

# CPD Training Opportunities

## Being In the Moment: How Acting Techniques Can Help the Therapist to Be Present

**Date:** Friday 21 September 2018, 10am – 4pm

**Trainers:** Scott Williams, theatre director and producer; Perrine Moran, psychodynamic counsellor and psychoanalytic couple psychotherapist



This experiential workshop draws on acting techniques to focus on what takes place between people in the immediacy of the therapeutic encounter.

Participants can discover and practise exercises developed by the acting teacher Sanford Meisner. These exercises, mainly based on repetition, are used by actors such as Diane Keaton and James Gandolfini to access, observe and respond in the moment to affect in others and themselves. Links will be made with a variety of clinical situations and particularly with mentalization-based therapy. Professional actors will attend the workshop and will work with the participants so that everyone can experience being both observer and actor – positions we occupy daily in the consulting room.

The event will be of interest to individual, group and couple psychotherapists, and those in training. It is suitable for newcomers as well as those who attended Scott and Perrine's previous workshop.

**Cost:** £118 (£108 if booked and paid for by 10 August 2018)

**Venue:** Tavistock Relationships, Warren Street, London, W1T 5PB

## Anger and Creativity: The Dynamics of Aggression in Intimate Family Relationships

**Date:** Friday 12 October 2018, 10am – 4pm

**Trainer:** Susanna Abse, psychoanalytic psychotherapist, executive coach, organisational consultant



In the therapeutic encounter clinicians are often presented with the struggles their patients have with aggression, whether that be linked to repression and the inhibition of anger or, conversely, difficulties with managing overwhelming affect.

This workshop for individual, group, family and couple psychotherapists and counsellors will review theories of aggression and explore clinical presentations that illustrate the dynamics of aggression as played out in intimate relationships as well as between patients and therapists. Using attachment and psychoanalytic frameworks, the workshop will enable clinicians to gain a deeper understanding, and an increased capacity to work with this area of difficulty.

Therapists can learn to identify, understand and work with the defensive strategies that can be employed to avoid conflict and investigate how to contain and work with this anger creatively.

**Cost:** £118 (£108 if booked and paid for by 31 August 2018)

**Venue:** Tavistock Relationships, Warren Street, London, W1T 5PB

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# CPD Training Opportunities

## Working with Gender and Sexual Diversity: the Individual and Couple in Transition

**Date:** Friday, 9 November 2018, 10am – 4pm

**Trainers:** Dr Damian McCann, Head of Learning and Development; and Linsey Blair, couple/individual psychotherapist and psychosexual therapist



At a time when numbers of people who identify across a spectrum of gender and sexual diversity are increasing, this study day will examine the implications for work in the consulting room.

Consideration will be given to gender diverse experience as an internal psychological process, as well as a process that has an impact on couple and family relationships, involving spouses, partners, children, parents and the wider family.

There will be a strong focus on clinical material, with thought given to how to provide a safe and containing therapeutic setting, and how to hold an adult individual or couple through a period of transition. Issues of otherness will be addressed, and how to move from a place of judgment and reaction towards understanding.

The full-day course is suitable for practitioners with considerable experience as well as those with little experience in this area who are keen to expand their thinking. Attendees are encouraged to bring clinical work for discussion.

**Cost:** £120 (£90 if booked and paid for by 9 October 2018)

**Venue:** Tavistock Relationships, Warren Street, London, W1T 5PB

## Working with the Couple Relationship Through the Adoption Process

**Date:** Tuesday, 20 November 2018, 10am – 4pm

**Trainers:** Dr Damian McCann, Head of Learning and Development and Judith Jamieson, Head of Clinical Services and Specialist Couple Psychotherapist Adopting Together



This training is for practitioners across the adoption field who would like to learn about engaging couples in their work. It will examine the transition to parenthood for adoptive couples and challenges they face during and after the adoption process.

Practitioners will be helped to think about dynamic issues within the couple relationship of adoptive parents, with the aim of enhancing couple functioning and stabilising adoptive placements for the children in their care.

