



# MACP

MID - ULSTER ASSOCIATION FOR  
COUNSELLING & PSYCHOTHERAPY

# FACILITATOR



**Joe Coney FNCS, MSSc, Sen BACP  
Acc. Therapist & Supervisor, Dip Couns,  
Dip Sup AR Registered.**

**Chairperson MACP: Over 20 years experience**

**Chairperson of MACP, and holds a Masters Degree in Post Traumatic Stress Disorder and Addiction, specific to those suffering from PTSD post conflict. Works for Inspire workplaces as an EAP Therapist , consultant, trainer, and also delivers pre awareness stress management programmes to the front line services such as fire fighters and ambulance personnel.**

**Fellow of the National counselling society**

# AGENDA

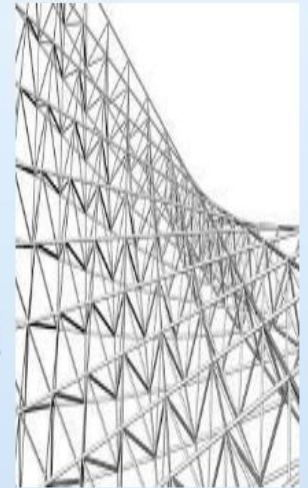
- **Introductions**
- **The Structure of MACP**
- **Definition of Counselling**
- **Annual Statistics**
- **Research**
- **Area of Benefit**
- **The Benefits of MACP**
- **Counselling Approach**
- **Key Issues Addressed**
- **Our Counsellors**
- **Counsellor Support**
- **Training Programmes**
- **Assessments**
- **Data protection**
- **The Referral Process**
- **Regulation and professional body membership**
- **Our Principles & Values**
- **Looking ahead**
- **How to contact us**
- **Questions and Answers Session**





# THE STRUCTURE OF MACP

- **MACP was founded in August 2012**
- **We are a constituted charity  
and are a not-for profit Charitable organisation**
- **MACP are registered with the  
Northern Ireland Charity commission, Northern  
Ireland Charity number: NIC102875**
- **We are also registered with the Inland Revenue for  
tax purposes. Charity *Registration Number*: XT38505**



# MAKE UP OF MACP

- **Board of Governors (made up of professional counsellors, student counsellors, male and female, cross community (Six members))**
- **Children and young people sub committee (Five members)**
- **Research group (Three facilitators and 7 participants)**
- **Funding committee (Six participants)**
- **Focus group (Six members) instructs and advises the committee on ideas and needs**
- **Counsellors**
- **Admin volunteers**



# DEFINITION OF COUNSELLING



*A definition of counselling put simply is:  
‘To help the client help themselves.’*

*The belief behind counselling is that client's who are experiencing any mental health issues, have within them, the strengths and resources to attend to their own issues in their own way. The counsellors job is to assist the client do just that, by respecting the clients unique position, providing a warm and non judgemental attitude, to empower the client to take more control of their experiences to resolve issues which causes anxiety.*



# ANNUAL STATISTICS

- MACP has a statistical analyst who analyses all of the information as the client details come through.
- In the past 12 months, MACP has counselled a total of 302 clients
- Average number of sessions per week was 64
- The total number of sessions within that 12 month period was 3091
- Male 110
- Female 192



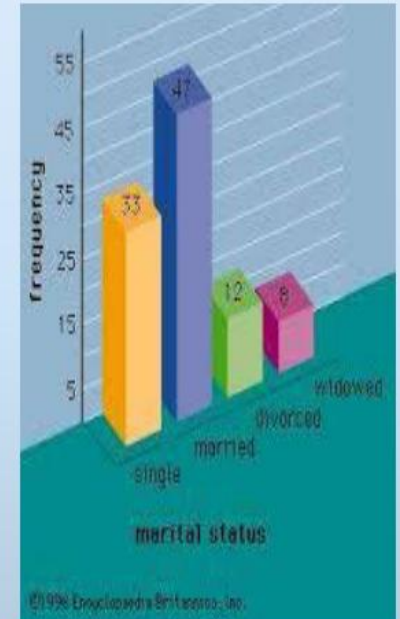
# ANNUAL STATISTICS (CONT)

