

# Counselling in Scotland

AUTUMN / WINTER 2017

INTERPRETERS IN COUNSELLING

MENTAL ILLNESS AND SUICIDE

WHEN A THERAPIST FALLS ILL

SCHEMA THERAPY

BIAS UNCOVERED

LOCAL COUNCILS ON ALCOHOL  
IN 21<sup>ST</sup> CENTURY SCOTLAND

BOOK REVIEW



**COSCA**

Counselling & Psychotherapy  
in Scotland

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## OFFICERS OF COSCA

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

## JOURNAL EDITORIAL GROUP

---

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

## STAFF

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Brian Magee **Chief Executive**  
Angela Ramsay **Development Officer**  
*(Individuals & Courses)*  
Jenna Fraser **Development Officer**  
*(Recognition Scheme)*  
Marilyn Cunningham **Administrator**  
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# Editorial



John Dodds

**W**HILE it has taken somewhat longer than anticipated to assemble this issue of the journal (for a variety of good reasons), I am extremely happy with the contents, which comprise a spectrum of pieces, looking at everything from the use of interpreters in the counselling room, to what happens when the therapist falls ill, to mental health and suicide, all of which are written from a personal, and sometimes moving, perspective. In addition, we have an article about a therapeutic approach first developed in the 1980s which, I for one, was vaguely aware of but knew very little about.

We begin with a fascinating article by Gordon Hogg about the use of interpreters in the counselling room. It is a topic that raises all kinds of questions, such as what it means to have a third person present and what that might mean to the therapeutic relationship.

Then we move on to Samuel Reilly's moving account about his sister's suicide and what he learned from her writings collected in the book, *Tigerish Waters*.

Dr. Alistair McBeath's piece, "What Happens When a Therapist Falls Ill?", asks some interesting questions about an aspect of the therapeutic which we may not wish to think too closely about. But inevitably may have to do just that at some stage and, when we fall ill (seriously or even in a way that prevents us continue working with clients for a period of time), to have as Alistair says, an "ethical imperative to have a contingency plan, for the benefit of clients". I should also point out that, linked to this subject, COSCA will be publishing guidance for members on clinical/professional wills in the Spring of next year.

From time to time in the journal we run pieces not specifically about, or connected to, person centred counselling, and journal readers have

given some feedback to say they find it interesting to learn about other modalities and topics which can broaden our knowledge and understanding of how people are being supported in their process more widely. I am pleased, therefore, to offer in this issue an interesting article about Schema Therapy, which was originally developed by Jeffrey Young to treat individuals with Borderline Personality Disorder, but has since broadened as an approach for other issues, too, as Susan Simpson explains.

In "Bias Uncovered", Di Airey discusses equality and diversity, important aspects of working with others in a fully person-centred way.

Counsellors who work with people with alcohol addiction, indeed any of you who are interested in the subject, may wish to learn more about the work of Local Councils on Alcohol. Patricia Joyce looks at where they have been and where they are headed in the 21st century.

Finally, we move on to a subject that counsellors must wonder about from time to time, but may have limited experience of. It is this: how often do we get a client's perspective on counselling, besides the feedback we get directly from those we work with, or reflections from the counsellor's point of view? On this subject, we have to welcome a client opening up about the experience, which Lili Thomas does in her book *Monster in the Attic: A client experience of psychotherapy*. John McCormack reviews the title, and unstintingly recommends it, so I hope you will consider buying a copy.

I hope you enjoy this issue of the journal. As ever, we would very much welcome letters in response to the articles and always welcome offers to write articles for us.

**John Dodds**, Editor