



BOOK OF
abstracts



2nd National Conference
Dublin Castle
26 & 27 January 2012

Welcome to the Book of Abstracts, ICP Conference January 2012.

On behalf of the Irish Council for Psychotherapy I am honoured to welcome the President of Ireland, Michael D. Higgins to open our 2nd National Conference in celebration of our 21st birthday.

It is a true pleasure for me to also welcome many distinguished colleagues from home and abroad who have agreed to share their knowledge and wisdom with us over the next two days.

I also wish to welcome Mr. Dan Neville T.D.

The title/theme for this conference is Creative Horizons: Contemporary Practice. The word horizons means - prospect or possibility. I believe that our presence here today is, in itself, a horizon, that has been achieved - by the gathering together of Professor Michael Fitzgerald and four like-minded people - Ger Murphy, director of the Creative Counselling Institute, Ed McHale, director of the Clanwilliam Institute, and Ruth O'Donnell of the Irish Family Therapy Association, 21 years ago with the possibility of creating a unified group to promote psychotherapy in Ireland.

During today and tomorrow we will hear about Contemporary practice - We will participate in workshops and presentations which cover a wide range of topics from referral to psychotherapy from our colleagues in Medicine, to training in psychotherapy, ethics, legal dilemmas, transformation, exploring issues from death to spirituality, trauma, working with organisations, families, children and groups to dealing with emotions such as love, hate, grief, resilience; all of life's human challenges from life to death and beyond.

On behalf of the Executive Board, and all of you I would like to thank Maria McCarron and her team - Padraic Gibson and Maura Russell, and the Scientific Committee Dr Evelyn Gordon, Dr Rosaleen McElvaney, Dr Carol Owens, Maeve Kenny and Anne Burke for all their hard work in the preparation of this conference. Without whom this conference would not have been possible.

I also wish to pay tribute to all my colleagues on the Executive Board, both current and past for their diligence and hard work which has made this Organisation what it is today. I wish to pay particular tribute to my Vice-Chair Des Moore who has stood at my side and supported me unequivocally since I became Chair.

Last but certainly not least, I would like to extend a special thanks to Minister of State Mr Brian Hayes T.D., Mr. Dan Neville TD and the office of Public Works for giving us the use of this magnificent venue- Dublin Castle.

Finally I would like to thank all who submitted abstracts and all of you who are joining in our celebration.

I am looking forward to the next two days with enthusiasm and great interest.

Mary Lalor,
Chair

ICP Executive Committee

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PhD, M.Sc. (Psychotherapy), M.Sc. (Management), RPN, Reg. Fam Ther & Sup (FTAI & ICP).

Chair of Psychotherapy Framework (M.Sc. & Doctorate), Lecturer in Psychotherapy & Mental Health, Dublin City University, Faculty member Systemic Therapy Training Programme U.C.D. / Mater Hospital.

Dr Rosaleen McElvaney

PhD, M.Psych.Sc. (Clinical Specialisation), Dip. Integ. Psychotherapy.

Lecturer in Developmental/Abnormal Psychology, Dublin Institute of Technology, Private psychotherapy practice, Chair of Specialist European Awarding Committee for Psychologists specialising in Psychotherapy.

Dr Carol Owens

PhD, Accredited Therapist & Supervisor A.P.P.I.

Private psychotherapy practice, Lecturer in Psychotherapy, Independent College Dublin, Consultant to Training Committee A.P.P.I., Editorial board Teoria, critica y psicología.

Maeve Kenny

M.A. (Psychology), M.A. (Cognitive Behaviour Psychotherapy)

Principal Clinical Psychologist and Psychotherapist, St. Vincent's Hospital and St. Joseph's Adolescent and Family Service, Fairview, D.3. Doctoral studies in Psychotherapy D.C.U. Lecturer, D.C.U. and U.C.D.

Anne Burke

B.Sc. (Psychotherapy/Counselling), Dip.

Psychotherapy/Counselling, Dip. Gestalt Therapy, M.Sc. (Psychotherapy Studies), Accredited therapist (IACP, IAHIP, EAPA, IAPPCO).

Private psychotherapy practice.

invited speakers

T 01

ICP, the beginning

Prof Michael Fitzgerald

Biography

Michael Fitzgerald is Henry Marsh Professor of Child and Adolescent Psychiatry at Trinity College, Dublin. He was the first Professor Of Child Psychiatry in Ireland. He trained at St. Patrick's Hospital Dublin, Chicago Medical School, and The Maudsley Hospital and the National Hospital for Nervous Diseases in London. He has contributed to National and International Journals on autism and is the author of over 120 publications. He has written or co written 20 books.

He initiated the first Masters programme in Adult Psychoanalytic Psychotherapy in the 1980's. In the 1990's he developed with Dr. Mary Smith a Masters programme in Child and Adolescent Psychoanalytic Psychotherapy at Trinity College Dublin and with Nessa Childers, Ross Skelton, Ann Murphy and others a Masters programme in Adult Psychoanalytic Psychotherapy at Trinity College Dublin. He founded the Journal the Irish Forum for Psychoanalytic Psychotherapy and the Irish Journal for Child Psychotherapy. He founded the Irish Standing Conference on

Psychotherapy. He was co-chair of the Irish Institute of Psychoanalytic Psychotherapy. He has been a tutor in Psychotherapy Queens University Belfast. He has supervised staff in training in psychotherapy at St. Ita's Hospital, St. Loman's Hospital, Artane Day Centre, Vergemount Hospital and St. Patrick's Hospital Dublin. He had a long period of experience as consultant child psychiatrist to an Inpatient Unit for child and adolescent psychiatric problems as well as Autism and Learning Disability in Dublin. he has also consulted to two Child Psychiatric Clinics and has consulted to one over 25 years. He also consults to two Paediatric Hospitals.

He is on the Editorial Advisory Board of the European Child and Adolescent Psychiatry Journal, Journal of the Irish Psychiatric Association, and the Irish Journal of Psychological Medicine. He is a past chairman of the Child Psychiatry Section and Psychotherapy Section of the Irish Division Royal College of Psychiatrists and of the Association of Child Psychology and Child Psychiatry Irish Branch. He has been a member of the Royal College of Psychiatrists in London Psychotherapy Section, Psychotherapy Training (PTSAC) Committee, Learning Disability Executive and Child Psychiatry Executive of the Royal College of Psychiatrists. He was also a founding member of the European Association of Psychotherapy (EAP) in Holland. He was involved in the early stages with the development of the European Federation of Psychoanalytic Psychotherapy.

