

# CPD Training Opportunities

WAITING LIST ONLY

## Asperger Syndrome: Working Clinically with Individuals and Couples Affected by the Disorder

**Date:** Friday 26 January 2018, 10pm – 4pm

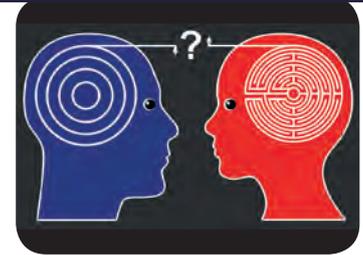
**Trainer:** Maxine Aston, psychologist and counsellor

This workshop aims to increase understanding of what Asperger syndrome is, what it is not, and how it affects both the individual and the couple relationship. Through discussion, lecture and case studies this workshop will examine:

- what is meant by Autistic Spectrum Disorder
- the effect of Alexithymia and lack of Theory of Mind
- the effect of sensory sensitivity on individuals with Asperger syndrome
- how one might recognise someone with Asperger Syndrome in practice
- ways of working with individuals with Asperger syndrome
- the affect of Asperger syndrome upon family members and particularly the couple relationship
- ways of working with couples where one partner has Asperger Syndrome
- differences between males and females presenting with the syndrome.

**Cost:** £118 (£108 if booked and paid for by 15 December 2017)

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



## Enid Balint Lecture – The Disintermediation of Desire: the body, sexuality and technology

**Date:** Friday 23 February 2018, 6.30pm – 8.30pm

**Speaker:** Professor Alessandra Lemma

**Respondent:** Catriona Wrottesley, Head of Studies at Tavistock Relationships, couple psychoanalytic psychotherapist and individual psychodynamic psychotherapist

Enid Balint trained as a psychoanalyst with the British Psychoanalytical Society and from 1970 to 1974 she directed the London Institute of Psychoanalysis. In 1948 she founded the Family Discussion Bureau which later became the Tavistock Institute of Marital Studies (now Tavistock Relationships). 2018 marks our seventieth anniversary as a training and clinical organisation which uses psychoanalytical theory as a base for its work with couples.

Professor Alessandra Lemma will speak about her recent work on the growing use of the internet as a focus for sexual expression and experimentation, and how this might be changing our relationship to our own bodies and to our sense of the other in sexual desire. She will explore the impact of technology on our psychic and sexual development.

Catriona Wrottesley will respond to the paper, exploring its application to couple work.

**Cost:** £45

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



Photo credit: Andrew Neel

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# CPD Training Opportunities

## Psychological Processes in Divorce

**Date:** Saturday 24 February 2018, 10am – 4pm

**Trainer:** Dr Avi Shmueli, psychoanalyst and couple psychotherapist

This one-day course, led by Avi Shmueli, who has worked extensively with couples and individuals going through separation and divorce, is designed to help participants:

- increase their knowledge and learning on the psychological nature of divorce
- learn about the parallel interaction between the legal and psychological processes of divorce
- learn about different types of divorce and separation presentations met in the consulting room
- consider the changes in clinical technique required when working with divorce and separation.

The course will convey the different psychological processes observed in couples and individuals during divorce and separation. These will be observed to be based upon the couple functioning pre-divorce and have an impact long after the legal divorce is complete. Consideration of technique will be an important aspect of the course.

**Cost:** £118 (£108 if booked and paid for by 13 January 2018)

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



## Gender, Sexuality and Therapy – Understanding and Working with Difference

**Date:** Saturday 3 March 2018, 10am – 4pm

**Trainer:** Dr Damian McCann, Consultant Systemic  
Psychotherapist and Couple Psychoanalytic Psychotherapist

This workshop is designed to support therapists in thinking about gender and sexuality in their work with individuals and couples. It will explore questions such as:

- How do we talk about difference – especially when we are a different gender or sexuality from our clients?
- How do we work with our own or our clients' internalised homophobia?
- How do we help clients struggling to come to terms with their sexuality or their gender?

The workshop aims to challenge therapists to broaden their perspectives beyond gender and heteronormative thinking that is so much at the heart of training and practice. It will also provide opportunities for working with others towards a more gender and sexually affirmative approach in our practice with individuals and couples.

The workshop will comprise lectures, group discussion, case examples and video.

**Cost:** £118 (£108 if booked and paid for by 20 January 2018)

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



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# CPD Training Opportunities

## It's not fair! - Understanding Envy in Working with Individuals and Couples

**Date:** Saturday 10 March 2018, 10pm – 4pm

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

This study day will explore envy as an intrinsic component of relationships – including the therapeutic one.

It has been 60 years since Melanie Klein's *Envy and Gratitude* was published. Her concept of primary envy saw the roots of envy lying in the inevitably unequal relationship between mother and infant. Envy, with its links with the projective system, repetition, destructiveness and potential reparation, still remains at the heart of psychoanalytically-oriented work with couples and individuals.

As adults, we are often on alert for signs that we're not being treated equally. This can fuel a primitive sense of envy and rage. The unequal nature of the therapeutic relationship may also lead to feelings of envy/attack in clients, and therapists themselves may envy client's lifestyles or relationships. These can be issues which can be very difficult to name and work with in the consulting room.

An examination of envy and its workings will involve discussions around greed, oedipal dilemmas, humiliation, dependency, jealousy, gratitude and love.

This study day will include lectures, experiential work and clinical presentations. Participants are asked to bring cases and to be prepared to think about where envy is located in their clinical work with individuals, couples and families, and how it might be addressed.

**Cost:** £118 (£108 if booked and paid for by 27 January 2018)

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



## Autumn Conference 2018

**Date:** Friday 30 November 2018, 9.30pm – 4.30pm (Provisional)

**Speakers:** Soon to be announced

**Chair:** Soon to be announced

This event will mark the high water mark of a year of activities for Tavistock Relationships, celebrating its creation in 1948 and the work of seven decades supporting couples and families. Other activities will include online events, web papers and lectures on psychoanalytic and psychodynamic thought on couples and relationships.

The event will feature guest speakers from both within the field of psychoanalysis and from related fields of health, social care and education.

A full programme is to be announced over the next few weeks, but early booking is recommended.

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

**Venue:** King's Building – King's College London



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