## AGE RANGE

**From the 302 clients who accessed  
our counselling service:**



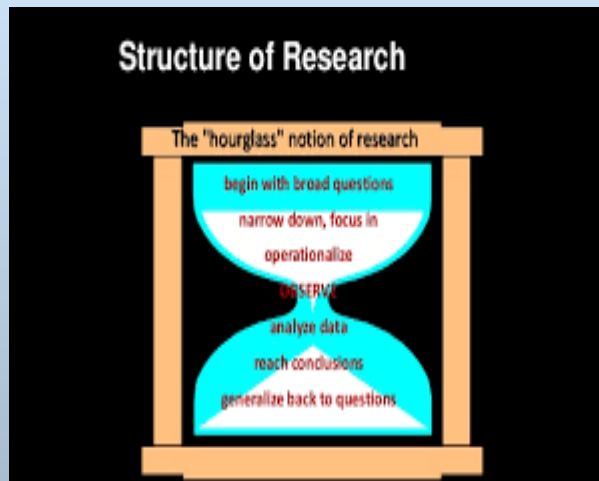
- 15-18 year olds = 19
- 19-30 year olds = 87
- 31-40 year olds = 61
- 41-50 year olds = 62
- 50 and over = 73





# MACP RESEARCH GROUP

- MACP have 3 researchers constantly researching various issues and mental health difficulties people are suffering from within Mid-Ulster and nationally.
- Our most current piece of research began on Thursday 29<sup>th</sup> August 2019



### Why should counsellors do research?

The image shows a hand holding a magnifying glass over a person's eye. The text 'The important thing is to find out what you are looking for' is written above the eye. Below the eye, the word 'CURIOSITY' is written in a stylized font.

- From a research perspective, they are driven purely and simply by the need to know...curiosity
- A more pragmatic answer is doing research helps you advance your profession
- However the best reason for doing research is that it will in some way improve the lot of clients: evidence-based practice of knowledge and skills to help clients.

# MACP RESEARCH GROUP (CONT)

- MACP have recruited 10 participants who have suffered from mental health difficulties which includes:
- Five participants who suffered from serious suicidal ideation personally.
- Five participants who have lost loved ones to suicide.

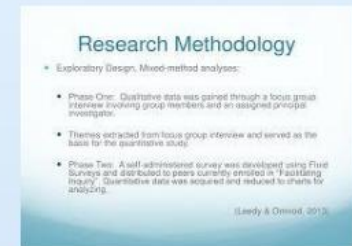


# MACP RESEARCH GROUP (CONT)

- **Methodology: Mixed Methods. Consisting of a Focus Group and a literature review**



- **MACPs Research Question**



**1. Does the Mid-Ulster Association for Counselling & Psychotherapy (MACP), who deliver a professional counselling service, located in the Mid-Ulster Council electoral ward, contribute to the reduction in serious mental health problems, particularly suicide?**

**2. Would additional and new partner organisations, as well as individuals, who reside within the Mid-Ulster area, support, refer, and use such a service?**



# MACP RESEARCH GROUP (CONT)

- Each participant will be assessed and monitored for suitability with regards to the research.
- Each participant will be assigned a full time fully qualified counselling practitioner, experienced in working with high risk and suicide. Should the participant feel during the research they wish to access their counsellor, they can do so for as long as needs be, completely free of charge.



## AREA OF BENEFIT & LOCATION



- Mid Ulster Borough Council Area to include:
- Coalisland. Our offices, counselling and training rooms, are located in Coalisland.
- Dungannon;
- Cookstown;
- Magherafelt & the surrounding areas; and
- Lough Shore Areas.

**These locations are for example purposes only, anyone residing within the Mid Ulster Borough Council Area can access this service.**

# THE BENEFITS TO THE CLIENT



## Client Autonomy



Our clients will have the opportunity to have their voices heard in decisions that affect their lives in a non-judgemental and confidential manner,

The service is free to the service user, although clients can make a donation per session and usually do.

