

1st Conference on Integrative Practice

From relevance and theory to
practice and building your business

LONDON | **21 January, 2017**
9:30-16:30
Holiday-In
Russell Square



PROGRAMME

There is a meeting point where approaches such as coaching, counseling, and psychotherapy meet, complement and enhance one another for solid results and lasting effectiveness.

The AICTP has emerged to support new and established integrative practitioners. Come explore the range and possibilities of integrative practice. Learn useful business building strategies. Be inspired by others. Connect with like-minded people and learn more about how you can join AICTP.

Early Bird Registration: **£69**
Save £51 (42%)
DEADLINE: November 7th
Regular Day Rate: **£120**
Student Rate £25

Registration	9:30
Welcome & AICTP Updates	10:00
Keynote 1	10:15
Keynote 2	10:40
Break/Networking	11:00
Parallel Sessions Tools	11:15
World Cafe Discussion	12:00
Lunch/Networking	13:00
Parallel Sessions	14:00
Parallel Sessions	14:45
Break/Networking	15:30
Keynote 3	15:45
Close	16:45
Drinks / Networking	16:45

Keynote Presenters

Latest thinking, research and perspectives

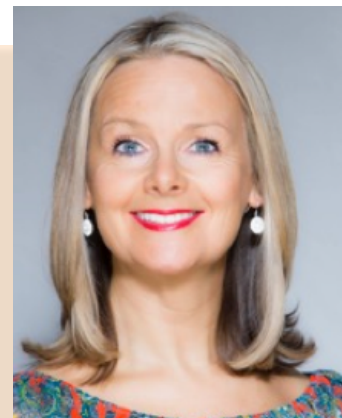


Conference Keynote 15:45

Integration: Conscious choice, common sense or evolution in practice
Gill Fennings-Monkman

Gill will share how integration evolved in her practice enabling her to use this approach to tackle anything from business and executive coaching to severe eating disorders, addictions and anxiety. Following 3 years as Chair of BACP Coaching, she believes in the 'professionalisation' of Therapeutic Coaching and the difference this will make to the counselling profession.

Delegates will gain insight into a 'multi skilled approach' to working with eating disorders, addictions and other mental health issues and an understanding of why the coaching, counselling, integrated combination provides a powerful dynamic for change in any environment.



Perspective 10:15

Why, what and how of integration
Dr. Nash Popovic

Integration is not something new in one to one practices yet this wave of integration is different and is bound to have a profound impact on the coaching, counselling and therapy profession. Learn why the integrative approach is becoming dominant, examples of what exactly is being integrated and how, and the benefits that this approach could bring to your practice and clients.



Research 10:40

Integrated Counselling and Coaching with Distressed Young People
Alan Flynn

Learn about one of the first pieces of research on integration of counselling and coaching with young people. Using a mixed-methods approach, this study explores how 80 young people allocated to two groups: (1) an integrated counselling and coaching group based on the Personal Consultancy model, and (2) a humanistic counselling group performed.



Workshop Presenters

Practical insights, useful tips and genuine support

Tools 14:00

Fusion Therapeutic Coaching: easy to follow blueprint for integration
Frances Masters



Bridge the gap between coaching and counselling and accelerate and improve client outcomes with fusion 'continuum of wellbeing'. Learn to assess the client's emotional needs and best next steps.

Tools 14:00

Teaching minds to feel and hearts to think

Dr. Magdalena Bak-Maier



An invitation to explore tools for integrating, transforming and healing internal client conflict that occurs when the heart is forgotten, left behind or simply exiled in ways that empower clients to (re)claim their life.

Practice 14:00

Positive Existential Coaching: Happiness meets dread
Yannick Jacob



Invites you to hear about his journey into existential coaching: an approach to personal and professional development which naturally integrates elements of both coaching and psychotherapy.

Bus. Building 14:00

Five Crucial Secrets for a Highly Profitable Practice
Lisa Farr



Learn how to sell your service without sounding salesy, master the concept of value pricing, learn one strategy that will add an income stream to your business, and how to breakthrough in your industry.

Practice 14:45

Energy Management for peak performance and personal fulfillment
Dr. Nicola Bunting



Help your clients (and yourself) sky-rocket energy, achieve sustainable brilliant results at work and have more fun in their personal life? Discover how to cultivate greater resilience and help others do the same.

Bus. Building 14:45

Building a business with integrity
Kim Morgan



Follow Kim's journey as she moved from therapist to coach, employment to self-employment, from voluntary sector to the corporate world. Learn how to really value what you do and profile raising – your way!

Join in Group Discussions – World Cafe



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Speaker Biographies



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Gill Fennings-Monkman MBE, MBACP (Accred), counsellor, coach and psychotherapist and coaching supervisor who has been working in organisations and in private practice for 16 years, specialising in Business and Executive Coaching, Eating Disorders, Relationship Coaching and Addiction work. Her MA in Counselling and Psychotherapy (distinction), focused on the fine line between coaching, counselling and what she called 'multi-skilled therapists'. In 2010 she was awarded an MBE for the award winning coaching services she set up for women in Newham, East London. She is in her third year as Chair of BACP Coaching and sixth year on the BACP Coaching Executive and is passionate about integrated practice.

