

Counselling in Scotland

SUMMER 2018

**COSCA'S 6TH ANNUAL STANDARDS EVENT
COUNSELLING CONTRACTS: OPTIMISING THE
CLIENT AND COUNSELLOR EXPERIENCE**

**CONTRACTING: EMPLOYEE COUNSELLING
SERVICES**

**VERBAL AND NON-VERBAL COMMUNICATION
IN THE COUNSELLING ROOM**

BOOK REVIEW

THE GIFT THAT WE ARE THIRSTING FOR

**INTERNATIONAL ASSOCIATION FOR
COUNSELLING**

**WORKING WITH SIGN LANGUAGE
INTERPRETORS AND DEAF CLIENTS**



COSCA

Counselling & Psychotherapy
in Scotland

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Editorial



John Dodds

IN spite of being a bit late in publishing this issue, I hope you will feel the wait has been worthwhile, as we have a range of interesting articles on topics as diverse as an overview of last year's Recognition Scheme Standards event, to pieces on contracting counselling services with employers and an introduction to the work of the International Association of Counsellors, with an invitation to join the organisation in its mission to promote and activate counselling services worldwide.

COSCA's new Recognition Scheme Officer, Jenna Fraser, led our 6th Annual Standards event, whose theme was "Counselling Contracts: Optimising the Client and Counsellor Experience". She reflects on the speeches and discussion which emerged, including a presentation by Ashleigh Cormack, head of the Rowan Consultancy, which provides employee counselling services. Ashleigh agreed to provide a full article on this topic for the journal, which follows Jenna's piece here.

Now and again, I write something for the journal myself, and this time it is two pieces, an article and a book review. My article is about verbal and non-verbal communication in the therapeutic relationship, illustrated with anonymised case studies of two former clients. I recognised that verbal and non-verbal communication are linked, and that sometimes as counsellors we may experience no verbal communication from our clients whatsoever, especially in early sessions, which is where our "active listening" skills are truly put to the test. I do not offer any advice or pointers in my piece, but I hope my reflection on what transpired in these sessions will be of interest and may even chime with some of you.

My second article is a review of Gail Honeyman's superb novel, "Eleanor Oliphant is Completely Fine," which came into my purview for the

journal as its protagonist attends counselling as part of what proves a critical stage in her journey through life. It is a novel I would have chosen to read regardless, but having done so with a review in mind, I found myself completely captivated and would happily recommend it to all of you.

A personal, reflective piece is provided by Mike Moss, called "The Gift We Are All Thirsting For" which is his exploration of the therapeutic relationship, drawn from Mike's background as a youth worker and family worker and looking at his new role as a person-centred counsellor, with consideration of spiritual motifs and early experiences with clients.

Following on from an article last time we have a fascinating piece by Yvonne Waddell, a freelance British Sign Language/English language interpreter and translator, looking at counselling with "culturally Deaf" clients - I hadn't heard the phrase "culturally Deaf" before, but her article explains it fully.

Finally, there is an introduction to the International Association for Counselling, looking at its work and discussing the benefits of getting involved with the organisation and becoming a member.

Don't forget that we are always interested in offers of articles, whether they are academic or informal, from professionals or counsellors in training, and if you are aware of any topics that might interest you or would like to suggest themes we might pursue for the future, please do get in touch with me.

John Dodds, Editor