MACP evaluates our service and takes direction from our clients when planning the way ahead. We believe that it is those individuals who suffer from poor mental health difficulties, who are in the best position, to guide MACP and offer new perspectives on what is needed



# THE BENEFITS TO THE COMMUNITY

**The project is adjunct to other organisations offering alternative services within the Mid-Ulster area.**

- **However, within a 12 month period, MACP will charge organisations nominal fees to help**
  - **sustain the project.**



# OUR APPROACH TO HELPING CLIENTS

- Our therapists will provide an integrative approach to our work, this includes the use of Humanistic, Cognitive behavioural therapy (CBT) and Psychodynamic approaches.

## Humanistic:

This involves providing the client with: A safe, confidential and trusting environment to talk about their feelings; and the implementation of necessary conditions to process their feelings i.e., a non-judgemental, warm and empathic;

## Cognitive Behavioural Therapy (CBT):

CBT encompasses addressing the clients negative thought processes, and assisting the client to restructure these, e.g., 'is their glass half full, or half empty?' and lastly;

## Psychodynamic:

Often, issues involving past traumas for example, are sometimes 'repressed' (put to the back of our minds), but through our senses, reminders of past experiences can be triggered causing extreme anxiety among other feelings. Whilst we cannot change our past, we can make sense of why we feel or think as we do in the present. Counselling can assist the client process these unwanted thoughts and feelings conjured up from the past, allowing them to 'let go' and move on with a more productive future, hence, thinking and feeling stronger and happier.

# WHO CAN ACCESS COUNSELLING?

**MACP provide a full range of counselling services to any adult from 18 years of age. There is no upper age limit.**

**We also have a specialised tailored counselling service to cater for young people from the age of 11-18.**

**The clinical counselling supervisor, Mr. Shane Morrow, will deliver a short PowerPoint on this service immediately following this presentation.**





## KEY ISSUES ADDRESSED

The main focus of MACP is primarily:

- Suicide ideation/thoughts
- Those bereaved by Suicide
- Post Traumatic Stress/ Disorder and
- Addiction.

Some of the other issues we will work with include:

- Domestic violence
- Anxiety Disorders
- Eating Disorders

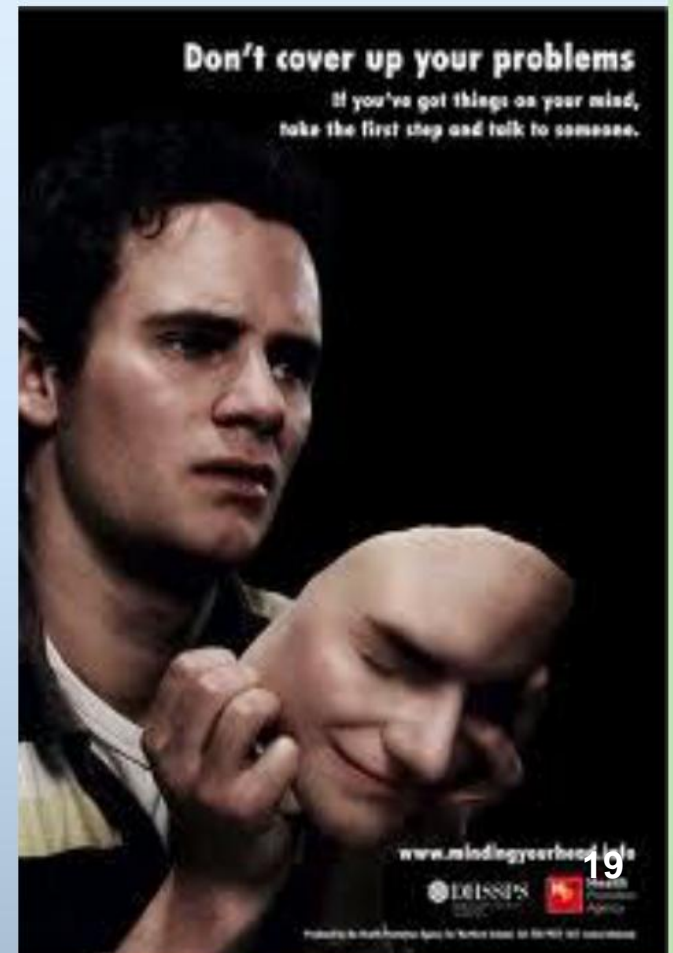


# KEY ISSUES ADDRESSED

In addition to the previously mentioned issues our therapists will work with anyone presenting with the following issues:

- Depression
- Self Harm
- Social Exclusion
- Counselling the Elderly
- Discrimination

This list is not exhaustive.



