

NCPS REGIONAL CONNECTIONS

Manchester – 14th October 2026

Speaker Spotlight



MATT HAWORTH

Matt Haworth is a counsellor and social technologist based in Manchester. A Co-Founder of a social enterprise technology company Reason Digital, Matt has authored publications, workshops and training on AI in counselling at a variety of conferences and organisations. Matt wrote the NCPS's Good Practice Guidance on AI and is an Accredited Registrant Member.

USING AI SAFELY IN A COUNSELLING AND PSYCHOTHERAPY CONTEXT

With over half of psychotherapists using Artificial Intelligence (AI) in their practice and 1 in 5 young people in the UK using it instead of speaking to a therapist, many of us are wondering how useful – and how ethical – AI might be for counselling and psychotherapy.

In this engaging and accessible talk, Matt will cover some of the uses, risks, and ethical principles of using AI safely in a counselling and psychotherapy context with real examples. He'll also take us through the latest NCPS Good Practice Guidance on AI.

You'll leave with a better idea if you want to use AI in your practice, how to talk to clients about AI, and what your own ethical position on these rapidly evolving new tools are.

NCPS REGIONAL CONNECTIONS

Manchester – 14th October 2026

Speaker Spotlight



HELEN MCMENAMIN

Helen McMenamin is the founder of The Flying Fish Company®, providing workplace grief awareness training and suicide postvention consultancy. A qualified social worker and Fellow of the Society of Bereavement Practitioners, Helen combines professional knowledge with lived experience of suicide bereavement to help organisations respond to grief and loss with greater confidence and compassion.

RETHINKING POSTVENTION: GRIEF, SUPPORT AND THE WIDER RIPPLE EFFECT OF SUICIDE

When we think about those affected by a suicide, our attention understandably turns first to family and close friends. Yet the impact can extend much further, into workplaces, communities and professional relationships.

This session will explore postvention through the lens of grief awareness, considering the wider ripple effect of a suicide, why some grief can go unseen or unrecognised, and the role that compassionate communication and support can play in reducing further harm. It will also invite counsellors and psychotherapists to reflect on where they, their colleagues and the people they support may sit within that wider postvention picture.

NCPS REGIONAL CONNECTIONS

Manchester – 14th October 2026

Speaker Spotlight



RORY LEES-OAKES

Qualified counsellor, clinical supervisor and lecturer. Author of *Counselling Theory in Practice: A Student Guide* and co-author of *Online and Telephone Counselling: A Practitioner's Guide*. Rory spent over a decade lecturing in counselling and won the 2015 Silver Plato Award for outstanding use of technology in education. He is a Fellow of the Pearson Teaching Awards. He is dyslexic.

WHY CONTINUING PROFESSIONAL DEVELOPMENT IS MORE THAN COLLECTING CERTIFICATES

This 45-minute CPD session explores why continuing professional development is about far more than collecting certificates, it is about remaining useful, current and reflective for the clients we work with.

The session considers how clients, society, technology and professional knowledge continue to change, including developments around neurodivergence, identity, trauma, online working and AI. Participants are encouraged to reflect on their own assumptions, recognise the limits of their competence, and consider where further learning, supervision, consultation or referral may be needed.

Through discussion and reflective activities, the session encourages practitioners to turn CPD into meaningful changes in practice: learning, reflecting, discussing in supervision, applying new understanding and reviewing its impact.

The central message is simple: the counsellor we qualified as should not be exactly the same counsellor sitting in the therapy room ten years later.