



Introduction to Counselling Survivors of Coercive and Radical Cultic Groups



**A two-day workshop
With Dr Gillie Jenkinson**

Sat 11th May 2019 (9.30am – 5.00pm) & Sun 12th May 2019 (9.00am – 4.30pm)

Cost: £210 for both days (includes lunch and refreshments)

Venue: The Sherwood Psychotherapy Training Institute,
Thiskney House, 2 St James's Terrace, Nottingham. NG1 6FW

Introduction

We hear much in the media currently about vulnerable people being drawn into terrorism through a process of radicalisation. This is one incarnation of a process of thought reform (brain-washing) which takes many forms and has been around much longer than the last two or three decades and well before the lifetime of ISIS or the current far-right groups. Often such coercive processes prey on a person's sincere search for meaning, significance and belonging and use spiritual or religious frameworks and language as the vehicle of emotional oppression.

This workshop aims to introduce therapists to the field of working with survivors of radical and coercive cultic groups. The first day will focus on definitions of coercive and radical cultic-groups, differences between first and subsequent generation adults, a Gestalt perspective on the cult mind-set, an introduction to thought-reform, the harm caused and what helps former members recover. Day two will offer a rationale for working with cult pseudo-personality, an understanding of cult related introjects, a picture of recovery and particular issues and pitfalls in the therapeutic relationship when working with former cult members, as well as giving time for consultancy on specific cases.

Aims: The aim of this CPD training is to introduce therapists to the field of working with survivors of radical and coercive cultic groups and to explore what helps former members recover.

For more information or a booking form contact: Collette Colver, CPD and Graduate Administrator. **SPTI: The Sherwood Psychotherapy Training Institute**, Thiskney House, 2 St James's Terrace, Nottingham. NG1 6FW. **Telephone:** 0115 924 3994

Email: collette.colver@spti.net **Website:** www.spti.net



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Programme for both days:

Day 1

9.30 - arrive and tea/coffee
 10.00 - first session
 11.15 - break
 11.45 - second session
 1.00 - lunch
 2.00 - third session
 3.15 – break
 3.45 – Fourth session
 5.00 - close and depart

Day 2

9.00 - arrive and tea/coffee
 9.30 - first session
 11.00 - break
 11.30 - second session
 1.00 - lunch
 2.00 - third session
 3.00 - break
 3.30 - fourth session
 4.30 - close and depart

Outline of discussion topics:

Day 1	Day 2
<i>What is a coercive and radical cultic-group and why do definitions matter?</i>	<i>The rationale for working with cult pseudo-personality</i>
<i>Differences between First Generation Adults (joined) and Second & Multi-Generation Adults (born and/or raised)</i>	<i>Understanding cult related introjects</i>
<i>The cult mind-set from Gestalt Psychotherapy theory perspective</i>	<i>What does recovery look like?</i>
<i>What is thought-reform [brainwashing] – brief introduction</i>	<i>The therapeutic relationship when working with former members and mistakes counsellors can make</i>
<i>What is the harm caused?</i>	<i>Consultancy on specific cases</i>

About the Presenter:



Gillie Jenkinson's life's work has been dedicated to working with survivors of cults and other radicalising and coercive groups. Herself a survivor of an abusive Bible-based cult in the 1970's, Gillie brings both her own personal experience and over two decades of research and therapeutic work with former members into her approach. Her PhD and MA research into 'what helps former members recover', is the backbone of her bespoke counselling model 'Post-Cult Counselling'. Many therapists have worked with former members, whether they realise it or not, and Gillie is now focussed on sharing her model with therapists interested in learning how to work with former members through CPD and her Certificate in Post-Cult Counselling.

Gillie is a Reg MBACP and UKCP accredited psychotherapist in UK. She served two internships at a cult recovery mental health facility, Wellspring Retreat Centre, Ohio, USA, and has many years' experience working with trauma, including survivors of spiritual and cult abuse, and sexual abuse. She is a regular presenter at conferences and a published author, including co-authoring a chapter entitled Pathological Spirituality for a medical text book entitled Spirituality and Psychiatry, published by RCPsych Publications in UK - 2009. Her doctoral research dissertation is entitled: 'Freeing the authentic-self: Phases of Recovery and Growth from an Abusive Cult Experience'. She contributed a chapter to the new International Cultic Studies Association book 'Cult Recovery: A clinician's guide to working with former members and families' entitled 'Relational Psychoeducational Intensive: Time Away for Post-Cult Counselling'. Gillie is a member of the Radicalisation Awareness Network [RAN]. Her latest article is published in the March 2019 BACP Therapy Today Magazine.

Website: www.hopevalleycounselling.com Email: info@hopevalleycounselling.com



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