T 02

Images and Implicit in Psychotherapy

Rodolfo de Bernart

Biography

Treasurer of EFTA-TIC. Psychiatrist, psychotherapist, Rodolfo de Bernart was trained in family therapy by Maurizio Andolfi, Carmine Saccu, Salvador Minuchin and Carl Whitaker. Founder and Director of ITFF, Past President of SITF (Italian Society for Family Therapy). President of AIMS (Int. Ass. of Fam Mediators), Charter Member of AFTA (American Fam. Ther. Academy), EAP (European Association of Psychotherapy) Vice President, President Elect 09; Charter member of EFTA and of EFTA-TIC. He served as member of the Working Party which created the Chamber of Institutes and has served as Board Member and as Treasurer of the past boards of EFTA-TIC, being also the Editor of the EFTA-TIC Electronic Newsletter and of the EFTA Web page. He was also part of the organisation of the EFTA-TIC Event in Barcelona and in Rhodes, hosting the one in Florence for Directors. He recently organized the "Humour" Conference in Florence for EAP (1200 participants). Author of a lot of books and papers.

T 03

Mindfulness in Oncology and Palliative Care

Ursula Bates M.A.

Abstract

Mindfulness interventions are wide spread in mental health settings, ranging from individual therapy applications in Dialectal Behaviour Therapy to group based programs, MBSR and MBCT for a wide variety of different conditions. This workshop will draw on the authors work with Mindfulness in Oncology and Palliative care settings.

This workshop explores the underlying principles and models informing the change mechanisms in mindfulness interventions, with the aim of understanding the purpose of the interventions and how such interventions differ from psychotherapy. Participants will explore a range of basic exercises with a strong emphasis on inquiry. Open discussion on the place of Mindfulness in a menu of therapeutic interventions with cancer and end of life patients will be facilitated, with reference to resources in the literature and research.

References:

Epstein, M. (2001) Going on being: Buddhism and the way of change. New York: Broadway Books.

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Shapiro, S.L., & Schwartz, G.E. (2000). The role of intention in self-regulation: Toward intentional systemic mindfulness. In M. Boekaerts, P.R. Pintrich, & M. Zeidner (Eds.) Handbook of Self-Regulation, (pp. 253-273). New York: Academic Press

Shapiro, S., Carlson, L., Astin, J., & Freedman, B. (2006). Mechanisms of mindfulness. Journal of Clinical Psychology, 62, 373-386.

Wilber, K. Grace and Grit: Spirituality and Healing in the Life of Treya Killam Wilber, 1991, 2nd ed. 2001

Biography

Ms. Ursula Bates M.A. (Reg. Psycho) Group Analyst (London.) principal clinical psychologist, is the Director of Psychosocial and Bereavement Services at Blackrock Hospice Dublin Ireland. Since completing her postgraduate training at the Centre for Cognitive Therapy in Presbyterian Hospital Philadelphia in 1989 she has worked in the field of psycho-oncology and palliative care.

Recent publications include The CANSURVIROR Project: Meeting the Post - Treatment Cancer Survivors' Needs HSE 2010. She is a contributing author in Palliative Medicine Elsevier 2009 and Mindfulness Based Cognitive Therapy for Cancer Wiley 2011. Having trained in Mindfulness at the University of Wales she facilitates groups in palliative care and bereavement and runs training days nationally.

T 04

Counsellors, Psychotherapist's & the Law

La Touche: Susie Shine

Abstract

Topics Covered:

- Accountability
- Negligence
- Records
- Medico Legal Reports
- Discovery
- Subpoenas

Biography

Susie Shine B.A, M.Sc. is a Solicitor and Trainer with LTT. Susie was awarded a first class Honours Degree in Mathematics and Information Technology and an Honours Masters Degree in Software Design and Development from the National University of Ireland, Galway. She then went on to sit the Law Society exams to qualify as a solicitor.

Susie tutored in the National University of Ireland, Galway for 2 years while completing her Masters Degree. Prior to joining LTT in September 2008, she worked in a general practice firm in Dublin for almost 4 years specialising in the area of civil litigation. Her cases covered medical negligence, personal

injury law, employment law, debt collection, defamation and family law. Susie is a course developer with LTT and has designed and presented courses to healthcare staff in private and public hospitals. She regularly gives seminars to nurses and doctors on negligence, inquests, mental health law and issues relating to care of the older person. Susie has also written medico legal articles for the Medical Independent.

T 08

From the Therapy Room to the Court Room

Ellen O'Malley Dunlop

This paper is a presentation on the exploration of:

- 1 What is meant by confidentiality in the psychotherapeutic relationship?
- 2 The Children First Guidance document was launched by the Minister for Children and Youth Affairs Frances Fitzgerald in 2011. What are the consequences on the confidentiality of the psychotherapeutic relationship as a result of implementing Children First?
- 3 There has been an escalation in recent times of requests by both defence and prosecution, for psychotherapy notes, in cases of rape and childhood sexual abuse in the central criminal court. What are the effects of the disclosure of psychotherapy notes on the confidential nature of the therapeutic relationship for both client and therapist?
- 4 Is there a case for seeking a privilege for the psychotherapeutic context?

Biography

Ellen O'Malley-Dunlop, N.T., H.Dip. Ir. Folk., M.Litt, Dip. IGA (Lon.) is a Psychotherapist, Group Analyst and Folklorist. She is CEO of the Dublin Rape Crisis Centre. She was a founder member of the Irish Institute of Psychoanalytic Psychotherapy and was Chair of the Irish Council for Psychotherapy from 1999-2001. Since taking up her role in the Rape Crisis Centre, she has lobbied for changes in the law and supports the inclusion of the Rights of the Child in the Irish Constitution. She is a member of the Task Force for the Establishment of a Child and Family Support Agency in the Department of Children and Youth Affairs.

