

# New DVDs from CPCAB

**Limited offer**  
**Ends 31st Mar**

## Great prices for our new range of counselling DVDs!



**The Need to Belong DVD**  
**£19.95**  
**£9.95**

This DVD shows a short therapy session with a young woman who is exploring her feelings in relation to her search for 'belonging'. During the process of

her search she encounters a number of barriers and contradictions all of which lead to her feeling different from the local community and experiencing a sense of exclusion.

The intense feelings engendered as a result of encounters in different social and cultural contexts raise a number of questions about the nature and meaning of difference, race,

prejudice, discrimination, power, privilege and authority in the therapeutic situation. In addition, factors such as developmental experiences and internalised messages also impact on the character of each individual person and inescapably on the therapeutic encounter.

### Who will benefit from this DVD?

The DVD is intended to be used as a tool to initiate discussion and encourage reflection on the issues relating to the development of identity, particularly when that relates to how the client feels about their 'fit' in society or position in the community. As such, it is relevant to counsellors, therapists, tutors on counselling and health or social care courses, and supervisors. Care workers and those involved in providing training for others who work with young people will also find this DVD extremely relevant.

Duration: 28 minutes



**Ending Therapy DVD**  
**£29.95**  
**£19.95**

Ending can be difficult to accept particularly when it involves a relationship that has been positive and supportive. Therapy is just such a relationship.

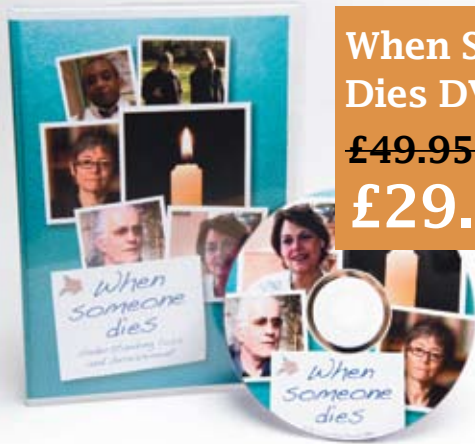
This DVD is full of

opportunities for discussion and explores many of the issues related to ending counselling. It demonstrates, in two sessions, the process of ending a long-established therapeutic relationship with the same client. In the first session the client attempts to end the therapy without exploring her feelings about what it might mean for her and the counsellor uses their relationship to challenge this.

This stage of the counselling process can sometimes be difficult for both counsellor and client and may require delicate handling. The session shows that the feelings and concerns of both parties need to be explicitly and honestly addressed. It addresses issues of separation, the difference between friendship and therapeutic relationship and reveals some of the childhood experiences that lie behind the client's fearful reactions.

In her introduction the counsellor describes managing endings in both long and short term situations. She provides an ongoing commentary to the sessions, reflecting on the interactions, her understanding of the client's implicit process, and she explains her interventions. We see the client move from a defensive, self protective position to the final session where she is confident and ready to say good bye. Both she and her counsellor can now achieve a real sense of completion and gain profound insight even in the final moments.

Duration: 51 minutes



## When Someone Dies DVD

£49.95

£29.95

This DVD explores how three individuals experienced loss when someone close to them died and traces how their grief changed with the passage of time.

Supported throughout by experienced counsellors

and counselling trainers the participants are sensitively and carefully held by the practitioners who gently place the experience of death in a framework which enables the viewer to gain a powerful "felt sense" of the experience of loss as well as offering a theoretical perspective.

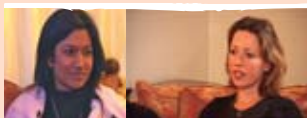
These real life stories include an in-depth account of a widow's reaction to her husband's shocking and untimely death, look at how a widower coped with the desolation he felt after his wife died, and chronicle the agonising experience of a mother losing her young child.

Interwoven throughout the filmed narrative there are also moments of reflection and commentary, and references to the importance that ritual, folk wisdom and poetry can play in enabling people experiencing bereavement to cope with their grief.

Duration: 1 hour 46 minutes

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Alternatively, complete the order form on the last page and post or fax your order to us.

