

CPD Training Opportunities

Psychosexual Conference 2017: Body Image and the Sexual Self: How Anxieties About Our Bodies Affect Sexual Relationships

Date: Saturday 4 March 2017, 9.30am – 4.30pm

Chair: Janice Hiller, Consultant Clinical Psychologist, Senior Academic Tutor in Psychosexual Studies

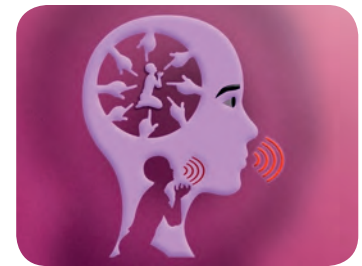
Speakers: Alessandra Lemma, Professor of Psychological Therapies; David Weeks, Former Head of Old Age Clinical Psychology services at the Royal Edinburgh Hospital; Vivien Gross, Systemic Psychotherapist/Family Therapist, Supervisor, Consultant and Trainer

This 2017 Tavistock Relationships psychosexual conference is bound to be a popular event for all interested in the subject of sexual therapy from the professional perspective. This year's theme explores how the representation of the body in the mind can impact sexual interactions.

With the current availability of idealised body images in our culture, and the ever-present focus on sexual behaviour, we anticipate high demand, so interested parties are advised to book early.

Cost: £130

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



Money and Therapy – Issues for Therapists and Clients

Date: Friday 10 March 2017, 10am – 4pm

Trainer: Jenny Riddell, Couple Psychoanalytic Psychotherapist

The workshop will explore:

- the therapists own relationship with money
- money and the therapeutic relationship
- money issues for clients
- money and self worth
- money and envy
- money conflicts between couples.

Cost: £118

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



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Psychosexual Workshop Series: Neurobiology and Sexual Desire Made Easy

Date: Friday 17 March 2017, 10am – 4pm

Trainer: Janice Hiller, Senior Academic Tutor in
Psychosexual Studies



This course aims to de-mystify the role neuroscience can play in our understanding of sexual intimacy, love and couple responsiveness. It will include teaching, discussion and case illustrations of how neurobiology and chemistry can be relevant to psychosexual therapy.

The course will include teaching, discussion and case presentations, and covers the following:

- sexual behaviour and brain/genital connections
- romantic attraction, attachment, arousal and neurochemistry
- sexual feelings and hormones
- implications of brain changes over the lifespan
- role of context on sexual urges and brain chemistry
- using neuroscience in a therapy context.

Cost: £118

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

Using Mindfulness Techniques for Clients with Sexual Problems

Date: Friday 21 April 2017, 10am – 4pm

Trainer: Marian O'Connor, Head of Professional Development



This one-day workshop is designed to help individual, couple and psychosexual therapists know more about mindfulness and to think about how it might be applied to their work, particularly with clients presenting with sexual problems.

The aims of the course are:

- to learn more about mindfulness theory and practice
- to think about how mindfulness might help us personally in our work
- to learn some mindfulness techniques and practices
- to consider how specific mindfulness techniques might be used with clients presenting with specific problems such as low sexual desire, anxiety, dyspareunia, P.E.
- to consider what other behavioural techniques might help our clients be more mindful in their relationships, both physically and emotionally.

Cost: £118 (£108 if booked and paid for by 10 March 2017)

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

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“‘T Ain’t What You Do, It’s the Way That You Do It”: developing the therapist’s capacity for attunement, empathy and being ‘in the moment’



Date: Friday 12 May 2017, 10am – 4pm

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

Bion advocated listening to patients “without memory or desire”. The actor and the therapist both have to be open to what happens between people in the immediacy of their encounter. The workshop will offer participants an opportunity to discover and practise techniques used by actors to access, observe and respond to emotions and feelings. This experience will give therapists a new take on how to enhance their ability to be present, responsive, and aware of their countertransference in the here and now of the consulting room.