T 09

Dealing with Suicide and Self-Harm - The Pieta Way

Joan Freeman

Abstract

Joan Freeman will share with the audience the journey in creating The Pieta Way™, a different

and therapeutic approach to suicide and self-harm. This will include personal aspects of that journey that led to her opening the very first Pieta House. She will go on then to describe the ethos and care that the staff use in dealing with people who are in acute crisis. She will explain the differences between self-harm and suicide and how they must be treated very differently. And will demonstrate some of the tools that the staff use to help the client identify where certain needs are not being met. Examples of the people's stories and some anecdotal evidence of how people have been helped through the Pieta process.

Biography

Joan Freeman is the founder of Pieta House, a centre for the prevention of self-harm and suicide, which was set up due to the lack of services in those areas. Pieta House is the only organisation in the country providing a free, professional, face to face, therapeutic service for communities in the acute stages of distress. Pieta House has successfully treated over 4,000 people since it opened its doors in 2006. The organisation hired more therapists this year to cope with the demand and now employs a team of more than 60 at its professional centre in Lucan, Co Dublin. With Outreach Centres in Tallaght and Finglas, Pieta House has also opened new centres in Ballyfermot, Dublin and Mungret, Co. Limerick earlier this year. Suicide and self-harm is on the rise in Ireland with over 500 people dying from suicide every year.

Joan Freeman has a honours degree and Masters in psychology and is at present working on her PhD in connection with self-harm. She has worked for 25 years in counselling and had her own practice for several years. In 2003, she closed this practice and began research on suicide and self-harm. During the following three years through research and her own theories of mental health care, Joan opened Pieta House in 2006. Her vision was to reduce significantly the numbers of suicides each year and to help people who self-harm cope that would not involve injury. Joan is essentially trying to create social change that will make people view and treat suicide and self-harm differently and that people will never see these topics the same way again.

Joan is married, and has four adult children. She completed her Masters in Psychology in 2005 and is a member of the Irish Association of Suicidology, the Psychological Society of

Ireland and the British Psychological Society. In 2010 Joan published her first book, Cover Up - Understanding Self-Harm, and in late 2011 she was honoured with a People of the Year Award.

T 10

Trauma and beyond: a psychosocial approach to Resilience and Adversity - Activated Development. (Plenary Presentation)

Professor Renos K. Papadopoulos, Ph.D

Abstract

An argument will be advanced for the value of developing a psychosocial approach to trauma that considers its wider socio-political parameters not as an abstract context but as forming a coherent framework within which to grasp the complexities of these responses to adversity.

The Psychosocial approach is understood as the method that addresses the intrapsychic, interpersonal and socio-political realms, and their interaction, in a coherent, integrated and systematic manner. The main characteristic of this approach is that it is inclusive and it does not focus exclusively on the psychological / psychiatric dimensions of a person, but places them in their wider context of one's social and everyday realities.

The prevailing 'trauma discourse' will be critiqued as narrowing inappropriately the complexity of the totality of a situation. Although persons can certainly be traumatised by certain adverse circumstances and experiences, one should not forget the wide range of responses persons have to adversity. This range includes the retaining of existing positive qualities and characteristics (i.e. Resilience) as well as the development of new positive responses that are activated by the persons' very exposure to adversity (i.e. 'Adversity-Activated Development').

Examples from specific work following this approach will be presented and discussed.

Biography

Professor and Director of the 'Centre for Trauma, Asylum and Refugees' (CTAR), and a member of the Human Rights Centre, at the University of Essex, as well as Honorary Clinical Psychologist and Systemic Family Psychotherapist at the Tavistock Clinic; in addition, he is a training and supervising Jungian psychoanalyst and systemic family psychotherapist in private practice. As consultant to the United Nations and other organisations, he has been working with refugees, tortured persons and other survivors of political violence and disasters in many countries. He is the founder and director of the 'MA / PhD in Refugee Care' that is offered jointly by the University of Essex and the Tavistock Clinic, as well as the founder and

invited speakers

co-ordinator of the module 'Psychosocial perspectives to Human Rights' that is offered by both the Human Rights Centre and the Centre for Psychoanalytic Studies. He lectures and offers specialist trainings internationally and his writings have been published in twelve languages.

T 12

Delivering Mental Health Service Online - the experience of Turn2me.org to date

Oisín Scollard

Oisín Scollard, co-founder of turn2me.org is a social entrepreneur. Oisín is also a qualified Barrister, with 5 years experience in employment, IT and Company Law. Previously, Oisín was a senior consultant with Accenture, managing a global team of business intelligence developers. Until recently, he also wrote a weekly column for the Sunday Tribune newspaper, until its untimely closure. Oisín has been involved in a number of start-up companies over the last 7 years, some becoming very successful, acting as legal advisor and IT consultant. He was recently selected for the Vodafone World of Difference 2011 Award and the Arthur Guinness Fund 2011.

T 14

Title

Dan Neville TD

Biography

Dan was elected to the Senate on the Labour Panel in 1989 and was Fine Gael Deputy Leader in the Senate and spokesperson on Justice and Law Reform between 1992-1997.

He was first elected to the Dáil in 1997, and was spokesperson on Children until 2000 when he became deputy spokesperson on Health, Children and mental Health issues.

Dan was re-elected in May 2002 and May 2007 and was appointed Deputy Spokesperson on Health in June 2002, October 2007 and October 2010.

Some other facts on Dan:

Dan is co-founder and President of the Irish Association of Suicidology and is a director of the Irish Palatine Association.

Dan has four children.

His favourite film is In the Name of the Father.

His favourite restaurant is Bloomers in Rathkeale, Co. Limerick.

F 01

Down but not Out

Mary McEvoy

Keynote Address

Mary will speak candidly about her experience with depression and anxiety and the effect that it had on her life. She will also talk about her 'eureka' moments that changed her life and how this led to her writing her book *How the light gets in*. Mary would like to engage openly with the audience by utilising a question and answer format.