# OUR COUNSELLORS





# MACPs CLINICAL SUPERVISION & PERSONAL THERAPY TEAM

- **MACP have in total four fully qualified clinical counselling supervisors at present. Each of our supervisors holds a degree level clinical counselling supervision Diploma, in addition to their professional counselling qualifications. The lead supervisor also holds a BACP senior accreditation in clinical supervision.**
- **Personal Therapy is provided as and when it is needed, by fully qualified counselling practitioners.**
- **All of MACPs counsellors, personal therapists and clinical counselling supervisors, are all fully insured by professional psychological insurance companies.**
- **Our counsellors, personal therapists and clinical counselling supervisors, are all members of professional bodies such as BACP and NCS.**

(We will explain a little more about professional bodies later).

# SOME EXAMPLES OF CPD ACTIVITIES AND TRAINING TAKEN BY MACP COUNSELLORS



# WORKING WITH DEPRESSION



**Depression facilitated by Aware**



# RELATIONSHIP, SHADOW AND SUPERVISION (CLINICAL COUNSELLING SUPERVISION)



- **Dr Steve Page**
- **Author, Researcher, Psychotherapist**

# SUICIDE INTERVENTION TRAINING

Rev Andrew Rawding



Safe Talk

# LONE WORKER AND HEALTH AND SAFETY SEMINAR DELIVERED BY THE PSNI





# DR RAMAN KAPUR (PSYCHOLOGIST) HERITAGE CENTRE COALISLAND 2018



**Psychoanalytic Approach to Recovery**

# DR BARBARA MITCHELS

- Confidentiality and the Courts: Balancing the needs of Clients, professionals and the Law
- Neuroscience and its impact on therapy



# DOMESTIC VIOLENCE AND TRAUMA

## WOMANS AID





# ADDITIONAL 60 HOUR MODULES (EXAMPLES OF SPECIALISMS)

- Working with PTSD and Trauma (60 hours)



**Working with Children and Young People (60 Hours)**

**Working with Addictions (60 Hours)**

# PLANNED CPD EVENTS FOR THE COMING YEAR

During each academic year from September to June, MACP hold one CPD event approximately every 6 weeks for four hours. In addition, we hold either one or two full day CPD events approximately twice in one academic year.

The following four hour CPD events have been planned for the next academic year:

- ◉ Working with eating disorders
- ◉ Psychosomatic illnesses
- ◉ Safe Talk
- ◉ Child protection and vulnerable adults
- ◉ Assessing children, young people and vulnerable adults



## **THE FOLLOWING FULL DAY CPD EVENTS HAVE BEEN PLANNED FOR THE NEXT ACADEMIC YEAR:**

### **High risk training & assessment**

- **Working with those who self harm**
- **Addiction to prescribed medications: how this affects the client**
- **Working with the client who is subject to Domestic Violence**





