

## Journal week 8

What a week! It was time to do the role plays for the 2 concepts courses, and made me reflect on how little role play the skills course were doing. It was also time to talk about who (if anybody) wanted to go onto the skills course in September. It is possible we may have more applicants than we have places for, which may be a bit difficult. There are some really lovely people in both groups, even though the Monday group are very Monday morning – inquiring, challenging, funny, energetic and the Friday group are much more – well, Friday morning, chilled, relaxed, laid back, almost-at-the weekend. Both groups did some excellent role plays, and have bonded well as a group. Because the skills in both groups are so good, it was possible to invite some to the skills workshop on Saturday. That was FUN, I love creative therapies and it was good for me to reflect on the importance of Right brain activities in counselling. When we ask a client to imagine, or explore crazy options we set of some creative thinking from the client that often helps them resolve the problem. It also helps them really explore the emotions involved.

The skills group are now a tightly knit little group but they still were able to involve the concepts students and seemed to enjoy working with them. It was interesting for me that a couple of students who are more in their adult ego state in class were able to let their hair down and risk sharing some of their child experiences. Generally it was a warm, friendly, occasionally contested session that hopefully gave the students a flavour of both art therapy and group art therapy. It is certainly a good method for those people who don't have good expressive language or find it difficult to get to emotional memories.

Next week will bring an external verifier in, an event I am looking forward to as I have a lot of questions. However, other people are projecting a lot of fears onto me, as if I should be terrified and come at it from a one-down, you are OK and I'm not OK position. Why? She's here to advise me, give me the once over and make lots of helpful guidance on meeting the required standards – which is the whole point of the exercise. I'm interested to see if I succumb to the pressure by Thursday!