Cost: £118 (£108 if booked and paid for by 31 March 2017)

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

When Sex Hurts

Date: Friday 19 May 2017, 10pm – 4pm

Trainer: Janice Hiller, Consultant Clinical Psychologist, Senior Academic Tutor in Psychosexual Studies



Physical pain or discomfort during intercourse or intimate interactions can be a major factor in decreased sexual drive in women, but painful sex is also a problem for some men. Various medical conditions as well as psychological factors can underpin pain during sex and lead to anxieties about self-worth, attractiveness and the fear of disappointing a partner. This course will explore the multiple issues involved, the impact on the individual and couple, and treatment approaches when genital pain impacts on rewarding sexual contact.

Cost: £118 (£108 if booked and paid for by 7 April 2017)

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

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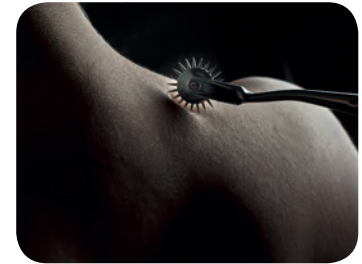


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Sex and the Psyche: The Traumatic Origins of Sexual Fantasies

Date: Saturday 10 June 2017, 10am – 4pm
Trainer: Professor Brett Kahr, Senior Fellow at Tavistock Relationships and Senior Clinical Research Fellow in Psychotherapy and Mental Health at the Centre for Child Mental Health in London



To mark the tenth anniversary of the publication of Brett Kahr's book *Sex and the Psyche* – an account of the largest study of sexual fantasies to date – Tavistock Relationships is very pleased to host a special one-day clinical workshop to explore the themes of this book. Kahr investigated over 25,000 adult sexual fantasies in both Great Britain and in the United States, and conducted intensive five-hour clinical interviews with a subset of this large sample in an effort to trace the origins of fantasies.

The workshop will examine this work in more detail, and will focus on the way in which individual sexual fantasies (whether masturbatory fantasies or coital fantasies) impact, often pathologically, on intimate romantic relationship.

Cost: £118 (£108 if booked and paid for by 29 April 2017)
Venue: Tavistock Relationships, Warren Street, London, W1T 5PB

The Tavistock Relationships Model: Key Aspects of Theory and Technique

Date: Friday 23 June 2017, 10pm – 4pm
Trainer: Mary Morgan, Psychoanalyst and Couple Psychoanalytic Psychotherapist



Tavistock Relationships has been thinking about and working with couples for nearly 70 years. It has developed some key couple analytic concepts and a particular approach to working with couples.

In this workshop Mary Morgan will bring some of these key concepts, such as the couples projective system, up to date with where we are now. She will describe some of the newer couple analytic concepts such as 'a couple state of mind'.

In the afternoon there will be a focus on technique including interpretation.

Cost: £118 (£108 if booked and paid for by 12 May 2017)
Venue: Tavistock Relationships, Warren Street, London, W1T 5PB

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Childhood Experience and its Impact on the Couple Relationship – a Couple and Child Psychotherapy Perspective

Date: Saturday 1 July 2017, 10am – 4pm

Trainers: Patsy Ryz, Child and Adolescent Psychotherapist and a Psychoanalytic Couple Psychotherapist; Ruth Seglow, Child and Adolescent Psychotherapist



Through presentations, examples and discussion, two experienced child psychotherapists will enable participants to gain a greater understanding of the infant's early emotional experience of the ways in which the mother-infant relationship is formed- both in health and in pathology, and of how these early experiences influence and impact on adult couple relationships in later life.

Content will include a presentation on early emotional experience and mother-infant interaction, and a presentation on couple work. Participants will be asked to bring case material for discussion and the workshop will end with a Q&A session and an opportunity to review the day as a whole.

Cost: £118 (£108 if booked and paid for by 20 May 2017)

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

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

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Autumn Conference 2017: Winnicott and the Couple

Date: Saturday 11 November 2017, 9.30am – 4.30pm
Trainer: Professor Brett Kahr, Senior Fellow at Tavistock Relationships, and Senior Clinical Research Fellow in Psychotherapy and Mental Health at the Centre for Child Mental Health



Led by Professor Brett Kahr, this conference will explore how an examination of Winnicott's personal life and theories can help inform our therapeutic work with couples. Includes new research on Winnicott's own marriages and findings shedding light on marital choice, marital health and marital illness. Speakers will explore couple relationships through the lens of Winnicott's theories about play, hate and being 'good enough.'

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

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

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

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