



Manchester
Institute for
Psychotherapy

CLINICAL SERVICES DIRECTORY

THE MANCHESTER INSTITUTE FOR PSYCHOTHERAPY (EST. 1987)



454 Barlow Moor Road
Chorlton
Manchester
M21 0BQ

Telephone: 0161 862 9456

Email: bob@mcpt.co.uk

Website: www.mcpt.co.uk



COUNSELLING & THERAPY SERVICE

At The Manchester Institute there are over 15 counsellors and therapists, experienced and specialised in many areas as well as seeing people for general counselling or therapy.

ISSUES THAT COUNSELLING & THERAPY MAY HELP:

Self Esteem	Dealing with Childhood Issues
Depression	Confidence & Assertiveness
Relationship Issues	Divorce & Separation
Anger Management	Miscarriage Counselling
Dealing with Stress & Anxiety	Bereavement & Loss
Dealing with Sexual Abuse Issues	Changing Direction in your life
Parenting Issues	Shame Based Issues
Eating Disorders	Post Traumatic Stress

The Counselling/Therapy takes place at The Manchester Institute, and the emphasis is on friendliness and providing a safe and warm environment.

One of the central foundations of the service is protection and confidentiality, and to that end all the therapists working from the Institute will adhere to the above.

WHAT IS THE DIFFERENCE COUNSELLING & PSYCHOTHERAPY:

This area is sometimes a confusion for the public, so I have put together short document explaining the above, and also explaining what Transactional Analysis Psychotherapy and Counselling actually is! and if you go to our website: www.mcpt.co.uk you will find information there.

ASSESSMENT PROCEDURE:

:So that people get to the right person to deal with their specific issues, experience has told us that an assessment procedure is the best way to ensure that this occurs

:The assessment procedure is run by Bob Cooke who is an experienced psychotherapist and counsellor, who will talk through your presenting issues and specific problems, and guide you to the right therapist or counsellor for you.

:This process takes approximately half an hour. If you find that the counsellor that Bob has recommended is not for you, you can come back to Bob, and he will recommend another counsellor/therapist that may be more suitable for you.

COUNSELLING/THERAPY SESSIONS:

After the initial assessment you will be referred to the counsellor/therapist of your choice, and then the counsellor and yourself will work out the frequency and duration of your counselling.

The counselling/therapy usually is one hour of duration on a weekly basis, you may however, choose to meet fortnightly, that's for you and your therapist to work out!

In terms of how many sessions you will need to resolve your issues, the best thing is to bring this up in the initial session, and Bob can give you some advise on that! Indeed the initial session is the place to ask all your questions and queries concerning the therapeutic/counselling process.

COUNSELLORS & THERAPISTS WORKING AT THE INSTITUTE:

Bob Cooke

Debbie Welsh

Stephanie Cooke

Josanne Cowell

Meg Hughes

Su Carroll

Jon Pearson

Tony Farnsworth

Kath Fitzgibbon

Kim Hardman

Sue Clancy

Janet Fengeros

Jo Moores

Karen Burke

Amanda Dunlop

Sue Casey

Janet Neal

Carol Crompton

Miranda Blake

Linda Duliba

COUNSELLING FOR CHILDREN & ADOLESCENTS:

We also have at The Manchester Institute three counsellors who specifically work with children and adolescents. As this service is particularly used please phone a.s.a.p. to avoid disappointment.

What is the difference between Psychotherapy & Counselling?

There is a considerable overlap in as much as both counselling and psychotherapy is about overcoming personal difficulties and facilitating change. The methods used are similar and in some instance identical. The differences relate more to the training and interests and to the setting in which either professional works. Both will decide whether or not they should seek further medical and psychiatric advice and will normally make referrals to appropriate specialists whilst also making consultations with the client's GP. (Counselling & Psychotherapy Resources Directory 1995)

It is often considered that psychotherapy is more directive and looks to the past and the historical influences for the answers to "here and now" issues. The counsellor however may be seen to work more with crisis intervention. However the distinction between counselling and psychotherapy is not a matter that need concern those who seek help. It is not necessarily the case that those who seek counselling/psychotherapy are presenting in a crisis situation; many come in order to improve aspects of themselves and their lives, to understand how they relate to others and to improve the quality of life.

