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KAPC Newsletter

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DCouns PROGRAMME

KAPC's academic year started with a bang. On 5th January William West and John Morris arrived from Manchester to begin the DCouns programme. This is a split-site programme which promotes interchange between KAPC and Manchester students. The students enjoyed having the personal contact with them and progress was made.

While the DCouns programme is designed for individuals to follow their research interests, it is also supportive and collaborative. Together the group will help to identify the research agenda for Kenya and this is an exciting venture. In September the students will travel to Manchester for 2 weeks to meet with staff and students. This will help to encourage supportive relationships.

DR. TIM WESTLAKE

We were happy to receive a visit from Dr Tim Westlake of Manchester University on 28th January. Dr. Westlake is in charge of the Student Recruitment, Admissions and International Development Division. He spent the day with us and we had fruitful discussions with him.

Dr. Westlake was telling us that Manchester is now ranked 3rd among UK universities, after Oxford and Cambridge. As there are over 50 universities in the UK this is quite an achievement. Obviously we were very happy to learn of its status and it helps us to maintain the quality of KAPC's work. Dr. Westlake thought there was the possibility of further collaboration with Manchester and we look forward to these discussions progressing. See Page 2



The New PhD Cohort

OUR FIRST FULBRIGHT SCHOLAR

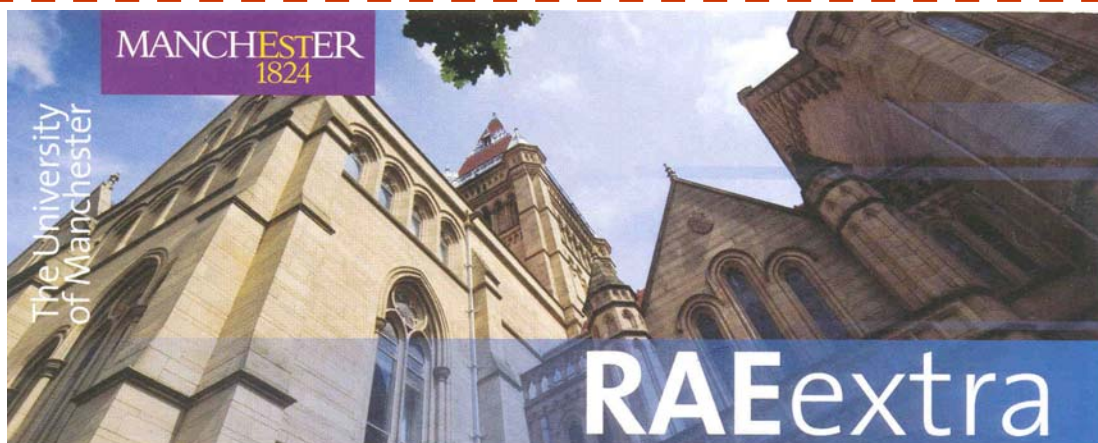
Gloria Simoneaux is a Registered Expressive Art Therapist, who founded DrawBridge: An Arts Program for Homeless Children (www.drawbridge.org) in 1989 and served as its executive director until January 2008. Prior to establishing DrawBridge, Gloria spent eight years developing expressive arts programs for pediatric cancer patients. She instituted programs at two leading San Francisco hospitals, California Pacific Medical Center and U.C.S.F. Medical Center. Her challenging work with terminally ill children became the foundation upon which she developed the DrawBridge philosophy and youth-centered model.



In 2007 Gloria founded Harambee Arts: "Let's pull to-ether" (www.harambeearts.org) that trains caregivers and psychologists to provide art programs and counseling to orphans and other vulnerable children in sub-Saharan Africa. The Harambee Arts expressive art therapy model is based on the belief that each individual has worth, dignity and the capacity for self-direction if given an empathic, non-judgmental, supportive environment. This work is based on the assumption that creating art has a powerful, healing impact, particularly for young people who are otherwise unable to verbalize their feelings. When words are not enough, we turn to images and symbols to tell our stories and through art and play, we can find a path to recovery, and transformation.

In 2008, Gloria taught the Harambee Arts child-centered model to psychiatrists and psychologists in Havana, Cuba. Since 2000, she has also taught in Kenya, Eritrea, Ethiopia, Tanzania, Zimbabwe and South Africa. Gloria is currently a Fulbright Scholar in Nairobi, lecturing and doing research in affiliation with us. She will teach expressive arts and play therapy to counseling students currently enrolled in certificate, diploma and degree programs. She will also design a certificate course syllabus and teach the initial module to twelve students who will then be equipped to train others. Additionally, she will assist to set up the play therapy association. It is an honour to have Gloria here and we hope she enjoys her stay and everybody has an opportunity to benefit from it.

<http://www.manchester.ac.uk/>



Manchester Joins the Research Premier League

The University of Manchester has broken into the elite group of research universities traditionally dominated by Oxford, Cambridge and London, according to the 2008 United Kingdom Government Research Assessment Exercise (RAE).

Based on any analysis of the results, Manchester emerges amongst the country's top four or five major research universities and is proving competitive with the University College London and Imperial College and just behind Oxford and Cambridge.

