

**ABERDEEN COUNSELLING FORUM**  
**Minute of AGM held Thursday 12<sup>th</sup> September 2024**  
**In the Fountainhall Church - Garden Lounge at the Stocket church at the**  
**Fountain**

PRESENT:

Jacque Simpson, Gaby Valecillos, Elena Laguarda, Diane Crowe

APOLOGIES: Terpsi Kaltouni, Donna Ronald

Previous Minute – Minute of the 2023 AGM was accepted by those present.

**Matters Arising**

Quorum achieved as the current membership stands at 27.

**Chair's Report** (Diane Crowe)

Key Points were discussed at the meeting / Overview of last year's events:

Challenges faced by depleted numbers making up the committee, sincere thanks from Chair for their continuing loyalty and efforts in volunteering their time and energy. The positive, collaborative work of the committee is also a real source of pleasure and strength.

The programme year started on November 25<sup>th</sup>, 2023, with Avigail Abarbanel presenting on the Transformative Power of Validation, the neuroscience of facilitating change & growth. A Pluralistic Workshop on 3<sup>rd</sup> February led by Dr Kate Smith walked us into the new year. Working with Dissociation, followed, by Sue Black on Friday 26<sup>th</sup> April. Finally, Christiane Sanderson on Personality Disorders or Adaptation to Threat: Attachment, Relational Trauma and Enduring Personality Changes on 6<sup>th</sup> July 2024

Feedback from attendees at our events continues to be positive, providing evidence that the forum continues to meet its primary aim of delivering quality CPD at an affordable cost. The appreciation of the opportunities to network and have the support of peers was also noted. Our current venue in the garden lounge of Fountainhall at the Stocket church is well suited to our needs.

Report accepted by Jacque Simpson, seconded by Gaby Valecillos.

**Treasurer's Report** (Jacque Simpson)

Final accounts are currently still awaited from BBKS&CO but we are meantime in a good financial position, the considerable challenges faced in accessing NS&I account having now been circumvented. However, each event is running at a considerable loss due to greatly increased speakers' fees and low attendee numbers. These losses are not sustainable beyond the coming year's proposed programme.

Proposed to be accepted by Diane Crowe, seconded by Elena Laguarda.

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**New Business**

As you may be aware the Aberdeen Counselling Forum has been run solely by volunteers since 1981 with the current volunteers looking to stand down due to various commitments but still full of passion and dedication. Sadly, this would mean the end of the Aberdeen Counselling Forum as a valuable resource of CPD, networking and opportunities to talk to likeminded people unless there is a new cohort of volunteers. If you would be interested in continuing this legacy do, please, get in touch with us; [contact@thecounsellingforum.co.uk](mailto:contact@thecounsellingforum.co.uk)

**Selection and Election of Committee Members and Office Bearers.**

**CHAIR** –Diane Crowe

**VICE-CHAIR** Terpsi Kaltsouni

**TREASURER** –Jacquie Simpson

**SECRETARY** –Elena Laguarda

**MEMBERSHIP SECRETARY** –Gaby Valecillios

The above officer bearers are happy to continue in role and this was unanimously agreed and accepted by those present. In addition, Terpsi Kaltsouni and Diane Crowe will share the role of co-ordinating publicity and website administration.

**Planning for 2024-2025 Event Schedule:**

Venue; all at [Fountainhall Church - Garden Lounge at the Stocket](#) (previously : Midstocket Parish Church, Harcourt Road, Aberdeen AB15 5NZ)

**Title, Facilitator, Date**

1. Professor Julia Buckroyd on “Becoming Myself – the struggle for identity for clients with eating disorders” on Saturday 28<sup>th</sup> September 2024
2. Jan Kerr on 'Loss, Bereavement and Working with Terminal Illness' Saturday, November 16th, 2024
3. Sue Black on 'The Healing Power of Nature'. Saturday, February 28th 2025.
4. Chrissie Sanderson on “Neurodiversity and Trauma”, Saturday, April 26th 2025.
5. Professor Andrew Reeves on 'Working with Suicide, 5 Areas of Risks, Safeguarding vulnerable clients, Risk of violence and Self-injury'. June/July 2025 exact date TBC
6. Craig Hutchison, awaiting confirmation for Sept 2025

**September/October AGM of 2025**, if there have been no new counselling forum members wishing to take up the current committee members’ role then, with real sadness, the forum will close at this time.