

# CPD Training Opportunities

## The Internal Twin: the Dynamics of Twinning in Couple Relationships

**Date:** Friday, 6 December 2019, 10am – 4pm

**Trainer:** Vivienne Lewin, Psychoanalytic Psychotherapist



This full-day workshop will explore the dynamics of the twin relationship, and the effects of persistent internal twinning on all future relationships in the life of each twin. This includes the ongoing relationship with the other twin, and those within couple, parent-child and therapist-client relationships.

This is the second of two workshops by Vivienne Lewin at Tavistock Relationships, and it will build on the understanding gained from the first, looking in greater depth at the nature of internal twinning. The day will also be fully accessible to newcomers who did not attend the first workshop.

Consideration will be given to clinical material and a detailed understanding of the structure of the internal twin will be developed over the course of the day.

The enduring unconscious twin relationship has a deep base originating before birth, creating a unique pre-verbal, proto-mental, somatic series of experiences and memories for each twin. This internal twinning will be projected onto others in the lives of the twins and will colour all their relationships.

**Cost:** £118

**Venue:** Tavistock Relationships, Hallam House, 56-60 Hallam Street, London W1W 6JL

## The Therapist's State of Mind and its Role in Working with Separated and Divorcing Couples

**Date:** Saturday, 18 January 2020, 10am – 4pm

**Trainer:** Dr Avi Shmueli Couple Psychoanalytic Psychotherapist and Psychoanalyst



Couple therapists are trained to work consistently with the relationship as the 'patient' in the room. The situation of divorce and separation places this therapeutic position under enormous strain.

In this full-day CPD, Dr Avi Shmueli, Head of the Tavistock Relationships Divorce and Separation service, will consider the couple therapist's clinical state of mind and the impact on the therapist of working in the context of divorce and separation.

He will consider the different demands of working with divorce and separation and the particular states of mind the couple therapist is invited to experience and work with.

The study day will consider relevant theory and clinical examples, and participants are encouraged to bring clinical material for discussion.

The day is suitable for couple psychoanalytic psychotherapists and counsellors, couple counsellors and all professionals working in the field of family justice.

**Cost:** £118 (£108 if booked and paid for by 7 December 2019)

**Venue:** Tavistock Relationships, Hallam House, 56-60 Hallam Street, London W1W 6JL

*Please note that events at Hallam House are on the 4th floor and lift access will not be available until Spring 2020.*

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# CPD Training Opportunities

## A New Integrated Model of 'Sensate Focus' for Treating Sexual Problems in Couple Psychotherapy

**Date:** Friday, 24 January 2020, 10am – 1pm

**Trainer:** Dr Susan Pacey, Sexual and Relationship Psychotherapist

In this study morning, Dr Susan Pacey will question the continuing split in psychotherapy between psychodynamic approaches that focus on the emotional-relational arena and psychosexual approaches that focus on the body, behaviour and sexual technique. Why is a 'dual' approach, integrating mind, body and relationship, such a challenge? Why are there so few practitioners publicising an integrated approach?

The seminar is based on Susan's recent doctoral research at Tavistock Relationships on 'sensate focus', an enduring and widely used tool in psychosexual therapy. Her paper on sensate focus and couple psychotherapy is in the journal *Couple and Family Psychoanalysis* (Autumn 2019).

The presenter will consider possible unconscious dynamics generated by the introduction of this intervention in couple work and its possible impact on partners, the therapist and the couple-therapist relationship. She will also consider the arguments for and against the use of this 'concrete' intervention in couple psychotherapy. She will also look at how and to what extent some of Winnicott's most celebrated concepts fit within an integrated model.

Relevant clinical material will be discussed during the morning.

**Cost:** £60 (£55 if booked and paid for by 13 December 2019)

**Venue:** Tavistock Relationships, Hallam House, 56-60 Hallam Street, London W1W 6JL



## Cheating Couples: Clinical Challenges

**Date:** Friday, 31 January 2020, 10am – 4pm

**Trainer:** Susanna Abse, Consultant Couple Psychoanalytic Psychotherapist, Chair of the BPC, and Senior Fellow and Former CEO of Tavistock Relationships

*But tell me does she kiss ... Like I used to kiss you ... Does it feel the same ... When ...*

Infidelity is a common presenting problem in couple therapy and is often the precipitating factor in a referral. Dissatisfaction with the relationship may have been on low boil for years but an affair catapults the couple into a crisis.