65% of research activity (amounting to 1,194 full-time equivalent staff) at The University of Manchester is judged to be "world-leading" (4*) or "internationally excellent" (3*).

Professor Alan Gilbert, President and Vice-Chancellor of The University of Manchester, said: "These results justify the decision to merge UMIST and the Victoria University of Manchester in 2004 and our massive investment in new staff and facilities since then. In order to achieve the ambition of being among the worlds top 25 universities by 2015, we have added around 1,000 new and outstanding researchers since 2004, and invested more than £403 million in new and refurbished buildings and facilities."

These results show an outstanding performance by The University of Manchester, confirming its position as one of the UK's top major research universities and reinforcing the 2008 Jiao Tong (Shanghai) 'World University Rankings' which placed Manchester at 40th in the world and 6th in Europe earlier this year.

These results are very good news for our students. The very best international teaching and learning universities are great research institutions, where

successive generations of students and staff can mix with, and learn from, many of the best and brightest people in the world. That is what makes research-led higher learning a rich and exciting intellectual environment for staff and students alike.

The amount of data included in the RAE results mean there are a number of different ways of analysing the results. But in each case, Manchester ranks among the country's top performing universities.

It is 'Research Power', a measure of quality and volume combined, that will ultimately prove most important to universities and on this measure, the University is ranked third nationally behind only Cambridge and Oxford.

Research Power

Ranking	Institution
1	University of Oxford
2	University of Cambridge
3	The University of Manchester
4	University College London
5	University of Edinburgh
6	Imperial College London

2009 prospectus

Course	Duration Ft/Pt	Training dates	Entry requirements	Course fee
Certificate	4 wks Full-time	2 Feb '09 – 27 Feb '09 6 Apr '09 – 1 May '09 1 Jun '09 – 26 Jun '09 3 Aug '09 – 28 Aug '09 5 Oct '09 – 30 Oct '09	KCSE C- or higher Interest or experience in a helping field Interest to learn & understand oneself Counselling work experience an added advantage	Ksh 35,000* Fully payable before start of the course
Certificate – evening class	15 weeks Part-time 3 evenings/wk	3 Feb '09 – 21 May '09 11 Aug '09 – 12 Nov '09	As above	Ksh 35,000* Fully payable before start of the course
Diploma	1 year Part-time Four 2-week blocks plus 1 day monthly class	18 May 2009 – Apr '2010	KCSE C- or higher Certificate in Counselling or higher from a recognized institution Counselling work experience an added advantage	Ksh 75,000* 1 st instalment: Ksh 40,000 2 nd instalment: Ksh 20,000 3 rd instalment: Ksh 15,000 Payable before start of each term
Higher Diploma	1 year Part-time 1 day per week OR Four 2-week blocks plus 1 day monthly class	1 day/wk: Sep '09 – Sep '10 Blocks: Nov '09 – Nov '10 Dec '09 – Dec '10	KCSE C- or higher Diploma in Counselling or relevant field Counselling work experience an added advantage	Ksh 96,000* 1 st instalment: Ksh 40,000 2 nd instalment: Ksh 28,000 3 rd instalment: Ksh 28,000 Payable before start of each term
MA	2 years Part-time Six 2-week blocks plus 1 day monthly class	Sep 2009 – Sep 2011	1st degree in relevant field Counselling qualification and experience an added advantage OR Higher Diploma in Counselling AND a Diploma in another relevant field Counselling work experience an added advantage	Ksh 572,000 * Fully payable before start of the course
Doctorate	In collaboration with Manchester University; separate terms and conditions apply.			

Course	Duration Ft/Pt	Training dates	Entry requirements	Course fee
Advanced Certificate in Counselling Supervision	6 months Part-time Two 2-week blocks plus field practice	23 Mar '09 – 4 Sep '09	Higher Diploma in Counselling Counselling and supervision experience an added advantage	Ksh 60,000* 1 st instalment: Ksh 30,000 2 nd instalment: Ksh 30,000 Payable before start of each term
Advanced Certificate in Training of Trainers	5 months Part-time Two 2-weeks blocks plus field practice	6 Jul '09 – 13 Nov '09	Higher Diploma in Counselling Counselling and supervision experience an added advantage	Ksh 60,000* 1 st instalment: Ksh 30,000 2 nd instalment: Ksh 30,000 Payable before start of each term
Certificate in VCT	2 weeks Full-time	9 Mar '09 – 20 Mar '09 11 May '09 – 22 May '09 13 Jul '09 – 24 Jul '09 7 Sep '09 – 18 Sep '09 9 Nov '09 – 20 Nov '09	KCSE C- or higher Certificate in Counselling or higher from a recognized institution Experience in counselling and HIV/AIDS related work an added advantage	Ksh 15,000* Fully payable before start of the course
Certificate in Play Therapy & Certificate in Marriage and Family Therapy	4 wks Full-time	1 Jun '09 – 26 Jun '09	KCSE C- or higher Certificate in Counselling or higher from a recognized institution Interest in working with children an added advantage	Ksh 35,000* Fully payable before start of the course
Certificate in HIV/AIDS Counselling	4 wks Full-time	6 Apr '09 – 1 May '09 3 Aug '09 – 28 Aug '09	KCSE C- or higher Interest in or working in HIV/AIDS field Interest to learn & understand oneself HIV/AIDS work experience an added advantage	Ksh 35,000* Fully payable before start of the course

KAPC ELDORET UPDATE

The KAPC Eldoret office was in operation from November 2008 with staff on the ground. The office is located at Rehema Complex Building 4th floor along Ronald Ngala street. The certificate in counselling studies class, which started on 2nd February 2009, is scheduled to end on 27th February 2009.