In TA Psychotherapy we at the Institute use a whole range of techniques, which are incorporated into the therapy and adapted to suit each individual whatever the presenting problem. TA is a theory developed by Eric Berne in 1956, about the structure of personality. His theory was based on definite behavioral observations about the individual and the way they related to each other. His book, TA in Psychotherapy (1961), describes what he believed, and demonstrated that whatever happens to the individual is recorded in the brain. This includes everything the person experiences in childhood all that is incorporated from parent figures, perceptions and events, the feelings associated with these events and the distortions in one's memory. All this is stored as though on a computer disc. These memories can be replayed and the events recalled and re-experienced in response to something that is happening to the individual in the present day, thus influencing us in the way we relate to each other and to events that occur in our lives. The terms Parent, Adult and Child Ego State denote states of mind and their related patterns of behavior as they occur.

WHAT'S ON AT THE INSTITUTE

- We offer one to one individual therapy/counselling
- Weekly ongoing Psychotherapy groups
- Regular weekend therapy intensive workshops
- A four year comprehensive TA training programme
- A 101 introduction to Transactional Analysis

We also offer a series of professional developmental seminars throughout the autumn and winter where therapists from out of town and those who work from the Institute give a fascinating overview of the world of therapy. These have included 'Depression', 'Using Your Intuition', 'Children of Alcoholic Parents', 'Relationship Therapy' and many, many more. Each year we offer new and exciting ideas. In the future we have 'Dramatherapy & Psychotherapy', 'Freeing the Silent Voice', 'Scripts Bodies Live'

We produce our own Lifestream journal offering opportunities for therapists and clients to air their creative skills and also advertise themselves.

ANTI-OPPRESSIVE/ANTI-DISCRIMINATORY PRACTICE.

The Institute is committed to the values inherent in anti-oppressive practice. The aim underpinning this policy is to provide a safe environment for all who pass through the Institute. It is expected that all people be equally respected and difference of any kind be valued and accepted, for example, in relation to race, physical or sensory disability, sexuality, gender, age, size, class, religion.

In practice the commitment to anti-oppressive practice and values will involve the following

1. An expectation that all those passing through the Institute have a personal and collective responsibility to appropriately challenge oppressive views, behaviour and language.
2. All training programs will address the issue of anti-oppressive practice and will encourage and support development of awareness of those issues on personal, professional and ethical levels.
3. Incidences of oppression will be taken seriously and fully explored.
4. Those areas where change is needed will be explored and regularly reviewed and discussed.

The Institute is committed to an open, honest exploration of these issues and is developing a pro-active involvement in this area in order that awareness of anti-oppressive practice becomes fully integrated into all aspects of services provided by the Institute.

HISTORY OF THE MANCHESTER INSTITUTE

The Manchester Institute for Psychotherapy evolved from the Lifestream Centre for Psychotherapy, which was founded by Bob Cooke in September 1987. Bob Cooke was interested in the idea of creating a therapy centre in south Manchester and saw it as a place where people could come, knowing that they would be attended by skilled therapists and treated with high regard and with confidence in safety and confidentiality.

At that time the staff consisted of two full time therapists Bob Cooke and June Brereton and several other part time therapists. It was through the establishment of this Centre in 1987 that the Institute has its roots and subsequently evolved to now encompass a training dimension as well as a clinical base.

In 1994 June Brereton took over the Clinical Directorship and the responsibility for the clinical development of the institute whilst Bob Cooke maintained his position of Principal Director with responsibility for the training development.

Each director brings a dimension to the environment that is uniquely their own, whilst adhering to a core philosophy.

PHILOSOPHY OF THE INSTITUTE

We have a fundamental belief that those who are personally motivated and willing to change and grow will do so, and in so doing inspire the growth of others. Whilst on this path of self-development those who change will enhance the development of their environment.

Staff at the Manchester Institute for Psychotherapy are expected to respect the feelings of others, whilst also respecting the professional boundaries within the confines of the Institute's environment.

For those working and training at the institute, personal therapy and supervision are a basic requirement, thus ensuring a clear and safe environment for all clients in attendance.