Drawing on our recently published handbook *Conversations with Adoptive Couples* participants will be helped to work with the couple during assessment, matching and beyond. Keeping the couple relationship in mind and opening difficult conversations will form a particular focus for this study day.

**Cost:** £120 (£90 if booked and paid for by 9 October 2018)

**Venue:** Tavistock Relationships, Warren Street, London, W1T 5PB

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# CPD Training Opportunities

## The Impact of the Internet on the Couple and the Individual: Social Media, Online Gaming and Pornography

**Date:** Friday, 7 December 2018, 10am – 4pm

**Trainer:** Poppy Mellor, couples therapist/psychosexual therapist



This full-day workshop will consider the ways in which intimate couple and family relationships can be affected by changes in behaviour linked with contemporary use of the internet.

There can be a tendency especially for younger generations to rely on attachments made online, through social media, online gaming and chat rooms, rather than relationships that exist in the real world, and this can have a profound impact on the individual's capacity to develop an authentic connection with another.

Consideration will be given to the latest technological developments including multiplayer role-play and virtual reality, and the potential impact on psychological functioning, as well as specific issues around exposure to online gambling and internet pornography.

Thought will be given to the way in which these issues present in the consulting room, and can affect couple functioning, including sexual dysfunction. Attendees are encouraged to bring clinical material for discussion.

**Cost:** £118 (£108 if booked and paid for by 26 October 2018)

**Venue:** Tavistock Relationships, Warren Street, London, W1T 5PB

## Inhabiting Life in Later Years: How to Work Clinically with Ageing and Dementia

**Date:** Friday, 25 January 2019, 10am – 4pm

**Trainer:** Andrew Balfour, Consultant Clinical Psychologist, Adult and Couple Psychotherapist, CEO of Tavistock Relationships



Over successive generations our population's increasing longevity throws up particular psychological challenges around the loss of physical and mental functioning. It exposes us ever more starkly to the realities of age-related illnesses and conditions such as dementia.

This full-day workshop will develop an understanding of the psychological issues that can come to dominate in later life. Challenges may be thrown up to intimate couple relationships as long-established projective systems are turned on their heads, with the roles of carer and cared for often inverted. This is particularly true in relationships in which one partner is suffering from dementia, and for which therapeutic containment takes on a particular meaning.

The workshop will consider psychoanalytic models of the mind, as well as Andrew Balfour's pioneering work in developing a therapeutic intervention for couples where one partner has dementia. It is suitable for psychotherapists working with individual clients and couples as well as for trainees.

**Cost:** £118 (£108 if booked and paid for by 14 December 2018)

**Venue:** Tavistock Relationships, Warren Street, London, W1T 5PB

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# CPD Training Opportunities

## When Hope Is Lost: The Impact of Perinatal Loss, Infertility and IVF on the Couple and the Family

**Date:** Saturday, 2 February 2019, 10am – 4pm

**Trainer:** Dr Marguerite Reid, child and adolescent psychotherapist (perinatal psychotherapist) and couple psychoanalytic psychotherapist



Many parents find it difficult to recover from trauma associated with the perinatal period, and the loss of an infant can result in severe depression, feelings of isolation, loss of hope, and relationship breakdown. A perinatal loss may be as traumatic to the couple as the death of a young child, even though the lost baby has not been known.

This full-day workshop for couple, individual and child psychotherapists will consider the meaning of perinatal loss and the death of a young child for the parents as well as for any siblings. Particular attention will be given to the difficulties that can be experienced by younger siblings who can feel as if they have been born in the shadow of death, and can carry this experience with them into adulthood.

The workshop will also focus on the impact of infertility and IVF on the individual and the couple, and the difficulties that can be evoked especially after multiple failed pregnancies.

