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# The Counselling Student

The Monthly Counselling Tutor Newsletter

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- For your Diary

## Schools out – *Making the most of the academic break*

Summers here and as the singer Alice Cooper observed, '[Schools out for summer](#), no more lessons, no more books, no more teachers, dirty looks.'

Yes, the end of the academic year is upon us, for some of you, the reflex action is to kick back and have a good time at the end of your studies.

The summer break can also be a source of anxiety, waiting for results or confirmation of a place on the next level.

Maybe feeling unsupported because your course has finished, tutors are off on holiday. The college library has closed for the summer.

One of the biggest fear's students have over the transition between summer and autumn is how to prepare for the next level.

So, before you pack the sun tan cream, sunglasses and your favourite beach read.

There are a few simple things which you can put into place which will make you return to education a little less stressful.

Enjoy the summer

Rory



## What to do over the academic break

First of all, take a break. Training and practising can be both emotionally and physically demanding. Looking after ourselves is, after all, an ethical obligation.

After you have recharged your batteries, there are lots of things you can do to prepare for the next semester

- Go to the awarding bodies website and download the qualification specifications
- Start thinking about your reading list
- Bookmark any useful websites, that have helpful information,
- Consider buying a voice recorder, useful for skill sessions
- Makes sure you have a diary or even better a wall planner to map out college, placement, and family time

### Build a resource store

Having a bank of resources to draw on when under pressure for assignment deadlines is essential.

Some of the most challenging areas that students (*and qualified colleagues*) sometimes struggle are -

- Finding quotes to support ideas or to evidence achieving criteria use [Google books](#)
- For Citing and referencing use an online tool such as [Cite this for me](#)
- Understanding [academic verbs](#) such as analysis and evaluate.
- Make sure you have word processing software such as Microsoft word or use google docs (it's free!)
- Don't forget to visit [Counsellingtutor.com](#) for all you counselling, practice. Skills, Theory and Personal development resources.



### Did you know?

These statistics on mental health may be useful for assignments, presentations or for answering questions at a placement or job interview.

1 in 4 people experience mental health issues each year

676 million people are affected by mental health issues worldwide

At any given time, 1 in 6 working-age adults have symptoms associated with mental ill health)

Mental illness is the largest single source of burden of disease in the UK.

Mental illnesses are more common, long-lasting and impactful than other health conditions.

The total cost of mental ill health in England is estimated at £105 billion per year

Source [mentalhealth.org.](#)

# What's New in the CSR

## A chance to grow up again –The work of Donald Winnicott

One of the most enduring ideas in counselling is attachment theory, the reason for this is that our experiences as children shape the people we become



In this lecture (*which includes a 1.5 Hr. CPD certificate*)

You will learn how to work with the clients developing ego known as the real self and recognise how clients may 'act out' in the therapy room as a way of developing a secure relationship with you.

### **Counsellor Resources is the go-to place for students "In the know".**

Inside you will find a wealth of information in the form of lectures handouts as well a vibrant online learning community. Gain ideas of how to tackle assignment questions, develop your practice base. Why not join the conversation in our exclusive [CSR Members Facebook](#) page?

We are adding to the resource all the time, below are the recent uploads. Not a member? Click or search [counsellingtutor.com/CSR/](http://counsellingtutor.com/CSR/) for more information.

### **Useful contact details (UK)**

BACP - 01455 883300

UKCP - 020 7014 9955

NCS - 01903 200666

Samaritans 116 123 UK (116 123 ROI)

Mermaids 0344 334 0550

Papyrus 0800 068 41 41

Mind - 020 8519 2122

Medical Emergencies - dial 999

Medical advice in a non-emergency situation - dial 111



# While you are here...

Why not take time to have a look at our full range of resources?

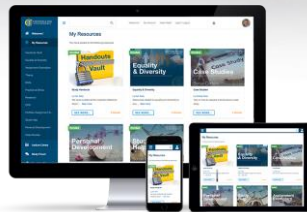
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