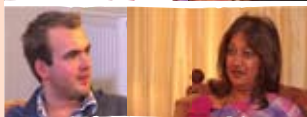


## Experiencing Counselling

## Experiencing Counselling

£19.95

£14.95



In this DVD six people share their experiences which led them to seek counselling.

Maureen Moore, an experienced counsellor

and psychotherapist, talks about counselling and explores some of the issues relating to what counselling is and how we go about choosing a counsellor. She explains the need to think about what you want from the counselling relationship. The relationship will be influenced by the person of the counsellor as well as the therapeutic approach that they adopt. There are three sections:

### Why did you consider counselling?

In this first section, we hear from the individuals that they all had different

life experiences which led them to seek counselling. Experiences like loss, abuse, and separation, ending of relationships, bottling up emotions, fear, self doubt and confusion about own feelings are some of the reasons presented. Each person and situation is unique and therefore we see that their needs are equally different.

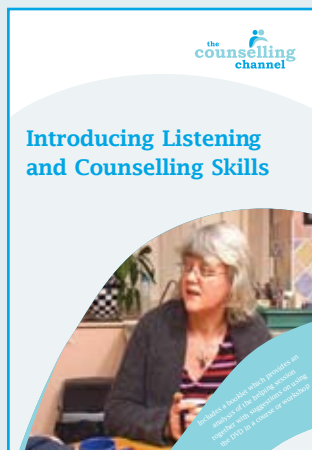
### How did you find a counsellor?

Finding a counsellor can be challenging and the six individuals talk about the different ways in which they identified people they would talk to and how they eventually decided who they would continue to see.

### How is counselling helping?

This question is answered by the six individuals. They mention enrichment, support, help with clarifying the confusing 'why' questions in life, resolving relationship problems, finding answers to questions, increasing confidence, not being overwhelmed by feelings and by others and working on the future.

Duration: 1 hour 3 minutes



## Introducing Listening and Counselling Skills DVD and booklet

£79  
**£39.95**

This introductory DVD shows that the effective use of Listening Skills can benefit people in all walks of life and in all relationships.

It is the first in a series of films designed to

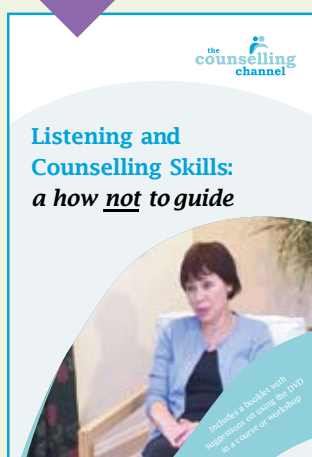
support the teaching and learning of active listening skills. A commentary runs alongside the skills being demonstrated. The printed user guide invites the viewer to participate actively by engaging in exercises intended to help with the learning skills involved.

The DVD uses the story of a breakdown in the relationship between a mother and her son to illustrate what happens when people do not really listen to each other and in contrast, the positive effect of using simple listening techniques.

Counselling trainers or anyone interested in teaching or learning the skills of effective listening will find this DVD beneficial.

Duration: 45 minutes

**Buy these two DVDs together for £49.95**



## Listening and Counselling Skills: a how not to guide DVD and booklet

£49  
**£29.95**

Duration: 50 minutes

Helping relationships are far from "black and white" - they're formed out of the rich palette of diversity that is "being human". Because of this, listening and counselling skills can be challenging to teach.

Each section has a number of short clips illustrating - in a humorous way - what can go wrong if the basic listening and responding skills aren't followed.

The DVD consists of three sections:

- How NOT to listen
- How NOT to ask questions
- How NOT to respond.



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**Alternatively, complete the order form on the last page and post or fax your order to us.**



## 'WORKPLACE MEDIATION' Rebuilding Working Relationships DVD

**£343.85**

An Introduction to Workplace Mediation for the Resolution of inter-employee conflicts and complaints.

Workplace mediation is growing rapidly worldwide as the most constructive way of resolving inter-personal difficulties and complaints.