Biography

Mary McEvoy, one of Ireland's best-loved actresses, lived for many years with undiagnosed depression. From the outside looking in, she was a successful, confident woman, making strides in her career, happy in her personal life. Yet, behind the scenes, there were times when she was so crippled with despair that the least she could do was to make it out of bed. Here, for the first time, Mary describes the true nightmare behind the facade, and how, since diagnosis, she has learned to cope, and deepened in wisdom through the experience. She traces the roots of her depression - a condition which, for a long time, she felt like she had no right to own, given that she experienced a happy childhood in a loving family. Yet key negative incidents in her early life would have a profound shape on what followed. She also looks at the broader question as to why depression is so prevalent today, and questions the modern obsession with perfection and youth, offering her 'least you can do' philosophy as a welcome antidote. She shares her insights into how a person can not only learn to cope with depression, but ultimately live life to its full potential - whatever that is.

Recent publication

How the Light Gets in: My Journey with Depression (Shortlisted for the Bord Gáis Energy Irish Book Awards The John Murray Show Listener's Award for 2011). [9781444722116]

F 03

Psychotherapy - Will the regulation of the formation of Psychotherapists contribute to or hinder contemporary and creative psychotherapy practice?

Mr Gerry Moore

Abstract

This paper explores questions about the regulation, education and formation of Psychotherapists in the 21st century. Data for the paper is drawn from psychotherapy's past and present, the psychotherapy research agenda and the author's observations on

trends in society.

This is the era of instant messaging, evidenced in the hyper-reality society of bigger being better and discomfort being less and less tolerable. The instant hyper-real world has provided us with a series of new options for managing anxiety that have the potential to exclude psychotherapy practice.

Downloadable App.'s for touch screen phones now include options such as 'Shrinky Anxiety' and 'iCouch CBT', advertising instant solutions via tried and tested scientific methods for anxiety, anger, cravings or any uncomfortable feeling. iCouch CBT claims to make it easy to

keep track of your thinking, analyze your emotions and change your outlook. The potential solutions to anxiety that exist at the touch of a screen render the psychotherapist as middleman and mediator redundant.

Parallel with the development of instant solutions the education and formation of psychotherapists in Ireland remains without statutory regulation. Should psychotherapists accept the redundancy generated by contemporary society even before they have become regulated? Can psychotherapist's formation address the hyper-real as exhibited in a download as a solution? The past and the present suggests possible future directions in the formation of psychotherapists however could all such plans be completely unsettled by societal demand for instant resolution.

Biography

Gerard Moore (RPN. RGN, BA, MSc (Psychotherapy) Reg. Prac. APPI.) is the Head of the School of Nursing and Human Sciences at DCU. He teaches on the Masters and Doctorate in Psychotherapy at DCU and provides psychotherapy in the School's Healthy Living Centre. He is currently involved in a HRB funded research project to test a psychosocial intervention programme (PISA) for people attending the mental health services with repeated suicide attempts. In addition he is conducting research on transference in the mental health service and supervising research programmes on bibliotherapy, the visual in male sexual identity, psychotherapists' work with people on prescribed psychotropic substances and psychopathy. He is the chair of the Executive Committee of The Association of Psychoanalytic Psychoanalysts in Ireland (APPI). He also works in private practice as a psychotherapist and provides clinical supervision.

F 04**Self-injury in eating disorders: understanding and managing self-harming behaviour (Workshop)****Walter Vandereycken, M.D., Ph.D.****Content**

I will review diagnostic and therapeutic aspects of different forms of non-suicidal self-injury (NSSI) which is quite common among eating disorder patients, although many are reluctant to reveal it. The number and frequency of NSSI can be considered an index of severity, often linked to a greater likelihood of self-reported traumatic experiences in the past. Before planning a treatment, we need a careful assessment of the situational, cognitive and affective antecedents and consequences. It is crucial to find the functional meaning of the behaviour concerned: from cry for help to self-punishment. In each case, we try to replace the NSSI by more adapted and less harmful behaviours with similar functional goals.

Objectives

At the end of this workshop the participant will be able to:

- recognize forms and severity of self-injurious behaviour;
- distinguish possible meanings or functions of self-injury;
- design therapeutic strategies linked to these functions.

Biography

Professor of psychiatry at the Catholic University of Leuven, and clinical director of the Eating Disorders Unit at the Alexian Brothers Psychiatric Hospital in Tienen, Belgium. He was a founding officer of the Eating Disorders Section of the World Psychiatric Association, and is a member of the steering committee of the European Council on Eating Disorders.

He is international editor of *Eating Disorders - The Journal of Treatment & Prevention*, and member of the editorial board of the *European Eating Disorders Review*, *Eating & Weight Disorders*, and *Eating Behaviors*. His publications in English include more than 50 chapters in books and more than 160 articles in scientific journals. He has edited several books among which *Treating Eating Disorders and Prevention of Eating Disorders* (both published by Athlone Press, London & New York University Press). He co-authored six books in English: *Anorexia Nervosa - A Clinician's Guide to Treatment* (New York: W. de Gruyter; translated in German, Finnish, and Japanese), *The Family Approach to Eating Disorders: Assessment and Treatment of Anorexia Nervosa and Bulimia* (New York-

London: PMA Publishing; shortened version in Spanish); *A Practical Guide to the Treatment of Bulimia Nervosa* (New York: Brunner/Mazel; also in Dutch, German, Italian, and Japanese); *From Fasting Saints to Anorexic Girls: The History of Self-Starvation* (Athlone Press, London/New York University Press; also in Dutch, German, Italian and Japanese); *Eating Disorders and Marital Relationships* (London: Routledge); and *Trauma, Dissociation, and Impulse Dyscontrol in Eating Disorders* (New York: Brunner/Mazel; also in Italian, French and Spanish).

F 05**Collaborative Case Conceptualization: The creative horizon in working with comorbidity and resilience. Three Principles and Steps for Individualizing Evidenced-Based Treatments****Dr Robert Kidney****Abstract**

Case conceptualization is at the heart of cognitive-behavioural therapy (CBT) because it is where evidence-based therapies and clients' unique presentations come together. When done well conceptualization empowers clients and increases CBT's effectiveness. Yet, most CBT therapists feel that there is a gap between their knowledge and practice and that this is an area of their practice they could develop. In this workshop you will learn an approach to case conceptualization that we call Collaborative Case Conceptualization.

The model identified incorporates three key principles: collaborative empiricism, incorporation of client strengths, and levels of conceptualization. Therapist and client work collaboratively to first describe and then explain the issues a client presents in therapy. Rather than simply look at client problems, the model incorporates client strengths to maximize the opportunities not only to relieve client distress but also to build client resilience.