Other scheduled activities at the branch are:

- Higher Diploma in counselling studies starting on 20th April 2009.
- VCT scheduled for March
- Diploma scheduled for May
- Play therapy scheduled for June
- TOT scheduled in June 2009
- Counsellor Supervision scheduled for July 2009

There is a planned meeting for members in March so that they can plan on the activities they could undertake with support and guidance from the office.

KAPC MOMBASA UPDATE

- Expressive Arts Therapy workshop: 6th-7th March 2009. Charges Kshs 5,000.
- Workshop on Marriage and Relationship : 25th-28th August 2009. Charges Kshs. 15,000
- Certificate in Child Counselling Course in **two blocks** 6th -17th April 2009 and 2nd-14th August 2009
Charges: Kshs 35,000.

PLAY THERAPY RESEARCH



Dr. Maggie Robson, Senior Lecturer, Keele University, UK is coming to KAPC in March to commence a research project. She is developing an observational checklist that will help in compiling data on children's play. She will use 8 observers. The observers will get training and then they will observe children playing in a variety of situations. The data will be sent to Maggie for her analysis. She will return to Nairobi in September for a debriefing session with the observers. An advert will appear shortly for the observers. Maggie is well known to KAPC. She normally comes to our International Conference and has also conducted play therapy training courses for us.

KAPC KISUMU UPDATE

- Play therapy class is scheduled for 1st block **March 30th to April 3rd 2009** while the 2nd block will be in **July 27th to July 31st 2009**. Course is open to counselors and other professionals working with children. Register now. Cost is Kshs. 35, 000.
- Counselor Supervision services are being offered for counselors seeking to accumulate hours required for Chartered Counsellor accreditation status. Register now to be incorporated in the monthly supervision groups.
- Intake interviews for Diploma class of **May 2009** are on going. Course open to counselors with basic counseling qualifications. Apply now.
- VCT bridging course is scheduled for **March 2nd to March 13th 2009**. Open to counselors with general counseling qualifications. Intake is ongoing. Apply now.

10TH INTERNATIONAL COUNSELLING CONFERENCE

This year we have reached our 10th conference. The conferences are a high point on the counselling calendar and they have been a great success. The theme for this conference is **Counseling Children and Young People : Current Challenges**. We had considered the theme '**Violence in Schools**', but this seemed too limited, and by the time we get to September the violence may have reduced. Each year we select a different theme, but the same topics are also included in every conference: topics such as HIV/AIDS, supervision, couples counseling and ethical concerns. These topics are still relevant and we hope that people will continue to make presentations about them.

The conference will follow the usual format, being presentations and workshops. One of the unique aspects of our conference is the time devoted to encouraging everybody to participate by making contributions from the 'floor'. These contributions always strengthen the conclusions we arrive at. The abstracts are coming in, so the Secretary has begun to compile a list of topics. We also have offers from people to conduct workshops. These are a unique opportunity to participate in more concentrated exchanges within the conference setting. We have workshops on 'Working with Deep Material' and 'Expressive Art Therapy'.

The Safari Park venue continues to serve us well, being a pleasant environment which is relaxed, peaceful and an excellent opportunity to reflect and exchange experiences. We hope participants will sign up early and come prepared to participate.

MEMBERSHIP-FUN TRIP

During one of the fun activities in the professional development meeting members were able to go to lake Baringo and Bogoria. This was a bonding time for them, because they had to spend a night in Baringo hotel before going to Lake Bogoria the following day. Most of them were challenged to spend time with at least two new friends to know one another better.

Due to this trip the counselors were able to come up with a one-year plan, which they will deliberate on with other members during the February Professional development meeting.



WE SAY 'GOODBYE TO GUY VAN VIANEN

Guy has been working with us for over a year now. He came to help with our marketing strategy and approach. He has done much valuable work and has taken us to another level in our marketing and management. Guy was a volunteer from VSO and is now returning to his home in the Netherlands. We wish to thank him for all of his hard work and acknowledge that he has made a significant contribution that will benefit us for many years to come.

CHARTERED COUNSELLOR PROGRAMME

We would like to encourage those people who are thinking about applying for *Chartered Counsellor* status to proceed and register. We are receiving more and more requests from organizations and businesses in Kenya to provide counsellors and we want to respond in a professional way. The work will be spread around the counsellors who are registered and as the demand is growing we hope that suitably qualified counsellors will apply.

KAPC KISUMU

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