# ASSESSMENT OF OUR CLIENTS

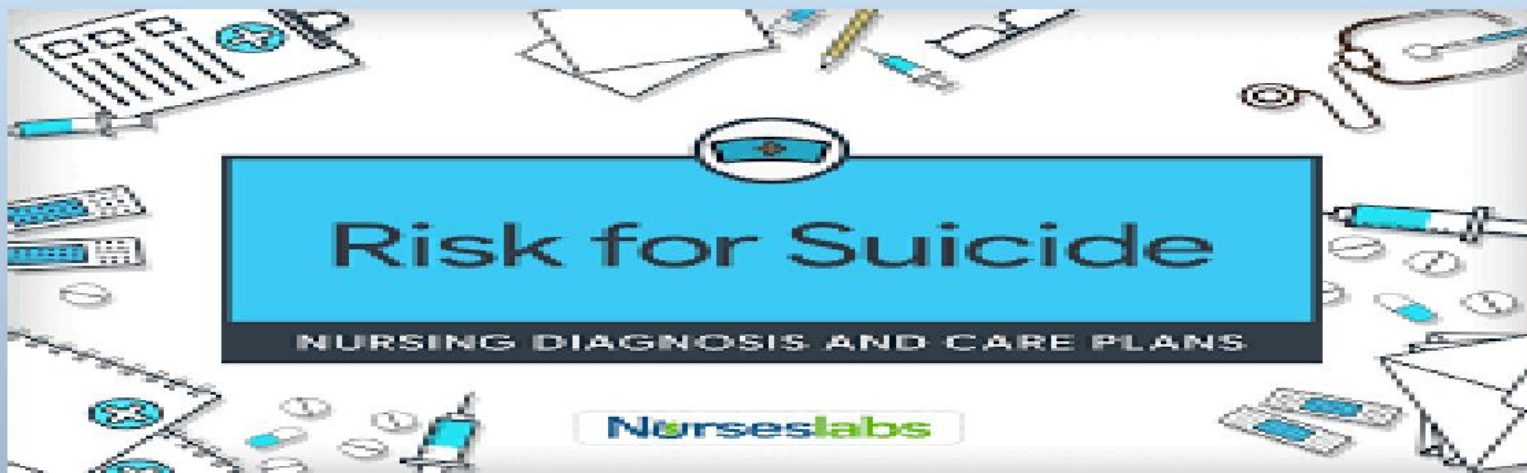
- Counsellors and Psychotherapists do not diagnose nor do we prognose.
- We do however assess
- Assessments are a vital tool and there are various types MACP use, and for different purposes.





# SUICIDE RISK ASSESSMENT

- Risk assessment is absolutely paramount, and every MACP counsellor will risk assess
- Should their client be at risk say from suicide, the counsellor will automatically contact their clinical counselling supervisor
- The clinical counselling supervisor will determine the course of action to take, based on the counsellors assessment
- If deemed necessary, the supervisor will work with the clinical services manager of MACP to gain as much support and advice to protect the client and to support the counsellor



## ASSESSMENT OF SPECIFIC CONDITIONS

- When clients present with conditions such as anxiety Post Traumatic Stress Disorder (PTSD) or depression for example, (there are of course many more) the counsellor may assess these conditions using a short assessment tool.
- For anxiety we use GAD-7 for PTSD we use IES-R and for depression we use PHQ-9.



# FOR GENERAL ANXIETY DISORDER: (THE GAD-7)

GAD-7				
Over the last 2 weeks, how often have you been bothered by the following problems? (Use "a" to indicate your answer)	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

(for office use only: Total Score 1 \_\_\_\_ + \_\_\_\_ + \_\_\_\_ + \_\_\_\_)

Developed by Drs. Robert L. Spitzer, David B. Williams, John M. Linzer and colleagues, with an educational grant from Pfizer Inc. All trademarks included by permission, trademark owned by the holder.

# FOR PTSD: THE IMPACT OF EVENTS SCALE-REVISED (IES-R)

## Impact of Events Scale - Revised (IES-R)

Identifier

Date

Below is a list of difficulties people sometimes have after stressful life events. Please read each item, and then indicate how distressing each difficulty has been for you **DURING THE PAST SEVEN DAYS** with respect to (your problem), how much were you distressed or bothered by these difficulties? This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a health professional.

0 = Not at all      1 = A little bit      2 = Moderately      3 = Quite a bit      4 =Extremely

1 Any reminder brought back feelings about it

Please select ...

2 I had trouble staying asleep

Please select ...

3 Other things kept making me think about it

Please select ...

4 I felt irritable and angry

Please select ...

5 I avoided letting myself get upset when I thought about it or was reminded of it

Please select ...

6 I thought about it when I didn't mean to

Please select ...

7 I felt as if it hadn't happened or wasn't real

Please select ...

8 I stayed away from reminders about it

Please select ...