PSYCHOTHERAPISTS WORKING AT THE INSTITUTE

BOB COOKE

**Clinical Director
BA. TTA TSTA
Cert. Counselling UKCP Registered Psychotherapist**

Bob who is the founder of the Manchester Institute is an experienced psychotherapist and freelance trainer and supervisor. He runs a clinical practice encompassing both individual and group psychotherapy. He also runs a four-year TA Psychotherapy course with a UKCP accreditation. The basic theoretical framework that he uses in his work is Transactional Analysis, and he offers an integrative approach to therapy, incorporating Gestalt and bodywork techniques. Bob is the Principle Director of the Manchester Institute.

STEPHANIE COOKE

N.E.B.S.M, Cert, CSS, Cert. Couns

Stephanie has had fifteen years experience as a social worker and manager, working with children and adolescents and their families. In 1986, she qualified as a counsellor running groups and working with sexually abused children, disturbed adolescents, children with learning difficulties with challenging behaviors and their families.

Stephanie trained as a Psychotherapist with the Berne Institute in Nottingham and has been practicing as a Psychotherapist for fifteen years. She works part time at the Institute, she sees individuals, couples and children and adolescents.

JOSANNE COWELL

DTM. T.A Psychotherapist in Advanced Clinical Training.

Josanne is an experienced psychotherapist who brings, involvement and integrity to the therapeutic space and has a keen interest in the mind and body connection.

Josanne offers psychotherapy and counselling to men and women who are experiencing emotional difficulties or are interested in understanding more about themselves and their relationships. She also offers therapy to heterosexual and same sex couples.

Josanne has worked with people experiencing a broad range of emotional concerns.

Some of these include:

Problems with relationships and relating to people - Unhappiness/ Lack of fulfilment
Work stress- Anxiety – Depression - Feelings of low self worth - Bereavement and loss
Childhood trauma.

JON PEARSON

BA (Hons), RMN, Dip N, Dip BWY CTA(P)

Jon is a Certified Transactional Analyst and UKCP Registered Psychotherapist with 10 years of experience . He works from the Manchester Institute for Psychotherapy.

He has a background in Mental Health Nursing and has extensive experience in a broad range of issues including anxiety, depression, bereavement, eating disorders, sexual abuse, addiction and anger management.

Additionally, he has been a certified British Wheel of Yoga teacher since 1991 and weaves training in breathwork and meditation into his therapeutic sessions when appropriate.

Jon provides a safe and supportive environment in which personal issues can be addressed.

He brings to his sessions a deep respect for humanity and a lively sense of humor.

DEBBIE WELSH

MBACP (Accred), UKRCP reg

Debbie originally trained as an actress and worked in theatre for a number of years. After beginning her own therapeutic journey in the 1990's and finding the experience to be both life-enhancing and empowering, she decided to embark on her training as a psychotherapist at the Manchester Institute.

She has completed four years of training in Transactional Analysis and is an accredited member of the BACP and abides by their ethical framework. She is now an experienced and qualified therapist who loves her work and believes strongly in the therapeutic process. She works with individuals on a wide range of issues.

TONY FARNSWORTH

I myself have benefited from a number of years of psychotherapy and so I know how scary it can be to take that first step and approach someone for help. Psychotherapy has helped me make great changes in my own life and led me train as a therapist in order to help others make their own changes.

I offer confidential relationship-oriented psychotherapy & counselling.

I am experienced in working with such issues as stress, depression, relationship issues (partner, children, friendships, etc), childhood issues, low self esteem, and issues around sexuality. I am also experienced in working within the gay/lesbian community.

Each person is an individual and experiences life in a unique way. And so if you're particular problem isn't listed here, don't be put off asking for help.

“A journey of a thousand miles must begin with one step”

LINDA DULIBA

I am a fully qualified integrative psychotherapist with a post graduate qualification in hypnotherapy. For the last eight years I have worked for a women's centre and in private practice. I have also worked both long and short term with client's for the NHS.

I began my career as a teacher of art and design, later retraining to become a Psychotherapist. As a creative person I am particularly interested in the use of art as a therapeutic tool. I have a broad range of experience of working with many issues particularly social anxiety, low self esteem, depression, bereavement, loss, stress, anxiety and bullying.

I work on a long or short term basis helping individuals to explore and understand their difficulties and assisting them in finding a more helpful way forward.

Making the decision to take the first step in coming to therapy can be difficult.

I would like to reassure you of a warm, friendly confidential and professional service.

