email us at **info@network.org.uk** or call us on **0117 950 7271**. **We dare you!**

A reason to shop

You can save on Christmas shopping this year and also raise funds for Network at no extra cost to your purse!

If you needed an excuse to go shopping here is one – with savings from retailers like Marks and Spencer, Next, Amazon, HMV and the ethical superstore. What more can we say! Log onto our web site at **www.network.org.uk** and click on "Supporting Network" where you will see our online shop.

Every £40 we raise provides one counselling session for someone who cannot afford to contribute anything. Very often it only takes a few sessions to change someone's life for the better.

Please help us with a spot of retail therapy!



Sue McGowan raised over **£1,000** for Network recently with a sponsored skydive.

Sue McGowan (left) shown here after her skydive with Network Volunteer Julie Venters



A



Introducing

Christmas Cards for 2008

This year we have a selection of three cards

A Peace on Earth • 10 cards per pack • **£3.00** per pack

B The Holy Family and **C Holy City**

10 cards per pack • **£3.50** per pack

To order Christmas Cards please email us at info@network.org.uk or call us on **0117 950 7271**

B



C



A life in Nepal

By former Network counsellor Tat Young

We live in a small Newari town to the east of Kathmandu. Alan is involved with training medical students and health assistants as well as protocol development for the emergency room and formulary development for the pharmacy.

I am counselling in Kathmandu and get referrals from the mission community, an expatriate clinic and from Nepalis who can speak comfortably in English. Otherwise I'm mainly functioning in Nepali and involved in hospital visiting twice weekly here in Dhulikhel. I am also visiting Kavre, a village an hour's walk away, where the Nepali pastor has invited me to visit weekly with him as many of the families there are becoming Christians, interestingly the majority through God healing them. The disease level is very high and many people have acute and chronic diseases here as well as problems with evil spirits which is a new learning area for me.

Finding a place to counsel

I investigated some hotels and restaurants in an area easily accessible for clients, prayed and exploited fully the interest factor in a westerner speaking Nepali. I fairly quickly found two possible places where the owners were happy for me to use a quiet space for counselling with the big bonus of no costs involved and a lot of good will.

I settled on 'The Summit' hotel which is near where our children went to school when we lived in Kathmandu 24 years ago. The garden is proving a quiet, peaceful spot that works well for counselling, quite a refuge from the turmoil that Nepal is going through.

Surprises in the life of a counsellor in Nepal

Maybe the most striking was a large rat running past our feet in the middle of an intense session!



The quiet garden spot where Tat counsels.

The people here are very religious and this is reflected in the numerous temples, pilgrims, festivals and daily rituals that impact on Nepali and expatriate alike. I think this is why spirituality has a more overt part in the counselling process here.

I was really touched to be phoned by a client who was checking if I had got home safely through the riots. The unstable situation here means that sessions are more likely to be cancelled by me because of travel problems but this has only had to happen once so far. Clients have always turned up.

A counsellor in Nepal reporting back to Network

I am pleased to find that I am now ready to work independently and, two years post training, I feel I am at last truly developing my own counselling style. I really appreciate the firm foundation in counselling that I learned at Network and the checks and balances that float unbidden in my mind as I consider various aspects of my client work (aided by my email supervision kindly provided by Edna Ashton). So thank-you Network for the important place you have in my heart and for being a crucial step to this current phase of my journey. This comes with love to those of you I know at Network.

If you are interested in receiving our prayer letter please let me know at tatyong@gmail.com

This is an abridged version of Tat's letter. A full version is available from Network.