9 Pictures about it popped into my mind

Please select ...

10 I was jumpy and easily startled

Please select ...

11 I tried not to think about it

Please select ...



# FOR DEPRESSION: THE PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

PHQ-9

Identifier

Date

Please read each statement and write a response which indicates how often you have been bothered by the following problems **over the last two weeks**. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

0 = Not at all    1 = Several days    2 = More than half the days    3 = Nearly every day

1 Little interest or pleasure in doing things

2 Feeling down, depressed, or hopeless

3 Trouble falling or staying asleep, or sleeping too much

4 Feeling tired or having little energy

5 Poor appetite or overeating

6 Feeling bad about yourself, or that you are a failure or have let yourself or your family down

7 Trouble concentrating on things, such as reading the newspaper or watching television

8 Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual?

9 Thoughts that you would be better off dead or of hurting yourself in some way

# MACP minimum Requirements to practice

## TIER 1 EXPERIENCED THERAPIST

AR REGISTERED

PROFESSIONAL BODY  
ACCREDITED OR HOLDS A  
CERTIFICATE OF PROFICIENCY

CLINICAL COUNSELLING  
SUPERVISOR

COMPLETED CHILD PROTECTION  
AND  
VULNERABLE ADULT CERTIFICATE

ENHANCED ACCESS NI CHECKED

HAS READ AGREED AND SIGNED  
THE MACP POLICIES AND  
PROCEDURES

FULLY QUALIFIED AT LEVEL 4  
WITH A MINIMUM OF 150 HOURS  
EXPERIENCE AS A COUNSELLOR

**Tier 1  
Qualified**

**Tier 2  
In Training**

## TIER 2 TRAINEE COUNSELLOR:

CURRENTLY IN YEAR THREE  
OF THEIR LEVEL 4 TRAINING

PROFESSIONAL BODY  
MEMBERSHIP

CLINICAL COUNSELLING  
SUPERVISOR

COMPLETED CHILD  
PROTECTION AND  
VULNERABLE ADULT  
CERTIFICATE

ENHANCED ACCESS NI  
CHECKED

HAS READ AGREED AND  
SIGNED THE MACP  
POLICIES AND PROCEDURES

# OUR REFERRALS PROCESS

**Client or organisation  
Contacts MACP : Details  
taken**



**Client will be fully assessed  
by clinical services manager**



**We will use (for example)  
CORE, PHQ9, GAD7 & IES-R  
to assess**



**We aim to provide clients with a  
session date within 10 days of 1<sup>st</sup>  
contact (perhaps shorter)**



**Client attends agreed  
session at MACP counselling  
facility**

We also have a 'did not attend' (DNA) policy, (or did not attend).. Should a client fail to attend two sessions in a row without an acceptable reason, that client will then need to be re-referred back into the service.



# GENERAL DATA PROTECTION REGULATION (GDPR)

- Because MACP is handling sensitive and personal client information, we are required by law to be registered with the Information's Commissioner Office. We also subscribe fully to GDPR.





# REFERRAL FORMS

Please look in your packs, there you will find a referral form used by organisations or self referred clients.

- This form can also be found on the MACP website:
- [www.mid-ulstercounselling.co.uk](http://www.mid-ulstercounselling.co.uk)

A screenshot of a referral form titled 'Referral Form'. The form is yellow and contains various fields for personal and professional information, including name, address, contact details, and a section for the referring professional. The form is labeled 'Referral Form' at the bottom.

# ***PROFESSIONAL STANDARDS AUTHORITY***



- **The PSA accredits registers of practitioners working in a variety of health and social care occupations not regulated by law.**
- **To be accredited, counselling professional bodies holding such registers must prove that they meet the PSA's Standards for Accredited Registers**

## PSA (CONTINUED)



○ The PSA help to protect the public through work with organisations that register and regulate people working in health and social care. They are independent and are accountable to the UK Parliament. PSA reports help Parliament monitor and improve the protection of the public.