KAREN F BURKE

UKCP registered Psychotherapist

MSc Psychotherapy (Gestalt), Complicated Bereavement Certificate, Trainee Supervisor (Dip. Clinical Supervision)

I moved from Warwickshire to Lancashire three years ago to work with children following my interest in attachment work as an attachment therapist. In Lancashire and Cumbria, I have also worked for a charity working with children, adults and groups regarding adoption, relationship and attachment issues.

Previously I worked with adults and children in individual, couple and group therapy. I have experience in hospice therapeutic counselling with both the terminally ill and their families. In Herefordshire I worked with both looked after children and their carers. Within my private practice, I have worked with many various issues; I have also worked within the NHS, and with counsellors in training. For many years, I have worked as a trainer and have trained professionals in psychological and psychotherapeutic theories and practices.

Gestalt Therapy is a holistic practice that is both humanistic and relational. Each client will receive a different mode of practice, as they and their issues are unique, yet all within the Gestalt theoretical model. Dream work, psychodrama, art and creative therapy may be utilised to increase a client's awareness.

AMANDA DUNLOP

B.Sc (Hons) Psychology. T.A. Psychotherapist in Advanced Clinical Training. Member of the ITA and The Manchester Institute for Psychotherapy.

Amanda has previously set up and run a counseling and enabling agency for young adults with physical disabilities. She was involved in training and managing volunteers on the project and provided counseling on issues around disability and sexuality. She also received training in counseling on issues around AIDS and H.I.V. and worked as a telephone counselor; and had experience of crisis intervention work.

She is very interested in how existing life issues are often informed by events in childhood. From her personal experience and time in therapy; she is keenly aware of the benefits of confronting early life history and gaining insight and awareness of how the past informs our present. She believes the steps we take in therapy to deal with painful life events enable us to move on to the future with acceptance and insights which can truly enhance our lives.

Amanda enjoys working with a range of issues but is particularly interested in bereavement, sexuality issues and family relationships. She works with children and young people using a variety of creative techniques to help them deal with issues such as divorce and loss, low self esteem and anger management. She offers a very caring and empathic approach to therapy with an emphasis on establishing a good working alliance with every client.

JO TAYLOR

BSc, Cert Counselling, ITA member.

I have had ten years experience of counselling within the voluntary sector. This has included supporting adults with mild to severe mental health difficulties as a volunteer with MIND.

My work history has been varied. I have worked in business as well as creative environments as well as in health and social care. More recently, I worked as a support worker for adults with autism.

Parenthood provided me with a natural career break and an opportunity to reassess my career path. I decided to build upon my counselling experience and training and I am now in Advanced Clinical Training in Transactional Analysis at the Manchester Institute for Psychotherapy.

I would like to offer reassurance that you will be welcomed into a friendly, confidential and professional environment.

SUSAN CLANCY **CTA**

BA (hons) Social Work & Community Studies. Dip. Social Work. Dip. Holistic Therapies. Cert. Counselling.

Sue has an 18yr background in Social Work, mostly with troubled teenagers presenting challenging behaviour. Her approach with these young people was always rooted in the 'relationship' being the tool for change, based on honesty and respect for the individual.

Sue began her own journey in self-discovery over 20yrs ago when she started in the recovery process from drug and alcohol addiction. This began a journey of discovering the self that has been interesting, painful and fascinating. Sue is extremely honest in her communications, warm, approachable and direct, coming from her broad life experiences.

Spiritual wisdom has been a part of Sue's own growth process and she is interested in exploring this dimension with others as well as offering meditation and body healing techniques to assist change.

Sue is also interested in helping people to explore childhood trauma, addictions and all aspects of relationship problems.

Sue is a member of the ITA, UKCP & the I.I.P.A.

JANET NEAL

**BA (Hons) PGCE. Certificate of Counselling.
In Advanced Transactional Analysis training under supervision. Practitioner of Emotional
Freedom Technique. Member of the ITA, EATA, BACP and AAMETT**

I offer long term and short term counselling and psychotherapy to individuals on a 1 to 1 basis, with couples, and groups.

I understand from my own experience and Professional Development what a big step it can feel to approach someone to help you with managing your problems and making desired change.

I, myself have made several big work and life changes, often in difficult circumstances and believe passionately in self-development and the power of therapy and I delight in sharing my skills and insight; born from real life experience and professional development; to support and help you to manage the challenges you yourself are facing.

