

Counselling in Scotland

SPRING 2019

REDUCING THE PAIN

LISTENING FOR HEALING

IT'S ALL ABOUT CONNECTION

PSYCHEDELIC-ENHANCED PSYCHOTHERAPY

EDUCATING THE WORKFORCE

A DAY IN THE LIFE

IN PRAISE OF SUPERVISION



COSCA

Counselling & Psychotherapy
in Scotland

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Copies of the journal can be purchased from the COSCA office. Extracts from the journal covering the last 2 years are published on the COSCA website. Free and open access is provided to the public to full editions of the journal published over 2 years ago via the COSCA website.

Charity Registered in Scotland No. SC 018887
Charitable Company Limited by Guarantee
Registered in Scotland No. 142360

Counselling in Scotland is printed on environmentally friendly paper, from sustainable forests.

Editorial



John Dodds

I realise that it has been a while since our last issue, but we finally received enough in the way of articles to produce a new one. I would like to thank all of the contributors for their hard work and for meeting the deadline we set – you all went the extra mile, which is truly appreciated.

With the recent furore over the allegations made against former First Minister, Alex Salmond, it seems timely to have a valuable article by our own Recognition Scheme Officer, Jenna Fraser, about organisational complaints procedures. It can, as she says, be a sensitive, even painful issue at times, though it is critical that every organisation in our sector has a robust complaints procedure. Jenna's article talks about the sensitivities and processes involved and offers some advice about "reducing the pain."

In his second piece for us, Mike Moss writes about the "actualising tendency" that Carl Rogers described, and in this case how that is effected in a therapeutic relationship through the use of music in making connections between client and counsellor and how music benefits clients themselves. The fascinating case study involves a gender-fluid client, who prefers to be called "they" rather than he or she, and for whom music plays a significant part in their life.

Person-centred counsellor and supervisor and trainer for the Rowan Consultancy, Sue Black, provides a personal journey into an important factor in the therapeutic relationship, bringing to mind for me E.M. Forster's advice, "Only connect". She argues that meeting that human need for connection is "all that is required to enable individuals to feel at one and integrated with themselves and the world".

From time-to-time, we run articles in the journal not specifically related to counselling or psychotherapy, but which offer insights

into other modalities which may broaden our understanding of the wider field of therapy. This time, we have a fascinating article by Dr. James Hawkins about the potential value of psychedelic drugs in therapy and recent research on the topic. His article discusses drugs in a rather different way than those propounded by the likes of Timothy Leary and Aldous Huxley, though they both claimed their therapeutic benefits. Huxley used LSD and mescaline, for example, and concluded that they could be as agents for self-discovery and enlightenment. In his article, "Psychedelic-enhanced Psychotherapy", though, Dr. Hawkins asks, "how can we best respond as therapists in new, potentially powerful ways of helping our clients?"

Last Spring we ran an article about contracting workplace counselling, and this issue we expand on this topic with a piece by Julie Reekie and Anne Marie McNeil which, among other things, contains a case study discussing the experiential value of short-term workplace counselling.

Finally, I offer my brief reflections on the value of supervision, discussing my personal experience of the process and the challenges and benefits along the way.

For reasons of space we have held back some articles until next issue, but we are always keen to receive more, so please drop us a line with anything you feel you could offer, whether it is something from a personal perspective or something based on your own knowledge or experience on any aspect of counselling or psychotherapy.

John Dodds, Editor