This is an excellent introduction to workplace mediation and a unique opportunity to see the uninterrupted footage of two structured workplace mediations right through to the voluntary agreements at the end.

Duration: 1 hour 15 minutes. Published by PMR Limited.



## Counselling Skills Training Resources DVD and pack £59

Counselling tutors and trainers will now be able to deliver and assess any level 2 counselling qualification more effectively using this

versatile training support pack. It provides you with creative and flexible DVD materials that can be used to evidence the understanding and skills that underpin the learning outcomes of all level 2 counselling qualifications.

The training resources pack also contains a comprehensive set of guidance materials including:

- Observer feedback skills
- Tutor guidance to the helping session
- Observer feedback sheets
- Tutor guidance for the talking head activities

The DVD contains five video clips (total running time 35 minutes) which together with the accompanying resources pack show learning activities, helping sessions and talking head activities which explore diversity and the importance of understanding difference to build empathy. The clip titles and running times are:

- The Forgotten Anniversary (6 minutes)
- Being an Asian in Britain (4 minutes)
- Caught in the Corridor (7 minutes)
- I don't fit in (4 minutes)
- Kids Eh! (14 minutes)

## CPCAB Tutor Assessment Support Packs

Our tutor support packs contain DVD training materials and printed resources



## Tutor Assessment Support Pack and DVD for CPCAB's ICSK-L2 Internal Assessment £29.95

The support pack contains several enhanced features designed to help you deliver this course more effectively. For example, you can use the new DVD to enable learners to evidence the understanding and skills that underpin the ICSK-L2 qualification's learning outcomes.



## Tutor Assessment Support Pack and DVD for CPCAB's CSK-L2 Internal Assessment £49

This DVD and support pack will help you to enable learners to evidence the skills and understanding that underpin the CSK-L2 qualification's learning outcomes.



# Three ways to order:

1. Buy online at [www.cpcab.co.uk/shop](http://www.cpcab.co.uk/shop)
2. Contact us direct on 01458 850 350
3. Complete the order form below



**2 for 1  
on DVDs**

If you're a registered counsellor with Find a Counsellor - [www.findacounsellor.info](http://www.findacounsellor.info) - you can get 2 for the price of 1 on our range of counselling DVDs\*

\*2 for 1 offer excludes DVDs not published by the Counselling Channel or CPCAB. When buying 2 DVDs you will receive the lowest priced free. If paying online please ignore the shopping basket total appearing on screen, as the discount will be applied after this point in the process. This offer cannot be used in conjunction with other offers.

## DVD order form

Postage and packing on all orders: £2.95 per item or £1.75 per item if ordering more than one

**Limited offer:** these prices are only valid until 31st March 2011.

Qty

- \_\_\_ The Need to Belong DVD at ~~£19.95~~ **£9.95** each.
- \_\_\_ Ending Therapy DVD at ~~£29.95~~ **£19.95** each.
- \_\_\_ When Someone Dies DVD at ~~£49.95~~ **£29.95** each.
- \_\_\_ Experiencing Counselling DVD at ~~£19.95~~ **£14.95** each.
- \_\_\_ Introducing Listening and Counselling Skills DVD at ~~£79~~ **£39.95** each.
- \_\_\_ Listening and Counselling Skills: a *how not* to guide DVD at ~~£49~~ **£29.95** each.
- \_\_\_ **Introducing Listening and Counselling Skills DVD and Listening and Counselling Skills: a *how not* to guide and DVD together for £49.95**
- \_\_\_ 'WORKPLACE MEDIATION' Rebuilding Working Relationships DVD at **£343.85** each.
- \_\_\_ Counselling Skills Training Resources Pack and DVD at **£59** each.
- \_\_\_ CPCAB Tutor Assessment Support Pack and DVD for ICSK-L2 at **£29.95** each.
- \_\_\_ CPCAB Tutor Assessment Support Pack and DVD for CSK-L2 at **£49** each.

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Name and telephone number of invoicing contact: \_\_\_\_\_

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