The workshop also illustrates two levels of case conceptualization: descriptive and explanatory and illustrates how these are co-constructed with the client to help make sense of his or her presenting difficulties, and then are used to aid the selection of targeted treatment strategies that help create meaningful change. This workshop is based in the 2009 book *Collaborative Case Conceptualization* by Willem Kuyken and colleagues.

This model was enriched in clinical practical application by Professor Kuyken, Rob Kidney and Miriam Cassell on the CoBaIT trial for treatment resistant depression. This workshop has been developed through the clinical experience of this trial in working with populations with treatment resistant depression and multiple co-morbidities. It is on these presentations that teaching,

demonstration and role plays are based. In this workshop you will see demonstrations of this new model through DVD illustrations and have a chance to use the model in role plays.

Key learning objectives:

- Methods to help clients understand presenting issues using descriptive and explanatory models of conceptualization
- How to incorporate client strengths into each phase of conceptualization & build resilience
- The importance of working collaboratively and empirically to develop, test and refine conceptualizations.
- This workshop is for therapists with some familiarity with the basic CBT approach and who wish to develop their skills in individualised case conceptualization.

References:

Bieling, P. J. & Kuyken, W. (2003). Is cognitive case formulation science or science fiction? *Clinical Psychology-Science and Practice*, 10, 52-69.

Kuyken, W. (2006). Evidence-based case formulation: Is the emperor clothed? In N. Tarrow (Ed.), *Case formulation in cognitive behaviour therapy* (pp. 12-35). Hove: Brunner-Routledge.

Kuyken, W., Padesky, C. A., & Dudley, R. (2009). *Collaborative case conceptualization: Working effectively with clients in cognitive-behavioral therapy*. New York: Guilford.

Biography

Dr Robert Kidney attained his undergraduate degree in Hull in 1995, before working in the NHS with people with a learning disability, adults of a working age, dual diagnosis clients, child and adolescents and people with a substance dependency in London. He attained his Doctorate in Clinical psychology in Plymouth in 2003 working with older adults before completing a Masters in Psychological Therapies (CBT) in Exeter in 2007. He has been the service lead for a county wide adult IAPT service and Academic Lead for HI CBT at the University of Exeter. Rob was one of the therapists on the CoBaIT trial for treatment resistant depression. Currently Rob is working as Lead Psychologist in CAMHS in Devon with an emphasis upon delivery, training, and supervising CBT provision. Rob has presented a number of workshops including for the BABCP at the spring conference in London 2010 and published in the *British Journal of Clinical Psychology*.

invited speakers

F 07

Varieties of therapeutic inputs; using therapeutic principles in extraordinary contexts (Workshop)

Professor Renos K. Papadopoulos, Ph.D

Abstract

In this workshop, the argument will be advanced that the choice psychotherapists have should not be limited to either offering psychotherapy (if appropriate) or not offering psychotherapy at all. A case will be made that in contexts and settings where traditionally psychotherapy is not considered appropriate, psychotherapists may still offer other forms of 'therapeutic inputs'. These 'inputs' need to be appreciated as legitimate, distinct and different therapeutic activities from 'doing psychotherapy' in the strict sense. Therefore, the basic argument is that it is good that trained psychotherapists (a) expand their repertoire of skills and become familiar with various ways of offering 'therapeutic encounters' outside the traditional contexts of private practice or institutional services, and (b) train workers (who had not received psychotherapy training) to enrich their own work by adding a 'therapeutic dimension' to it, regardless of their specific remit.

Therapeutic input' is understood as any professional interaction in which a 'therapeutic dimension' is added to whatever work is undertaken, and in which the worker is mindful of the 'psychological complexities' of (a) the client/beneficiary, (b) the worker him/herself, (c) the interaction between the two, (d) the organisational/systemic and socio-political contexts within which the encounter takes place, and (e) the interaction among all these.

Examples of the workshop leader's own work will be given and workshop participants will be encouraged to share their own experiences and dilemmas.

F 09

Working with couples in the 21st century

Dr Reenee Singh

Abstract

The kinds of problems and dilemmas that couples and families present with nowadays reflect societal and global transitions and changes. These societal changes can challenge our sense of ourselves and our most intimate relationships. Although ways of 'doing family' have changed as a result of the internet, IVF and changing work roles for both men and women, some gendered and power inequalities persist. Couples and families can get stuck when attempting to negotiate the unfamiliar whilst being unable to liberate themselves from traditional expectations and roles. In this workshop, Dr. Reenee Singh will draw on contemporary political events,

international films and case vignettes to discuss salient themes, issues and processes in working with couples and families in the 21st century.

Biography

Dr. Reenee Singh is a Consultant Systemic Psychotherapist/Research Specialist at the Tavistock and Portman NHS Foundation Trust. She teaches and supervises research on the Masters in Systemic Psychotherapy (M6) and the Doctorate in Systemic Psychotherapy (M10).

She is the North London Co-Ordinator for SHIFT (Self Harm Intervention, Family Therapy), a national random controlled trial. Reenee is the Associate Editor for Qualitative Research, Journal of Family Therapy and on the Editorial board of Clinical Child Psychology and Psychiatry. Reenee has written and published a number of papers in peer reviewed journals and her book 'Race' and Culture. Tools, Techniques and Trainings was published in 2010 by Karnac.

F 12

Images and Implicit in Psychotherapy

Rodolfo de Bernart

Biography

Treasurer of EFTA-TIC. Psychiatrist, psychotherapist, Rodolfo de Bernart was trained in family therapy by Maurizio Andolfi, Carmine Saccu, Salvador Minuchin and Carl Whitaker. Founder and Director of ITFF, Past President of SITF (Italian Society for Family Therapy). President of AIMS (Int. Ass. of Fam Mediators), Charter Member of AFTA (American Fam. Ther. Academy), EAP (European Association of Psychotherapy) Vice President, President Elect 09; Charter member of EFTA and of EFTA-TIC. He served as member of the Working Party which created the Chamber of Institutes and has served as Board Member and as Treasurer of the past boards of EFTA-TIC, being also the Editor of the EFTA-TIC Electronic Newsletter and of the EFTA Web page. He was also part of the organisation of the EFTA-TIC Event in Barcelona and in Rhodes, hosting the one in Florence for Directors. He recently organized the "Humour" Conference in Florence for EAP (1200 participants). Author of a lot of books and papers.