Affairs present particular ethical and technical challenges to the therapist and this practical seminar will examine these, together with the underlying unconscious processes which may be at the heart of the difficulties.

Affairs can have myriad meanings and purposes and can represent developmental hope as well as destructive wishes both for the individual and the relationship. Some affairs end quickly, but at other times one partner finds it almost impossible to give up the relationship which can present a considerable dilemma to the therapist.

The workshop will include an examination about the wider evidence for successful therapy with affairs, clinical vignettes from both couple and individual work, video material and group discussion.

**Cost:** £118 (£108 if booked and paid for by 20 December 2019)

**Venue:** Tavistock Relationships, Hallam House, 56-60 Hallam Street, London W1W 6JL



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## Enid Balint Lecture 2020: Violence, Destruction and Survival at the Level of the Basic Fault

**Date:** Friday, 28 February 2020, 6.30pm – 8.30pm

**Speaker:** Dr Jonathan Sklar, Independent Training and Supervising Psychoanalyst of the British Psychoanalytical Society

**Respondent:** Dr David Hewison, Jungian Analyst, Couple

Psychoanalytic Psychotherapist and Tavistock Relationships Head of Research and Ethics

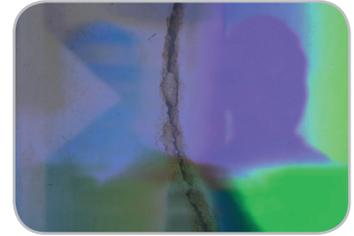
In states of severe attack, the mind needs protection from the impact of massive affect, and moves from psyche to soma. The body can take over and become detached from a mental capacity to free associate and emotionally feel, keeping a distance from what can threaten as some terrible knowing. The patient in his psychosomatic place is alone and does not expect, nor often wish for, the intervention of the other.

Michael Balint conceptualised an 'area of basic fault' where the patient is silent, lifeless and hopeless, and which Enid Balint said could be overcome only when the patient allows himself to feel alone in the analyst's presence and enter the area of creativity.

The Enid Balint Lecture 2020 will explore the concept of basic fault as a way of thinking about the analytic journey, and the analyst's capacity to listen, hold and find meaning in language, especially with patients with a history of early trauma.

**Cost:** £45

**Venue:** Tavistock Relationships, Hallam House, 56-60 Hallam Street, London W1W 6JL



## Between a Rock and a Hard Place: When Mourning Is Derailed and Couples Defend Against a Sense of Shared Grief

**Date:** Saturday, 7 March 2020, 10am – 4pm

**Trainers:** Martha Doniach, Psychoanalytic Psychotherapist; and Kate Thompson Couple Psychoanalytic Psychotherapist

This CPD study day for therapists and counsellors will consider the ways in which mourning can play out in the couple relationship, and ways of working therapeutically in this area. Consideration will be given to helping couples move from destructiveness and a preoccupation with the events of loss towards reparation and a shared future encompassing their loss.

Kate Thompson and Martha Doniach are both experienced trainers and will focus on technique as well as drawing on couple psychoanalytic theory to illustrate their thinking.

The day will be punctuated with clinical case examples of couple psychotherapy working with grief and trauma where one or both partners are drawn towards the death instinct over a life without the loved and lost object.

Freud's key paper 'Mourning and Melancholia' will be discussed and reworked within a couple context.

The day will include sources from a range of the arts to help the group think creatively about mourning and loss, and there will be the opportunity for attendees to bring cases for small group discussion.

**Cost:** £118 (£108 if booked and paid for by 25 January 2020)

**Venue:** Tavistock Relationships, Hallam House, 56-60 Hallam Street, London W1W 6JL



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## On Interpretation: a Close Up Look at Technique in Couple Psychotherapy

**Date:** Saturday, 21 March 2020, 10am – 4pm

**Trainers:** Mary Morgan, Psychoanalyst and Couple Psychoanalytic Psychotherapist; and Catriona Wrottesley, Couple Psychoanalytic Psychotherapist



This full-day CPD will examine the technique of interpretation in couple psychotherapy, and consider the range of interpretative possibilities available to the therapist at any given moment.

Interpretations can address various areas of the couple's relationship, including their projective system, transference relationship, shared phantasy, conflicts, anxieties, defences and beliefs. They attempt to make conscious aspects of the couple relationship that are unconscious or partially so in order that a couple can deepen their understanding of their shared internal world.

