

Counselling in Scotland

SPRING/SUMMER 2020

Resourcing the Source: finding ourselves
in the therapeutic relationship

Eating Disorders

Text, Transition and Transference

The Usefulness of Multi-disciplined
Counselling in complimentary therapy

Person-centred Counselling
with bereaved clients

Hounds Connect the Dots



COSCA

Counselling & Psychotherapy
in Scotland

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Editorial



John Dodds

Welcome to our Spring/Summer issue, and I sincerely hope you are all keeping safe and well emotionally as well as physically in these challenging times in which we find ourselves.

While the Covid-19 stories in the news highlighted the physical aspects, I was glad to see emerging discussion about mental health, too. Counselling services have offered telephone and online services for years, though I suspect these have become more important than ever, with online tools like Zoom and Skype for video sessions, for example.

As it happens, I negotiated an article exchange with the *British Association of Counselling and Psychotherapy Children, Young People & Families* journal which connects well to this topic, even though it was published before the pandemic hit. In *Text, Transition and Transference*, Felicity Runchman discusses the potential and the challenges of text-based online counselling with young people.

The author of the article we are exchanging with BACP, Mike Moss, has this time given us a transcript of his keynote address from COSCA Annual General Meeting in Stirling, 18 September 2019, called, *Resourcing the Source: Finding ourselves in the therapeutic relationship*. In particular he discusses something from solution-focused brief therapy called “The Miracle Question”.

Working with clients who have eating disorders can have particular challenges in counselling and I feel that Alison Cowell’s article provides some insights into the subject to develop our understanding. While her work is more directive and solution-focused than ours would be, she does provide some points for counsellors to consider. For example, she writes that “Focusing on an

internal image takes the pressure away from the external body image”. While this relates to eating disorders, it’s also linked to the concept of self and our feelings about how we are perceived by others, something we may often hear about in the counselling room.

And in a piece held over from last time because of lack of space, Ala Qusous writes fascinatingly about the usefulness of multi-disciplined counselling in complementary therapies, linking to practices like Reiki and meditation.

Another non-core approach is about therapeutic process involving some core counselling skills where the clients’ dogs and the relationship with their owners plays a part. Written by Joanne Frame, the piece draws on her own experience and challenges in life and the important part her dogs played in her healing process.

One of the things we learn about in counselling is the grieving process, notably through the work of Elisabeth Kubler-Ross, who showed us a nominal pathway from denial through to acceptance, though we know that people do not progress through them in the same way and may become stuck between stages, some perhaps never reaching acceptance. It is valuable, therefore, to read Simon Spence’s thoughtful article about the use of person-centred counselling in the grieving process, which may add to your own understanding when working with clients going through it.

In conclusion, thinking about the coronavirus pandemic and mental health, if any of you are working online with clients, I would be interested in publishing articles on the subject. Initially, please just email me with your proposal before submitting anything.

John Dodds, Editor