# PROFESSIONAL BODY MEMBERSHIP

**All individual counsellors are required to be members of a Professional Body e.g. The National Counselling Society (NCS), The British Association of Counselling and Psychotherapy (BACP), or Irish Association of Counselling and Psychotherapy (IACP).**

- **All members are required to work to the relevant Professional Bodies Ethical Framework for Good Practise, ensuring public safety at all times.**





# IN SUMMARY

## Professional Standards Authority (PSA)

- (**Regulatory body** ensuring the professional body meets the required standards for their members to practice safely)



- **British Association for Counselling & Psychotherapy (BACP)**

(**Professional Body** ensures their members meet the ethical and professional standards to practice safely )



- **Mid-Ulster Association for Counseling & Psychotherapy**

- (**Counselling Organisation** requires counsellors to be members of a reputable professional body)



- **Joe Bloggs Dip Couns, ACC. MBACP AR**
  - (Counsellor)

# SOME OF ETHICAL VALUES WE SUBSCRIBE TO

- Respecting human rights and dignity
- Protecting the safety of clients
- Ensuring the integrity of practitioner-client relationships
- Enhancing the quality of professional knowledge and its application
- Alleviating personal distress and suffering
- Fostering a sense of self that is meaningful to the person(s) concerned
- Enhancing the quality of relationships between people
- Appreciating the variety of human experience and culture
- Striving for the fair and adequate provision of counselling and psychotherapy services



# JUST SOME OF THE ETHICAL PRINCIPLES WE SUBSCRIBE TO

- **Being trustworthy:** honouring the trust placed in the practitioner
- **Autonomy:** respect for the client's right to be self-governing.
- **Beneficence:** a commitment to promoting the client's well-being.
- **Non-maleficence:** a commitment to avoiding harm to the client.
- **Justice:** the fair and impartial treatment of all clients and the provision of adequate services
- **Self-respect:** fostering the practitioner's self-knowledge and care for self.



# LOOKING AHEAD: THREE YEAR PROJECT

- **MACP will submit a funding application before the end of 2019 to cover a 3 year project. As well as this, we will raise and generate our own income.**
- **The aim of this funding will be to cover the projects Running Costs located in MACPs counselling facility currently.**
- **Rent**
- **Heat light power**
- **Administrative requirements**
- **Counsellor support (Supervision Personal Therapy and CPD events)**





# THE NEXT FIVE YEARS



- Should the grant and the income already secured cover the running costs of the three year project, this will give MACP three years to provide therapy without the worry of raising anything additional ourselves.
- During the three year period, MACP will continue to fundraise, generating our own income, working in partnership with local statutory, voluntary and private sectors, as well as individuals and clients who use our service.

# THE NEXT FIVE YEARS (CONT)



- Following the completion of the three year project, a second application could be made, to match funds already raised by MACP during the initial three year project, with the view to securing both capital and running costs to build a purpose built mental health community hub located in Coalisland.
- Managing director
- Counsellors (Full time/part time/affiliated).
- Administration staff
- Affiliated or employed clinical counselling supervisors and personal therapists

# NEW COMMUNITY MENTAL HEALTH HUB

- Tailor made building to be used as a community mental health hub
- The centre will be used for any event by any mental health provider associated with mental health provision
- The building will house approximately six counselling rooms, kitchen, two offices and a waiting area





