

Sheffield Rape and Sexual Abuse Counselling Service  
celebrates its 30<sup>th</sup> birthday with a conference:

# “Surviving the Challenge”

On Tuesday 16th Nov 2010, 9.00 – 4.30pm

at St Mary's Conference Centre, Sheffield.

Details: [www.sheffieldrapecrisis.org.uk](http://www.sheffieldrapecrisis.org.uk)

Cost: £75 (£50 voluntary sector)

Bookings:

email [info@sheffieldrapecrisis.org.uk](mailto:info@sheffieldrapecrisis.org.uk)

Telephone 0114 2618990

Post SRASACS PO Box 34, Sheffield, S1. 1UD

**Colin Lago D.Litt with Suzy Henry** – “From the ‘Big 5’ to the ‘Big 7’ to Infinity...and Beyond: (re)considering multiculturalism and multiplicity in counselling and psychotherapy. Could we still be missing our clients?” This presentation will strive to address the complexities of working therapeutically with a diverse range of people and issues of diversity.

- What does sociology say about power in society?
- How does research into patterns of discrimination and oppression inform our work as therapists?
- How does your own identity, ability, sexuality, gender, ethnicity, belief and appearance effect and impact upon your work with clients?
- As therapists, can we truly ‘indwell’ and comprehend the individual diverse other’s world whilst simultaneously appreciate the complex, discriminatory and oppressive attitudes and behaviours that obtain in many people’s lives?

**Val Watson PhD** – “Coming of age: being at peace in our skins?” Val will explore what has been achieved so far in terms of diversity and what may lie ahead for women working with clients who have experienced rape and/or sexual abuse. She is particularly interested in exploring this from the perspective of the worker and working teams.

**Gillie Jenkinson MSc** - “Cult Survivors: Hidden and Hard to Reach” Gillie will compare the fields of ritual and non-ritual abuse cults. She will explore the difference between the issues faced by first and second generation ex-cult members including cult pseudo-personality and dissociation. She will look at some of the challenges for therapists working with these client groups and address some issues that help ex-cult members recover.

**Kat Banyard** will talk on the difficulties women experience in accessing services and the importance of women-only services. She will explore gender inequality as the key driver of violence against women and other themes pertinent for anyone working with survivors of sexual violence. She will also consider the place of Rape Crisis as a crucial part of the feminist movement.

• **A musical interlude with Chloe-Jade Simmons**

• **Book Sales and Information stalls available.**

## About our venue: St Mary's Church and Conference Centre.

- a modern, professional Conference venue within a historic Victorian building.
- a registered charity – all profit from commercial activities is put back into community activities
- situated near the city centre but renowned for its tranquil environment.
- free parking or a 10 minute walk to the train station
- menus are home made using local produce with an excellent range of special diet menus,
- free-flowing Fair Trade drinks
- food is prepared using electricity from renewable sources
- to learn more go to [www.stmarys-church.co.uk](http://www.stmarys-church.co.uk)



## About our speakers:

**Colin Lago D.Litt** was Director of the Counselling Service at the University of Sheffield from 1987-2003. He now works as an independent counsellor, trainer, supervisor and consultant. Trained initially as an engineer, Colin went on to become a full-time youth worker in London and then a teacher in Jamaica. He is a Fellow of the British Association for Counselling and Psychotherapy, an accredited counsellor and trainer and a UKRC registered practitioner. For leisure, Colin is a keen (but not very good) mountain runner, enthusiastic (but incompetent) dancer and a lover of mountains, music, films and books. He was awarded a D.Litt. and Hon. Prof. in 2010 for his contribution to the literature on transcultural therapy. Deeply committed to transcultural concerns, he has had articles, videos and books published, including among others: "Race, Culture and Counselling: The Ongoing Challenge" (2006) and, hot off the press, "Anti-Discriminatory Practice in Counselling and Psychotherapy" (co-edited with Barbara Smith, 2010) in which **Suzy Henry** (counsellor in training) offers a fresh perspective on working with disfigurement and visible difference .



**Val Watson PhD** has worked variously as a secondary education teacher, lecturer and counselling trainer in higher education for over twenty years. She has been a counsellor and supervisor for over ten years, working in higher education for five years. Working as a therapist in Britain, she has an interest in what effect ethnicity might have on the therapeutic relationship. Recently her interests have included: group work, the counsellor's role in the community, working with the effects of trauma, and developing and increasing her critical understanding of the person-centred approach as well as exploring what other counselling/psychotherapy orientations can offer her as a practitioner.

**Gillie Jenkinson MA** is a Director of Hope Valley Counselling Ltd and specialises in offering counselling and psychotherapy to those who have left cults or coercive relationships/groups and those who have been abused. She is a trained counsellor with an Advanced Diploma in Pastoral Counselling and an MA in Gestalt Psychotherapy and has many years experience working with survivors of rape, sexual abuse and cults. She is accredited and registered with UKCP and is a trained supervisor. In 1999, Gillie did a month long internship at Wellspring Retreat and Rehabilitation Centre, Ohio, a retreat centre for ex-cult members, and returned in the summer of 2008. She runs an ex-member support and education group in London and has presented papers and research findings internationally on cult pseudo-personality and the factors that help Ex-Cult members recover from abusive cult experiences. Gillie has co-authored a chapter entitled "Pathological Spirituality" with Dr. Nicola Crowley and is Mental Health Editor of International Cultic Studies Association's Today magazine. Her website is [www.hopevalleycounselling.com](http://www.hopevalleycounselling.com)

**Kat Banyard** is Director of UK Feminista – a unique new organisation, which supports and promotes grassroots feminist activism in the UK ([www.ukfeminista.org.uk](http://www.ukfeminista.org.uk)). She is also author of "The Equality Illusion: The Truth About Women and Men Today", published by Faber and Faber. She is the founder of FEM Conferences – a series of national feminist conferences, and was previously Campaigns Officer at The Fawcett Society and Women's Development Worker at the Northern Refugee Centre.



We hope this day will give us the opportunity to celebrate 30 years of supporting the women of Sheffield in their courage to heal. We hope for a day of stimulating presentations. We hope to meet old friends and make some new ones. We hope for good food and yes, there will be birthday cake. We hope for singing and laughter too.

We hope you will join us.