F 14

From Judo to Tango: The therapeutic relationship in the care of eating disorders

Walter Vandereycken, M.D., Ph.D.
Catholic University Leuven, Belgium

Eating disorder patients are often described as difficult and challenging, even to such an extent that many health care professionals prefer to not work with them. Therapy may easily deteriorate into a battle for control, resembling a chess game or even a physical fight. Some therapist (ab)use power tactics, others prefer a more subtle struggle using judo-like manoeuvres. In other cases, the interaction looks more like a kind of tango with patient and therapist circling around the issue of who is leading the dance. What kind of person would be the "ideal therapist" for eating-disordered patients? Does it require special skills to treat these patients? And what are the personal risks for the therapists involved? In the available research, that type of questions has been overlooked to a great extent. I will suggest some experience-based answers, the result of a personal and most subjective process of trial-and-error. In doing so, I am as non-specific as most therapists...

F 15

A domains-based model of family interaction

Dr Bernadette Wren

Abstract

The complexity of our social world presents a seemingly impossible learning problem, with infinite room for misunderstanding and misinterpretation. One way that we overcome this problem is by organising our social interactions into discrete 'domains' - identifiable emotional/behavioural arenas of family interaction, each underpinned by distinct procedural rules underpinning mutual understanding, emotion regulation, and action.

I will describe the features of three domains of family life, safety, attachment and discipline/expectation, and contrast them with exploratory processes, in terms of the emotions expressed, the role of certainty versus uncertainty, and the degree of hierarchy. I will argue that everything that people say and do in family life carries information about the type of interaction they are engaged in - i.e. the domain. Sometimes what family members say, or how they behave, does not make the domain clear, or participants in the social interactions are not in the same domain (there is a domain mismatch). This may result in major misunderstandings, irresolvable arguments or distress.

The domains-based framework offers a way for therapists to enable these interactional processes to be examined, discussed,

understood, and changed. It is pan-therapeutic and can support individual or family work from a range of modalities.

A team of clinicians at the Tavistock & Portman have embarked on a research study in which we are exploring the hypothesis that domain clarity supports problem solving and emotion regulation. We hope to demonstrate that it is possible to identify domains (clear and unclear, matched and mismatched) in observed family interactions and in accounts of family processes. This will then hopefully provide a focus for treatment, and help to define criteria for evaluating outcomes.

In this talk I will outline the model and describe the research study. I will briefly address concerns about what kind of knowing is represented in such an explanatory framework of family communication, and consider how far we can legitimately talk about 'universal' patterns in parent-child interactions without foregoing a critical attention to cultural variation.

Biography

Bernadette Wren trained as a Clinical Psychologist and Systemic Psychotherapist, and is now Head of Psychology at the Tavistock and Portman NHS Trust. She has degrees in philosophy and psychology and a continuing interest in the relevance of each discipline to the other. She works clinically with transgendered young people and their families in the Trust's Gender identity Development Service. She teaches clinical research methods across a number of Tavistock courses and co-chairs the UEL-Tavistock Doctorate in Systemic Psychotherapy.

F 16 Symposia

Towards resilience:

How are mental health professionals to respond to the climate crisis and the threat of ecosystemic collapse

Phil Kearney, John Sharry and Aebhin Cawley

Abstract

'Climate change is a significant and emerging threat to public health, and changes the way we must look at protecting vulnerable populations.' WHO.

'Climate change poses an immediate, growing and grave threat to the health and security of people in both developed and developing countries around the globe.' BMJ.

In the context of the existential threats posed by climate change, peak oil and biodiversity loss how might the mental health professions position themselves and articulate appropriate responses?

In the first instance a major obstacle is the collective denial - at personal, professional and

political levels - of the potential consequences for coming generations.

The presenters in this workshop will sketch out the scientific basis for the imminent threats, examine the responses to date from some sections of the health professions and begin to construct a framework for addressing the consequences of ecosystemic collapse.

The presenters are two psychotherapists and a professional ecologist.

The ecologist will address the realities of biodiversity loss and its implications.

The psychotherapists will consider the psychological and relational aspects of large-scale collective denial, discuss implications for practice and seek to identify pathways to more healthy responses to the challenges posed by the ecological crisis.

Key Words:

Climate change, mental health, resilience.

References:

Costello, A. et al (2009). Managing the health effects of climate change. www.the-lancet.com, Vol. 373, May 16, 2009, 1693-733.

Sharry, J. (2010). Cultivating hope and managing despair. In R Douthwaite & G. Fallon (Eds.), *Fleeing Vesuvius: Overcoming the risks of economic and environmental collapse*. Green Books.

The Economics of Ecosystems And Biodiversity - for National and International Policy Makers - Summary Responding to the Value of Nature (2009).

<http://www.teebweb.org/InformationMaterial/TEEBReports/tabid/1278/Default.aspx>

Biographies

Philip Kearney

MFT, MSc, Reg. FTAI, ICP, ECP
Phil was co-founder of Clanwilliam Institute in 1982 and worked there as a systemic therapist and supervisor and Head of Training until 2007. He now serves on the Academic Council of the Institute. Since 2007 he has been a member of the Board of the European Family Therapy Association and is currently the Secretary of the Training Institutes Chamber (EFTA-TIC).

Phil has also been a long-standing member of the Green Party and has occupied various roles in the party over the past 30 years.

He has been combining these interests in recent years by applying a systemic perspective to the emerging ecological crisis of climate change and the threats to the ecosystems which sustain us.

He presented on this topic at the EFTA Congress in Paris in Oct 2010 and at the Annual Conference of the German Systemic Therapy Association in Berlin in May 2011.

John Sharry

John Sharry has trained as a scientist, social worker and psychotherapist. He is Director of the Parents Plus Charity and a weekly columnist for The Irish Times. He is the author of ten books in counselling and mental health including three best-selling positive psychology books and seven popular self-help books for parents and families. His writing has been translated into nine languages including Spanish Japanese, Chinese and Arabic. He is particularly interested in how a psychological perspective is crucial in understanding how people will respond to the current peak oil/climate change/ economic crises. His website is www.solutiontalk.ie. He lives in Dublin.

