

Listening Post Seminar Programme

Spring/Summer 2017

Saturday 6th May 2017 – Carol Leader

10.30am-4.30pm

Understanding the Transference

Christchurch, Abbeydale

Working with unconscious processes in the consulting room.

'...the transference, which, whether affectionate or hostile, seemed in every case to constitute the greatest threat to the treatment, becomes its best tool'.

Sigmund Freud, Introductory Lectures on Psychoanalysis (PFL 1) p. 496

This workshop, aimed at qualified clinicians or clinicians still in training, will help participants develop:

- Skills to put the transference into conscious knowledge and words.
- An understanding of negative, erotic and generational transference.
- The ability to utilize countertransference experiences for clinical practice.

The transference is possibly the most important instrument for discovering the nature of a patient or client's inner world and an essential precondition regarding the effectiveness of in-depth treatment. *Understanding the Transference* offers a creative space to explore the compulsion we all have to repeat the past - between staying with the old and moving towards the new. Working with knowledge of the transference/countertransference is essential for the psychoanalytic or psychodynamic clinician wanting to extend their skills and overall sense of competence.

The day runs from 10.30 am - 4.30 pm and includes a lunch break and two short tea breaks. It consists of a variety of learning opportunities:

Session 1: Lecture. A fully illustrated lecture that offers a historical and contemporary overview of transference/countertransference theory, followed by discussion.

Session 2: Exercises. Individual, pair and group work to help clinicians discover their experience of the transference/countertransference in the consulting room.

Session 3: The transference on film and through case examples. Large and small group work using film clips and case examples that offer particular reference to generational, erotic and negative transference.

Session 4: Formulating the transference - putting the transference into words. The session completes with the distribution of book and quotation lists regarding the transference/countertransference.

Carol Leader is a Training and Supervising Analyst (BJAA) of the British Psychotherapy Foundation and a Senior Member of both the Jungian (BJAA) and Psychoanalytic (PPA) Associations of the BPF. Her workshops on the transference and countertransference began a number of years ago at *Wpif Therapy*, London. Carol worked extensively in theatre, TV and radio before re-training as a therapist in the early 1990's. These days she is in full time private practice, consults in business and for projects in the arts and lectures and leads training seminars in a range of professional settings. Carol's paper *Evil, Imagination and the Unrepressed Unconscious: the Value of William Blake's Satanic 'Error' for Clinical Practice* won the 2014 British Journal of Psychotherapy's Rozsika Parker Prize.

Saturday 17th June 2017 – Dr Gwen Adshead
Effective Therapy for Personality Disorders

10.30am-4.30pm
2 & 6 Therapy Rooms, Gloucester

Personality disorders across the spectrum, ranging from paranoid, antisocial, borderline, histrionic to psychopathic, continue to present considerable conceptual & therapeutic challenges. As therapists, we may witness manifestations that overlap classification boundaries and face situations where the disorder patterns have developed early, are inflexible and are resulting in significant distress or disability. The challenge is especially accentuated for us as the client's social and occupational functioning is severely impaired.

At this seminar, especially relevant for psychotherapists, psychologists, counsellors and psychiatrists, Dr Gwen Adshead draws on her long standing experience of therapeutic work with clients that have complex needs, and utilises a multi-modality approach to explain therapeutic techniques that prove effective for multiple presentations. She leads the discussion on cognitive approaches and mentalisation based therapies that allow for clear assessment of personality disorders. She then explains the relevant and practical aspects of *skills based therapies*, *insight-oriented therapies* and *mindfulness led therapeutic approaches* that we can apply in practice. The techniques are explained through evidence from intervention studies and real-life case vignettes.

Dr Gwen Adshead is a psychotherapist, group analyst and forensic psychiatrist. She trained as a psychiatrist, and then as a forensic psychiatrist after completing a master's Degree in medical law and ethics at King's College, London. She was lecturer in victimology at the Institute of Psychiatry, where she studied interpersonal trauma and its effects; then trained as a psychotherapist, with a particular interest in attachment theory. She first started work at Broadmoor Hospital as a senior psychiatric trainee in 1990; and over the last twenty years has worked as a responsible clinician, as well as a consultant psychotherapist.

Her research interests include moral reasoning in psychopaths and antisocial men; the attachment narratives of abusive mothers; and how psychotherapies work with violent people. Gwen has published over 100 papers, book chapters and commissioned papers; co-edited three books and is working on three more.

Gwen's principle training is group dynamic; but she also has experience of cognitive approaches to therapy, DBT, and mentalisation based therapies.

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Seminar Details

Seminar	Understanding the Transference								
Date	Saturday 6th May 2017								
Time	10.30am-4.30pm								
Venue	Christchurch, Heron Way, Abbeydale, Gloucester, GL4 5EQ								
Cost <i>(Please tick)</i>	£50 External Delegate	<input type="checkbox"/>	£30 Internal Delegate	<input type="checkbox"/>	Payment Method <i>(Please tick)</i>	Bank Transfer	<input type="checkbox"/>	Cheque	<input type="checkbox"/>

Seminar	Effective Therapy for Personality Disorders								
Date	Saturday 17th June 2017								
Time	10.30am-4.30pm								
Venue	2 and 6 Therapy Rooms, Wainbridge House, Shepherd Road, Gloucester, GL2 5EL								
Cost <i>(Please tick)</i>	£50 External Delegate	<input type="checkbox"/>	£30 Internal Delegate	<input type="checkbox"/>	Payment Method <i>(Please tick)</i>	Bank Transfer	<input type="checkbox"/>	Cheque	<input type="checkbox"/>

Your Details

Full Name <i>(Please print)</i>									
Organisation / Occupation									
Address and Postcode									
Contact Number:					Email Address:				
Do you require assistance? i.e. do you have a hearing or visual impairment									

Booking and Cancellation Policy:

Places will only be reserved on payment and will be offered on a first come first served basis. Cancellations more than 30 days prior to training will receive a full refund less a 25% admin fee. No refund will be made if cancelled 30 days or less prior to training.

To book your place, please complete and return this booking form to the address below or via email to ipostcounselling@listeningpost.org.uk, cheques should be made payable to "Listening Post". If paying by bank transfer, your form **must** be emailed.

Account Number: 00026529 (Listening Post Training Account)

Sort Code: 40-52-40

Include as reference: Your initials and the date and title of the seminar