**Cost:** £118 (£108 if booked and paid for by 22 December 2018)

**Venue:** Tavistock Relationships, Warren Street, London, W1T 5PB

## In Pursuit of the Truth: Questions of Authenticity with 'False Self' Couples and Individuals

**Date:** Saturday, 2 March 2019, 10am – 4pm

**Trainers:** Martha Doniach, psychoanalytic psychotherapist; and Kate Thompson, couple psychoanalytic psychotherapist



This study day will explore the rich concept of the false self, tracing it from Donald Winnicott to James Fisher, and examining its relevance in the consulting room.

Winnicott believed a false self could be set up through a lack of maternal holding. If the mother fails to meet her infant's gesture, instead substituting her own in its place, the infant can grow up feeling compliant rather than authentic. Fisher applied these ideas to the couple relationship, describing the challenge many individuals encounter in functioning as a couple – the capacity to face one's own truth, and also to acknowledge that another person may see things differently.

The idea of a false self has a resonance today, as technological advances threaten to distance us from authentic connections with ourselves and others. The day will reengage with the psychoanalytic thinking behind this reality, and consider how we position ourselves internally to defend against intimacy.

**Cost:** £118 (£108 if booked and paid for by 19 January 2019)

**Venue:** Tavistock Relationships, Warren Street, London, W1T 5PB

Details of forthcoming conference on next page.

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# 70th Anniversary Conference

Friday 30 November 2018, 9.30pm – 5pm

The conference will explore what we mean when we talk about love, and consider the nature of intimate relationships at this particular moment of 21st-century history.

What are the pressures brought to bear on the couple relationship in the age of reality television programmes such as *Love Island*? Is this just a show designed to hook viewers or does it say something about contemporary love relations? How can we think

clinically about the effects of social media and the pressures young people feel?



**Louis Theroux** will discuss his view of human relationships, based on his observations as an award-winning documentary film-maker and broadcaster.

**Lisa Appignanesi** will talk about her forthcoming book, *Everyday Madness: On Grief, Anger, Loss and Love*, an evocative examination of death and its aftermath.



Couple psychoanalytic psychotherapy has been shown to be effective in addressing the key social problems of our time, and can help to alleviate distress in children as well as their parents.

The conference will look at the context of social and family policy from the inception of the welfare state in post-war Britain to now, with a focus on the links between family functioning and mental health.

Consideration will be given to the institution's ground-breaking developments in analytic work with couples. A strong focus on clinical practice will explore clinical applications of analytic work.

Presentations will draw from two new Tavistock Relationships books, launching on the day: *A Couple State of Mind: Psychoanalysis of Couples* by Mary Morgan, and *Engaging Couples: New Directions in Therapeutic Work with Families*, edited by Andrew Balfour, Christopher Clulow and Kate Thompson.

## Speakers to include:

- **Louis Theroux**, documentary film-maker and broadcaster
- **Lisa Appignanesi**, author of books including *Everyday Madness: On Grief, Anger, Loss and Love* and *Mad, Bad and Sad: a History of Women and the Mind Doctors from 1800 to the Present*, Chair of the Royal Society of Literature and former Chair of the Trustees of the Freud Museum
- **Stanley Ruszczynski**, Consultant Adult Psychotherapist with the Tavistock & Portman NHS Clinic
- **Professor Brett Kahr**, Senior Clinical Research Fellow in Psychotherapy and Mental Health at the Centre of Child Mental Health
- **Mary Morgan**, Reader in Couple Psychoanalysis, Tavistock Relationships
- **Professor Paul Burstow**, former Minister of State for Care Services 2010-12 and Chair Trustees Board, Tavistock and Portman NHS Trust
- **Dr Renee Singh**, Founding Director of the London Intercultural Couples Centre
- **Baroness Claire Tyler**, former CEO of Relate and peer in the House of Lords
- **Andrew Balfour**, CEO of Tavistock Relationships, Clinical Psychologist, Adult Psychotherapist
- **Professor Nick Pearce**, Professor of Public Policy and Director of University of Bath's Institute for Policy Research, Chair of Trustees, Tavistock Institute of Medical Psychology

**Cost:** £130 (£120 if booked and paid for by 19 October 2018)

**Venue:** King's Building – King's College London, Strand, London WC2R 2LS



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