Aebhin Cawley

Aebhin Cawley is Director of Scott Cawley Ltd, a consultancy based in Dublin specialising in surveys of wildlife, plants and habitats. Aebhin's background is in Zoology (BA (Mod) Trinity College) but has been supplemented by a stint in environmental journalism as well as training in land use planning and business management. Scott Cawley Ltd's clients include both public and private sector and in the last nine years of business has been involved in many of the State's key developments including Ikea, Aviva Stadium, national road schemes, water supply programmes, major tourism developments, wind energy, waste disposal and many residential and retail schemes. Aebhin manages a team of staff who carry out surveys for prospective developers to help them design their projects in order to avoid impacts on protected and valuable plants and wildlife. She is an experienced ecologist with skills covering habitat and botanical assessments, specialist mammal (including all bat species) and general bird surveying (including overwintering waterfowl). Aebhin has developed and monitored habitat creation and restoration.

T 05

Transformation through Action

Veronica Harris & Biggi Hoffman

Abstract

"The important thing is this: to be ready at any moment to sacrifice what you are for whom you could become." Charles Dubois

Change and transformation are an integral part of human existence, and individuals try to manage, achieve or avoid these natural forces in many ways. Psychodrama psychotherapy is a holistic method that aims to recover creativity and spontaneity, and develop internal resources and transpersonal strengths.

(Hudgins 2000) According to Jacob Levi Moreno, the founder of psychodrama, spontaneity and creativity are the two most important and powerful human resources to create change, transformation and healing. This experiential workshop provides an opportunity for participants to collectively and individually explore the concept of 'transformation' through action methods. It aims to provide an introduction into the world of psychodrama and a space for individuals to get in touch with their own creativity, gain insight and experience "playfulness" as well as aspects of transformation within a group setting.

3 Learning objectives desired by participants:

1. Gain insight individually and collectively, by drawing on each others' creativity, and experience in relation to the theme of 'transformation'
2. Engage in experiential exercises within a safe group setting, by exploring the concept of transformation through action methods and drama
3. Identify and share similar, different and new findings through "playfulness"

Presentation description

- Brief introduction into psychodrama psychotherapy and action methods (15 minutes)
- The group will be divided into 3 subgroups, each creating a constellation using art and props based on the concept of transformation (15 minutes)
- Each group will then have the opportunity to share their creation with the other two groups. (15 minutes)
- The groups will explore their creation by taking on and speaking from role of the aspect they feel most drawn to. They will create a "group sculpt" in their small groups of their identified roles (30 minutes)
- Back in a large group they will create a constellation based on their collective vision of how their connections to transformation interlink (15 minutes)

References:

Hudgins K. (2002) "Experiential Treatment for PTSD" The Therapeutic Spiral Model, New York, Springer Publishing Company

Biographies

Veronica Harris

(UKCP psychodrama psychotherapist) works part-time as a psychodramatist in Aislinn Adolescent Addiction Centre, Co. Kilkenny. She runs training workshops for counsellors and youth workers looking to use Action Methods with groups or individual clients. www.britishpsychodramaassociation.co.uk

Biggi Hofmann

(BSc, Dip Couns, Adv Dip Psych, FHEA, UKCP) works as a psychodrama psychotherapist and project officer with a Community Counselling Service in North Belfast. She has a small private practice for individual and group work and has been working with survivors of political and social trauma for the past 12 years. Biggi provides half-day, one-day and weekend workshops and uses creativity for exploration, change and healing. www.creativeencounter.co.uk

T 06

Working Systemically with Teams, Groups and Organisations

Paddy Sweeney

Abstract

Members of teams groups and organisations frequently need to talk together if they are to attain their goals. This talking often creates challenges and pressures. Increasingly these challenges and pressures are dealt with by the use of facilitators /consultants whose task it is to enable the group or organisation talk together productively.

The workshop presenter has worked as a facilitator/consultant with a wide range of groups and organisation over twenty years.

In this workshop he will describe his approach to this work, setting out theoretical underpinnings of his work, and his practices. He will indicate traps that might emerge when facilitating/ consulting, and suggest some solutions to these traps.

His approach is rooted in the theory and practice of systemic psychotherapy, and has been particularly influenced by the work of the late Gianfranco Cecchin, the Milan family therapy pioneer, and the late David Campbell a leader in the field of systemic consultation in the UK and northern Europe.

Key Words:

Working systemically, groups, organisations.

References:

Lilltjohn, S.W. (1997) Moral Conflict, When Social Worlds Collide. London. Sage Publications.

Campbell, D. (2000) The Socially Constructed Organisation. London. Karnac Books

Cecchin, G. Lane, G. & Ray, W. (1994) The Cypernetics of Prejudices in the Practice of Psychotherapy. G. Cecchin, Gerry Lane, Wendal Ray. London. Karnac Books.

Biography

Paddy Sweeney developed an interest in family therapy while working in a residential service of troubled and troublesome adolescents. He trained as a family therapist at the Mater Hospital Family Therapy Training Programme and later at the Tavistock Clinic in London. He later was a contributor to the family therapy training programmes at the Clanwilliam Institute and the Mater Hospital. Since his time in residential work he has been particularly interested in using systemic ideas and practices while working with teams and groups, and has worked with teams at home and in many places abroad. He is a co founder of a training programme for systemic psychotherapy in Romania.

T 07

Love, Hate and Unbearable States in Families Breakdown

Caomhe Nic Dhomhnaill

B.A.Mod. M.Psych Sc. Psychotherapy

Abstract

This workshop addresses the practical application of psychoanalytical and psychodynamic theory to the challenges arising for separating families. Caomhe draws on her experience of working intensively with marital breakdown and will attempt to highlight how initially theory illuminated practice and in later years how her practice has illuminated theory.

Psychodynamic concepts such as separation anxiety, ambivalence and the oedipal complex are enlivened when one intervenes therapeutically with families or relationships at the point of transition. Relationships often floundered when unbearable states are exposed.