JO MOORES

BA (Hons); P.G.C.E (Health); Advanced Clinical Training in Transactional Analysis

I am a psychotherapist in advanced clinical training, with a private practice in South Manchester. I am a member of the ITA and The Manchester Institute for Psychotherapy and am in regular supervision.

Through my own powerful personal experience of therapy I have become passionate about giving ourselves permission to be more fully who we are and to live our lives with more opportunity for self acceptance and contentment.

I have over twenty years experience of working with people – as a youth worker, drugs counsellor and with people who are homeless.

More recently I have worked as an attachment therapist with children and young people and worked in a project that specialises in work with young people who self harm.

Although I work with a broad range of issues, I am particularly interested in relationship difficulties – both at work and home and in supporting women through the process of pregnancy and childbirth.

I am also interested in working with both men and women to enable them to become the kind of positive parent they want to be.

KATH FITZGIBBON

Post Graduate Diploma in Integrative Psychotherapy, CQSW, CERT, Counselling, CERT ED and a Diploma in Yoga (BRITISH Wheel of Yoga)

I hold a University of Wales Diploma in Psychotherapy as well as a Manchester University counselling certificate. I am qualified social worker, Trainer and Yoga Teacher.

I have worked extensively for 30 years within Greater Manchester in hospital and community settings. My experience includes working in an Alcoholic Unit, a Youth Offending Team, and a Women's Centre as well as with people with mental health problems, with Disabled Adults and Older people. I am warm, sensitive, creative and have a sense of humour. I have been trained to use imagery and metaphor in my work which is hugely transformative.

Currently I am working as a volunteer therapist at several GPs surgeries as well as having a private practice for the last 3 years. I am currently working with issues of childhood trauma and abuse, depression, work related stress and a low self esteem. Recently I worked for several Social Services departments Counselling employees who were experiencing stress at work. I am a member of the Northern Guild of Psychotherapy and I am currently undertaking an MSc in Integrative psychotherapy.

JANET FENGEROS

Dip CG

I am a psychotherapist in advanced clinical training and supervision at the Institute. I have had a very varied career path including a return to university as a mature student and a wealth of life experience. I provide a warm empathic environment for individuals wishing to challenge and change negative life patterns.

I have a special interest in the difficulties that modern living and working can throw at us including relationship, family and stress related problems and especially how our past can influence how we cope with them. After having changed my life through the therapeutic experience, I believe that through therapy we can hold our negative life events up to the light and change how we deal with them, making us happier more confident people.

SUE CASEY

B.A. (Hons) Certificate of Qualification in Social Work

I have had a variety of experience in different settings. I have been a volunteer for NACRO (national association for the care and re-settlement of offenders), Creative Support (for young people undergoing mental stress), and I have been a volunteer at Withington Psychiatric hospital.

In 1988-89 I completed a college certificate in Counselling at Stockport College, which is where I first became interested in Transactional Analysis. In 1990-92 I trained at Manchester University to become a social worker and I have worked for the Probation Service since qualifying.

I have a range of experience in areas such as addictions, relationship difficulties, issues relating to intimacy, emotional trauma, loss and stress related problems. I have a specialist knowledge of working with perpetrators of sexual abuse and violence. I am currently involved in supervising the practice of trainee probation officers.

I am skilled in using a variety of approaches including cognitive/behavioral therapy for problem solving and brief solution focused therapy, crisis intervention, group work and interviewing skills based upon person centered counseling.

I use transactional analysis in my approach. Transactional Analysis is a theory of personality and a systematic psychotherapy for growth and personal change and I believe in an individual's ability to make positive changes in their lives.

I consider myself to be an empathic and understanding therapist and my aim is to work alongside the client in a non-judgmental and an empowering manner.

MIRANDA BLAKE

BA Hons. MA

Miranda has a background in lecturing in the Humanities and over 10 years experience of work in the drug and alcohol misuse field, including working with families and prolific offenders.

In my work I aim to support in a nurturing way, promoting self understanding, growth and change. Difficulties we meet in life can cause a feeling of powerlessness, and my approach is about assisting the reintegration of personal power. My belief is that through self expression and exploration in a safe environment, personal potential can flourish, resulting in an easing of doubts and anxieties, an increase in confidence and more satisfying relationships. I have a particular interest in the connection between the emotional world and how it can affect the physical body, and am also open to working with more spiritual concerns.

