

CPD Training Opportunities

Waiting list only

How Attachment Bonds Shape our Relationships: A Developmental Perspective

Date: Saturday 23 September 2017, 10pm – 4pm

Trainer: Madeleine Woof, individual and couple psychoanalytic psychotherapist



This course is suitable for individual and couple psychotherapists, social workers, family support workers, health visitors, midwives, people interested in learning more about developments in Attachment Theory.

Topics include:

- How do infants, children and adults adapt to danger and their need for comfort and protection, in their particular partnership/family?
- How do strategies develop throughout the lifecycle?
- How a developmental perspective can help therapists and practitioners communicate with their adult clients because it makes maladaptive behaviour meaningful.

Cost: £118 (£108 if booked and paid for by 12 August 2017)

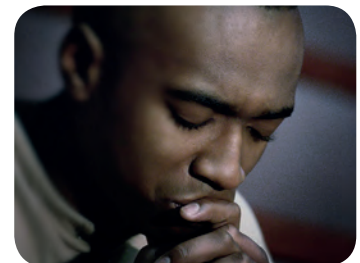
Venue: Tavistock Relationships, Warren Street, London, W1T 5PB

Waiting list only

Working with Grief and Loss

Date: Friday 13 October 2017, 10am – 4pm

Trainers: Jenny Riddell, individual and couple psychoanalytic psychotherapist



As therapists we may work with clients who are dealing with bereavement, infertility, miscarriage and child death, the end of a relationship, redundancy, illness or retirement. The painful feelings of loss and grief that clients bring to therapy can seem overwhelming – for the therapist as well as for the clients.

This day-long interactive workshop will explore how we as therapists can help our clients through the mourning process.

The workshop will look at the psychological factors that influence the grieving process, common reactions after a bereavement or major loss, unresolved grief, and factors which might prevent clients from mourning and moving on.

Cost: £118 (£108 if booked and paid for by 1 September 2017)

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

BOOK ONLINE NOW

 020 7380 8288

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Couple Therapy for Depression Training

Dates: Wednesday 8–Friday 10 November 2017 (Level 1);
Monday 6–Friday 10 November 2017 (Level 2)

Couple Therapy for Depression is an integrated, NICE-approved, evidence-based model for the treatment of depression where relationship distress is seen as having a causal or maintaining factor in the illness, or where the relationship is seen as a resource for recovery.

This training aims to develop clinicians' skills and abilities in working with relational factors in the context of depression to enable couples to use their relationship as a resource to cope better with depression. Previously this training was only open to IAPT staff in an NHS setting but Tavistock Relationships now recognises this way of working can be applied in wider settings, so now, for the first time, in November it is open to all clinicians who have experience of working with couples.

Cost: £1,900 (Level 1); £2,400 (Level 2), which includes formal accreditation as a Couple Therapy for Depression practitioner and being listed on Tavistock Relationships' Couple Therapy for Depression website and list of qualified practitioners.

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



Autumn Conference 2017: Winnicott and the Couple

Date: Saturday 11 November 2017, 9.30am – 4.30pm

Speakers: Angela Joyce (Chair of the Winnicott Trust, co-author of *Reading Winnicott*), Brett Kahr (author of *Tea with Winnicott* and *D W Winnicott: A Biographical Portrait*) and David Hewison (Jungian analyst and couple psychoanalytic psychotherapist)

The importance of aliveness, vitality and creativity pervades the work of D W Winnicott as a paediatrician, child psychiatrist, and psychoanalyst. He wrote about the development of the False Self in infancy and childhood, when the unfolding of the infant/child's individual personality is overwhelmed by the needs of others (usually the parent). The False Self allows the child to survive and be accepted but at the cost of aliveness and vitality.

This conference aims to look at how Winnicott's life and work can help inform our therapeutic work with couples. How can each member of a couple maintain their individuality and still feel loved and accepted? Do some relationships stifle the ability to think and grow in a creative manner?

Cost: £130 (£120 if booked and paid for by 30 September 2017)

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



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Twins: Unconscious Phantasies and the Dynamics of the Twin Relationship and the Twin Transference



Date: Saturday 2 December 2017, 10am – 4pm

Trainer: Vivienne Lewin, psychoanalytic psychotherapist

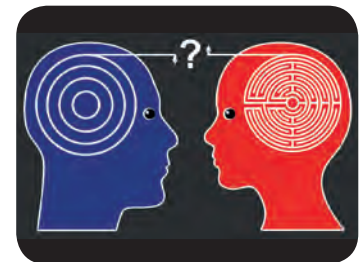
The aim of this workshop is to understand and learn to recognise the dynamics of the twin relationship and the enduring internal twinship that exists within all twins, and how this will affect all relationships with which twins engage. This course addresses the important issue of the effects of the enduring unconscious twin relationship on all the intimate relationships in the lives of a twin.

Vivienne will present material outlining the development of twins and the dynamics of the twin relationship, and how the twinship remains a central internal factor in each twin.

Cost: £118 (£108 if booked and paid for by 21 October 2017)

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

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

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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



Exploration in The Greener Grass: Understanding Envy in Working with Couple Dynamics

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

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

Envy can be difficult to work with and, perhaps because of this, it can be easy to overlook in the consulting room. This study day will explore envy as an intrinsic component of intimate 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.

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



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