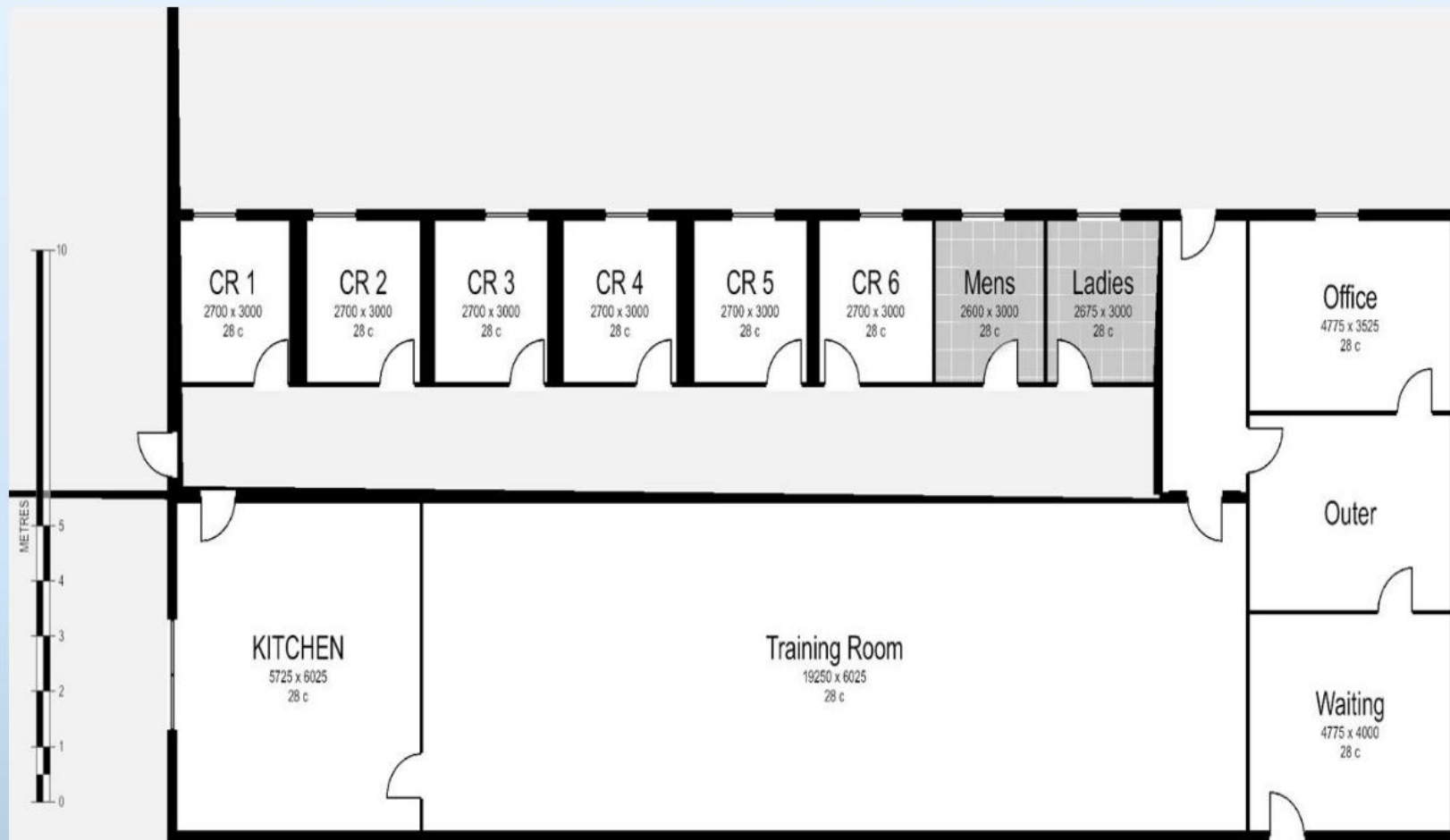
# NEW COMMUNITY MENTAL HEALTH HUB (CONT)

- The building will also have a large tailor made training facility, which can also be used to run various types of group work.
- In addition to mental health requirements, the facility will also rent rooms for other purposes. Revenue raised will be channelled back into the project to sustain the work.





# COUNSELLING AND MENTAL HEALTH HUB



## MACP JOE

Internal - 324m<sup>2</sup>  
External - 359m<sup>2</sup>  
Overall - 30.13m x 11.50m

Powered by Planit2D



## OUR CONTACT DETAILS

Main office at present is at:

- 64 Main Street, Coalisland

**Tel: 028 8774 6375**



E: [macpcounselling@gmail.com](mailto:macpcounselling@gmail.com)

Website: [www.mid-ulstercounselling.co.uk](http://www.mid-ulstercounselling.co.uk)

# OUR PREMISES

**64 MAIN STREET, COALISLAND BT71 4NB**

**Some locals may well know this better as:  
'Mamie's Corner.'**



# Thank You!





# QUESTIONS & ANSWERS

- **Invite questions from the audience**