SU CARROLL

BA Hons. Dip Hum.

Su has run a psychotherapy practice for fifteen years. She presently runs two practices, one in Lymm and another in Chorlton, Manchester at the Institute for Psychotherapy. She works on a part time basis and appointments are available weekdays, evenings and at the weekend.

Prior to practising as a psychotherapist she co-founded and directed an award winning confidential telephone counselling service for the largest radio station in the North West in conjunction with the National Children's Home (NCH). She has also been responsible for the first regional conference on Child Sexual Abuse for the professional services.

This was in 1982 and she has maintained her professional interest in supporting adults who have been affected by this issue.

When working on a contractual basis for various Social Services Personnel Departments she offers short term therapy for personal and workplace problems, such as low self-esteem, the effects of trauma and shock, bullying and harassment. She also works with people who despite being "successful" feel they are somehow incompetent.

As a member of various organisations which support parents and children dealing with the difficulties the world presents to people with physical and/or educational differences she offers parents support and understanding.

At present she is also studying to gain a final qualification in a therapy called Transactional Analysis but also uses aspects of other different therapeutic approaches in her work with people.

KIM HARDMAN

I have worked within various organisations, mainly support roles in Human Resources, but have always had a passion about people and, in particular, a curiosity about "what makes them tick". In 2003 I studied for a Certificate in Counselling skills which was based on the Person Centred approach.

I am in advanced clinical training at the Manchester Institute for Psychotherapy and am a member of the Institute of Transactional Analysis and the Manchester Institute for Psychotherapy. Through my own experiences in therapy, I have made many positive changes in my life and am able to offer an emphatic environment for individuals to experience their own changes.

MEG HUGHES

BSc

My early experiences in counselling and therapy began as a teacher and Head of Year in Secondary schools. For 10 years, I relished facilitating adult and student relationships through clear and balanced communication. I took a career break to raise my children and this coincided with the start of my personal therapy journey.

My work with clients is underpinned by the decision to question what we want from life and what we might need to change in order to achieve this. As we open doors into our personal history we can learn to explore and reflect upon feelings, beliefs and behaviours that may be limiting our potential today. I firmly believe that by challenging ourselves to change we become empowered to make positive choices about our future thus improving our personal autonomy and effectiveness.

I am committed to providing a safe environment where my client experiences calm and sensitive support with acceptance, curiosity, empathy and sincerity. I consider that it is beneficial to my clients and self to develop professionally through further training, regular supervision and ongoing personal therapy. I am a member of the Manchester Institute for Psychotherapy and the Institute of Transactional Analysis.

I am keen to work with individuals, couples and groups on a weekly or fortnightly basis. My special areas of interest are relationships (friends, family and work), parenting and family issues, anxiety, depression, stress and self-esteem, loss and grief.

CAROL CROMPTON

BA Hons.

Are you ready to take the first step towards taking control of your life?

I have spent my whole professional life, in education, empowering and encouraging young people as individuals to believe in their own potential and to make decisions to succeed. It has been an extremely satisfying career of 27 years. I decided to develop my interest in helping individuals to realise their potential by training to become a psychotherapist. Currently I am in advanced clinical training at the Manchester Institute for Psychotherapy and am a member of the Institute of Transactional Analysis.

We are all living in very challenging times, testing our capacity to cope with change. I believe psychotherapy will help you to cope with these changes and will help you to understand and change the learned patterns of behaviour, no longer working for you. I have myself experienced many of life's difficulties and my own therapeutic journey has been challenging, interesting and rewarding. I look forward to working with individuals or couples who want to start their own journey to positive change in a warm and supportive environment.

HOW TO CONTACT US:

Phone: 0161-862-9456 and ask for Donna or Annette, who will be able to make you an appointment for the initial assessment.

E-mail: bob@mcpt.co.uk

Website: www.mcpt.co.uk

Website: www.uktherapists.com

The Manchester Institute for Psychotherapy is a member of the European Association of Psychotherapy.

The Institute's Psychotherapy Training is recognised by the ITA and EATA, which is a member of the United Kingdom Council for Psychotherapy.