Mary Morgan will present her views on interpretation, drawn in part from her authoritative new book on couple psychoanalytic psychotherapy, *A Couple State of Mind* (Routledge, 2019).

Catriona Wrottesley will present a series of clinical vignettes to bring this material to life. A range of potential interpretations will be considered, with Mary responding to Catriona's clinical material with thoughts about what might have been said.

**Cost:** £118 (£108 if booked and paid for by 8 February 2020)

**Venue:** Tavistock Relationships, Hallam House, 56-60 Hallam Street, London W1W 6JL

## Clinical Challenges in Working with Emotionally Flat, Shut-Down States

**Date:** Friday, 24 April 2020, 5pm – 8pm

**Speaker:** Dr Graham Music, Consultant Child and Adolescent Psychotherapist, and Adult Psychotherapist



In this evening talk Dr Graham Music will look closely at the complex challenges of working with more shut-down states of mind.

Many clients can present as quiet, cut-off, dampened down, and even hard to remain interested in. We will see how often they are out of touch with their own body-states, with little drive, physical energy, libido and dampened down seeking systems. Such cases require a different kind of therapeutic approach.

These patients might be highly neglected, ones whose developmental potential was never triggered, more depressed in their flatness, or more dissociative 'deadened' ones who have shut down after trauma, each requiring different approaches.

We will examine the early and later roots of such experiences, and use neurobiological and psychodynamic approaches alongside an awareness of autonomic states, including our own embodied countertransference reactions to such clients. The lecture will outline key theoretical ideas and also make use of clinical material, video clips and audience discussion..

**Cost:** £60 (£55 if booked and paid for by 13 March 2020)

**Venue:** Tavistock Relationships, Hallam House, 56-60 Hallam Street, London W1W 6JL

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## Behavioural Couple Therapy for Alcohol Dependence (BCT-AD) Practitioner Training

**Dates:** Dates vary (*please see website*)

BCT is cited in NICE guidelines as an effective therapy for alcohol dependence and is a brief integrative-behavioural treatment where one of the partners is experiencing relationship distress linked to alcohol dependence which will, in turn, be affecting their children.

BCT-AD has been developed by identifying best practice in a range of behavioural, cognitive, systemic, emotionally focussed and psychodynamic couple treatments, all evidenced in RCT effectiveness trials.

Training in BCT-AD will take place over four days. It comprises formal teaching (including films, discussion, experiential learning, role play and lecture) and 20 sessions of 'remote' supervision via Zoom which will enable practitioners to practice with couples (parents) where alcohol dependence is causing distress in the relationship.

To be eligible for this training participants must have an interest in developing and extending their practice to work with couples where one or both has a problem with alcohol use. All applicants need to be able to access appropriate couple referrals, approximately three from the outset of the course. Experience of working with couples (parents) and of working with alcohol addiction is beneficial.

**Cost:** Training is free to trainees.

**Venue:** Tavistock Relationships, Chiefton House, 10 New Street, London EC2M 4TP



## Reducing the Impact of Inter-parental Conflict on Children in Families Affected by Alcohol dependence (Two-day Training)

**Date:** Dates vary (*please see website*)

**Trainers:** Lauren Booker (Adfam), Dr Damian McCann (Tavistock Relationships), Antonia Reay (Tavistock Relationships)

The charity Adfam, which works to support families affected by alcohol or drugs, and the two relationship support charities Tavistock Relationships and One Plus One have been funded by the Department of Health to deliver this training across England.

The two-day course is designed for practitioners in a range of settings whose work brings them into contact with families affected by alcohol dependence (eg. social work, children's centres, health visiting, housing, police, IAPT) and will help participants to better understand the links between inter-parental conflict and the impact of parental alcohol dependence on children. It will also aim to equip practitioners with the skills to have difficult conversations with parents about these issues.

Funding has also been made available to develop new digital resources to support the work of practitioners attending these trainings and also for the parents who are affected.

**Cost:** Free, but registration is required

**Venue:** Venues vary (*see website*)



*Trainings at Hallam House take place on upper floors, from Spring 2020 they will be accessible by lifts with the following specification: Type 1 provides only limited accessibility for persons using a manual wheelchair as described in EN 12183:2014 or an electrically powered wheelchair of class A described in EN 12184:2014. This car accommodates one wheelchair user without an accompanying person.*

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