

Counselling in Scotland

SPRING 2017

FUNDING CHALLENGES

TO ALL THE PROFESSIONALS...

HEALING OUR INNER BEING

ON BECOMING MORE, IN THE
THERAPEUTIC RELATIONSHIP

THE SCOTS AS PERSONS IN TRANSITION

PERSPECTIVES

TRANSGENDER COUPLES COUNSELLING

FROM BOY TO MAN



COSCA

Counselling & Psychotherapy
in Scotland

Contents

- 03 Editorial
JOHN DODDS
- 04 Funding Challenges
JENNY McLINTOCK
- 08 To all the professionals out there...
SUSAN ROBINSON
- 09 Healing our Inner Being
IAN ROSS
- 14 On Becoming More, in the
Therapeutic Relationship
MIKE MOSS
- 17 The Scots as Persons in Transition
COLIN KIRKWOOD
- 22 Perspectives
MORAG CHISHOLM
- 23 Transgender Couples Counselling
DR ALISTAIR McBEATH
- 26 From Boy to Man
BOOK REVIEW BY BENET HAUGHTON
- 27 New Registrants on the COSCA Register
of Counsellors and Psychotherapists and
New Members

OFFICERS OF COSCA

Dorothy Smith **Chair**
Anne Goldie **Vice Chair**

JOURNAL EDITORIAL GROUP

Brian Magee **brian@cosca.org.uk**
John Dodds **jakk1954@gmail.com**

STAFF

Brian Magee **Chief Executive**
Caroline Smith **Development Officer**
(Individuals & Courses)
(Maternity Cover)
Angela Ramsay **Development Officer**
(Individuals & Courses)
(Maternity Leave)
Jenny McLintock **Development Officer**
(Recognition Scheme)
Marilyn Cunningham **Administrator**
Danielle McCutcheon **Assistant Administrator**
Alan Smith **Book-keeper**

As a charity, COSCA welcomes donations or other assistance from benefactors who may have been helped by counselling or who wish to support the development of counselling in Scotland.

While all reasonable care is taken in the selection and verification of the material published in this journal, COSCA does not take responsibility for the accuracy of the statements made by the contributors or the advertisers. The views expressed in the journal are those of the individual contributors and are not necessarily of COSCA. Material published in this journal may not be reproduced without prior permission.

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.



John Dodds

E.M. FOSTER'S phrase from "Howard's End," "only connect," perfectly summarises a theme that informs two of the articles in this issue. In one of them, Colin Kirkwood's "Persons in Transition" looks at, among other things, connection (or lack thereof) in a political and cultural context, while Mike Moss "On becoming more in the therapeutic relationship" looks at the potential for a deeper connection with clients in the therapeutic relationship.

Although Colin's article was written before the Scottish Referendum and the subsequent Brexit vote, the points he makes are still perfectly valid today. Interestingly enough, just as we reached the proof-reading stage of the journal first Minister, Nicola Sturgeon, was seeking permission for a second referendum on Scottish independence between the autumn of 2018 and spring the following year (which would coincide with the expected conclusion to the UK's Brexit negotiations). Colin does not argue for separateness from the UK in the sense of a disconnection, but rather for what I would call an independent connectedness, recognising our common humanity and connection as human beings, while he also discusses the benefits of cultural and political diversity, among other things.

Someone I met recently, Ian Ross, is an autogenic therapist, and I felt an article by him about this approach would be of interest to our readers. The autogenic approach recognises that when we are distressed both mind and body are affected. He says in his introduction, "Whatever therapeutic approaches are used, it is unlikely that lasting well-being will result unless our bodies also become settled and in harmony." The result is a fascinating piece called "Healing our Inner Being: non-cognitive approaches to well-being."

Last issue we had an article about counselling in relation to sex. A wide field, of course, and sometimes brings us to areas that we perhaps need to understand more about if it is not within

our experience. Dr. Alistair McBeath makes this very point in his discourse on transgender couples counselling. There has been a marked increase of referral in recent years of people struggling to live with the gender that they were assigned at birth. In approaching transgender couple counselling for the first time, Dr. McBeath, says, "I sensed an immediate inner conflict between wanting to increase my knowledge about what the word transgender might mean without losing my sensitivity to basic human difference and individual diversity."

As regular readers may know some of our contributors are poets as well as counsellors, so this issue again features poetry, as well as a review of a collection of poems called "From Boy to Man" by Colin Kirkwood, who also wrote the "Persons in Transition." Our own Benet Haughton, who is extremely well-versed (pun intended) in poetry, highly praises Colin's work in his insightful review.

Still on the subject of poetry, COSCA was one of the nominated charities in the Year of Listening (YOL) 2016, which included a writing competition. We are very pleased to publish in this issue of the COSCA Journal the "commended" poem on listening by Susan Robinson.

Launching this issue of the journal is an important piece about funding challenges for counselling organisations by COSCA's Recognition Scheme Development Officer, Jenny McLintock. In her introductory statements, she says, "I am becoming increasingly concerned by the feedback received from organisations regarding their difficulties experienced in acquiring and maintaining funding, placing the development and sustainment and the very existence of counselling organisations at risk." First discussing the challenges, Jenny goes on to suggest ways that organisations can support their efforts to acquire and maintain funding while retaining their ethics, value and ethos.

John Dodds, Editor