Dr. Nash Popovic is a director of Personal Well-Being Centre, senior lecturer at The University of East London and Personal Consultant in private practice. He runs the Masters programme in Integrative Counselling and Coaching, the first programme of its kind in the UK, and is a co-author of Personal Consultancy: A Model for Integrating Counselling and Coaching.

Alan Flynn is a Counselling Psychologist in Training currently in his second year of the Professional Doctorate in Counselling Psychology programme at the University of East London (UEL). He completed his research on integrated counselling and coaching as part of his MSc Psychology programme at UEL in 2014/15.

Frances Masters MBACP accred GHGI FRTC is the Managing Director of Fusion Therapeutic Coaching Ltd. She founded the UK mental health charity Reclaim Life in 2009 and trained its volunteers to work in a new and dynamic mental health model she named 'Fusion'. That training would later become accredited by the National College of Further Education as the Fusion Therapeutic Coaching Diploma and Distance learner certificate.

Dr. Magdalena Bak-Maier advances the idea that the nervous system is our best inner coach and we can tap it for wellbeing and success. A neuroscientist (PhD, Caltech USA), successful coach, established expert in productivity and personal development and bestselling author she has been called the "*physician of the soul*".

Heart and mind work - the hallmark of Magdalena's work - is touching the lives of many individuals and progressive workplaces across the globe. Magdalena teaches coaching skills for the AC and BACP in London, facilitates long-standing leadership and personal development programmes and gives talks and workshops globally. Her clients span people who send us into space at NASA, those saving lives and developing latest medical breakthroughs, global change makers in society and culture, and those ready to say Yes! to reclaiming their life and ending suffering. She is the creator of the online 30 day goal-setting course with *Psychologies Magazine* <https://www.psychologies.co.uk/how-supercharge-your-goal-setting> and Neuroscience of Behaviour Change Wellbeing Coaching .

Speaker Biographies



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Yannick Jacob is an existential coach (MA), positive psychologist (MSc), coach trainer & supervisor (Animas), MSc Programme Leader (UEL), mediator (CERT) and personal consultant (PWBC) passionate about exploring the boundaries between one-to-one talking practices. Through extensive study and experience, formulating his own integrative approach to practice and helping others to do the same he was able to explore the topic of integration in depth. He contributed a chapter to the first book on integration "Personal Consultancy", is part of AICTP's core team and is currently planning to edit a book on the boundaries of coaching practice. Yannick has worked with a wide range of clients and trained hundreds of coaches at a number of institutions. Based in East London, he has designed and delivers resilience training for leaders and managers as well as personal development education in schools and charities.

Lisa Farr specialises in helping coaches and consultants to get more clients and make more money. She has twenty-five years experience in marketing and is a Fellow of the Chartered Institute of Marketing, which puts her in the top 3% of marketers worldwide. She has helped hundreds of coaches to improve their marketing and get more clients. Her passion is to support business owners and entrepreneurs in achieving greater financial success through doing what they love. Many clients report doubling, or even tripling, their income as a result of working with her. Lisa is a Fellow of the Chartered Institute of Marketing.

Dr. Nicola Bunting is an international executive coach, speaker and best-selling author who helps CEOs and senior leaders from top FTSE 100/S&P 500 brands achieve personal peak performance and build high-performing teams. For the past 16 years, she has worked across 5 continents with organizations such as Procter & Gamble, Unilever, Chanel, the Foreign Office, BBC Worldwide, Discovery Networks International and the NHS Leadership Academy to dramatically enhance leadership alignment, team engagement and key individual contributor performance. Results include substantially increased sales, attraction and retention of key talent, and the turnaround of business critical teams. She was awarded the world's foremost coaching credential – MCC (Master Certified Coach) – from the International Coaching Federation in 2006, and have held it continuously every since.

Kim Morgan is Managing Director of Barefoot Coaching Ltd, one of the UK's leading providers of coaching and University Accredited Coach Training. Kim was one of the UK's first executive business and personal coaches, who has pioneered and led externally certified University Masters Level Postgraduate Awards in Coach Training since 2001. Kim was awarded "Coach of the Year" in 2012 by Coaching at Work Magazine. She is a sought after conference speaker on all aspects of coaching and coach education, leadership and leadership development, psychology and change management. With over 25 years' experience of psychology and people development, across all sectors of public and private business, Kim draws extensively on her experiences of what universally works to make great leaders, successful individuals, successful teams and outstanding organisations. Kim specialises in all aspects of women's development including: assertiveness, confidence, self-esteem and how to tackle the commonly occurring traits of impostor syndrome, perfectionism and people-pleasing. Kim works with women throughout all their many life and career transitions. Over the past 25 years she has delivered one to one Executive Coaching to hundreds of senior leaders in national and multi-national organisations across different sectors and industries.

Notes



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