

# Training for Appropriate Practice

Dr Anthony Hickey

# Who am I....?

- Prestonian
- Training
  - Person-centred Counselling, Clinical Hypnotherapy
  - Adjuncts – e.g. Trauma & Stress, Brief Therapies)
- Teach and conduct research at the UoS
- Worked in
  - Statutory Sector (Primary Care in Manchester & Cheshire)
  - Voluntary Sector (self-referral Schemes)
  - Manager
    - Counselling Service
    - Stress Training Service
  - Private Sector (EAP & Independent Practitioner)

# Who are we....?

- Where in the North West do we work?
- Who are our clients?
- What therapeutic models do we use?
- What teams are we in....if any?
- In what Services do our teams sit?
- What other professions are in our teams?
- How do we fit within our teams?
- With what other teams do we have contact?

# BAC – Code of Ethics and Practice for Counsellors

- Late 1990's
- The Nature of Counselling
- The overall aim of counselling is to provide an opportunity for clients to work towards living in a more satisfying and resourceful way.....

# **BAC – Code of Ethics and Practice for Counsellors - 1990's**

- .....the objectives of particular counselling relationships will vary according to clients' needs. Counselling may be concerned with developmental issues, addressing and resolving specific problems, making decisions, coping with crisis, developing personal insight and knowledge, working through feelings of inner conflict or improving relationships with others

# BAC – Code of Ethics and Practice for Counsellors - 1990's

- *The counsellor's role is to facilitate the client's values, personal resources and capacity for **self determination***

# The Psychotherapeutic Perspective

- Psychiatric discourse powerful
- Increasing adoption
  - Of medical and biological research methodologies & methods (perceived scientific credibility)
  - Of medical and biological theory to underpin counselling & psychotherapy practice
  - Of medical language by counsellors and psychotherapists

# The Psychiatric Perspective

- A new paradigm
- Arthur Kleinman (British Journal of Psychiatry) predicts that if academic psychiatry continues as it is it will become irrelevant in twenty years



# What does this mean for the **future** of Counselling & Psychotherapy?

- Our language?
- Our practice?
- Our theories?
- Our research?

# What is the difference we are aiming to make?

- How do we support vulnerable people to become resourced?
- What do we need so that we can make a difference together?
  - From ourselves?
  - From others?
  - For ourselves?

# Training for Appropriate Practice

- What needs to be done differently?
- Who needs training and what do they need?
  - Counsellors?
  - Other health-care professions?
  - Policy-makers?
  - Senior Managers?
  - Media?
  - Public?

# Questionnaire

- Personal Training Needs

# Thankyou for listening

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