Interventions that offer containment to couples and families in transition need to be "thought about" and the primitive emotions that arise need tender containment so that the clients themselves can digest these states. When these states remain undigested families remain in conflict and children are exposed unnecessarily to a fragmented parental couple.

This paper invites participants to "think about" oedipal resolution as the emergence of the capacity to bear unbearable states. It will focus on the value of offering a therapeutic space that engages with client's capacity for love and hate. When we help family members digest emotions there is a consequent dilution of the conflict that arises in separating families.

Key Words:

Family breakdown, ambivalence, oedipal complex, Containment

References:

- Britton R. et al (1989) *The Oedipus Complex Today Clinical Implications*. London Karnac
- Grier F (2001) *Brief Encounters with Couples Some analytical perspectives*. London Karnac
- Ruszczynski S. (2005) *Psychotherapy with couples*. Tavistock institute of marital studies. London Karnac.

Biography

Caoimhe is a registered Clinical Psychologist who has specialised in the area of Child and Adolescent Psychology and Psychotherapy. She worked in Child and Adolescent Mental Health Services from 1980 to 1997, at the Mater Child Guidance Clinic and later at Lucena Clinic. She completed a Masters in Psychoanalytical Psychotherapy in 1992. Her thesis for this Masters focused on the effects of a father's absence on the internal world of the child. Since 1997 she has continued her work in Private Practice seeing children adolescents and their families.

She has lectured on Clinical Psychology Doctorate Programmes at UCD and TCD and at several Psychotherapy Training Institutes. She was a co- director of the Foundation Year in Child and Adolescent Psychodynamic Training from 1998 - 2005 and has extensive training experience with guidance counselors, school counsellors, teachers, psychologists and psychotherapists. She has been an approved supervisor of clinical psychologists and psychotherapists for over twenty years.

More recently Caoimhe has focused on the needs of Children of separated parents and their children as they navigate their way through court proceedings and she provides consultations and reports to the District, Circuit and High Courts in relation to the best interest of children.

Caoimhe is also a trained collaborative practitioner and has extensive experience of working collaboratively with solicitors, barristers and judges.

F 10**Filial therapy as an effective intervention in cases where child abuse has occurred - a case study****Daire Gilmartin****Abstract**

Filial (child-parent) therapy has been shown to be a highly effective intervention for children and families experiencing a variety of social, emotional and behavioural difficulties. Filial therapists train and supervise parents in conducting special child centred play sessions with their children, an approach that not only helps eliminate presenting problems but also

strengthens parent-child and family relationships (Van Fleet, 2005).

This workshop will explore the usefulness of filial therapy in responding to one family's particular therapeutic needs. How the therapist worked with a mother and daughter in helping them develop a more secure, supportive and boundaried relationship, will be described. The workshop will focus on how the work developed over time and will highlight the benefits, challenges and therapeutic potential of working in this way. The process of filial therapy will be discussed with a view to stimulating participant engagement and reflection on the themes presented. The workshop will comprise didactic and discursive elements and will be visually illustrated by actual filial therapy DVD footage relating to the case.

Key Words:

Filial, Child, Abuse, Process, Family

References:

- Bratton, S. C., Ryan, T., & Jones, L. (2005). The efficacy of play therapy with children: A meta-analytic review of treatment outcomes. *Professional Psychology: Research and practice*, 36 (4), 376 - 390.
- VanFleet, R. (2005). *Filial therapy: Strengthening parent-child relationships through play*. Sarasota: Professional Resource Press.
- VanFleet, R., Ryan, S., & Smith, S. (2005). *Filial Therapy: A critical review*. In L. Reddy, T. Files-Hall, & C. Schaefer (Eds.), *Empirically based play interventions for children* (pp 241 - 264). Washington, DC: American Psychological Association

Biography

Daire Gilmartin (BA (Hons) Applied Psychology; MSc. in Counselling Psychology) is currently employed as a Senior Counselling Psychologist in St. Clare's Unit, a child sexual abuse assessment and therapy service located in the Childrens University Hospital, Temple Street, Dublin 1. He works on both the Assessment and Therapy teams. Prior to working in St. Clare's Unit, Daire worked in the National Counselling Service, a counselling and therapy service for adults who have experienced abuse and the Asylum Seeker and Refugee support service in the HSE Dublin North East Services Area. Daire previously worked as a member of An Garda Siochana and for a number of years as a residential Childcare Leader. He has a special interest in non-directive play therapy and filial therapy. He has recently completed advanced training in filial therapy with Dr. Rise VanFleet.

F 11**The organisation of disappointment****Annette Clancy****Abstract**

Psychodynamic organisational literature emphasises the centrality of unconscious processes and seeks to balance the view of organisations as rational-only entities with that of organisations as emotional and emotion generating environments.

The purpose of this workshop is to apply psychodynamic theory (Klein, 1975) to the exploration of disappointment in organisations. The limited existing literature on the subject frames disappointment as a potential threat to organisational effectiveness, as failure and as something that needs to be managed if expectations are not to be damaged. This only captures part of the complexity of disappointment and leaves unexplored both the impact of disappointment on the organisation and its potential creativity (Clancy et al., In Press). Disappointment confronts organisational members with the inevitability of imperfection (Schafer, 2003) and thereby presents them with a dilemma - how to negotiate imperfection within organisational settings that tend to emphasise positive emotion and behaviour as part of an organisational ideal.

Learning opportunities:

- Application of psychodynamic theory to organisations
- Exploration of organisations as emotional arenas

Key Words:

Disappointment, psychodynamic theory, emotion in organisations,

References:

- Clancy, A., Vince, R. & Gabriel, Y. In Press. *That Unwanted Feeling: A Psychological Study of Disappointment in Organisations*. British Journal of Management.
- Klien, M. (1975). *Love Guilt and Reparation and Other Works 1921-1945*, New York, Free Press.

Schafer, R. (2003) *Bad Feelings*, London, Karnac Books.

Biography

Annette Clancy MSc is an accredited psychotherapist, supervisor (IAHIP/ICP/EAP) and organisational consultant. Alongside her therapy work she works with individuals and groups applying a psychodynamic lens to organisational development in her consulting practice, Interactions, which she established in 1998. Since then she has assisted individuals and organisations review, evaluate and strategise through the provision of consulting, training and executive coaching services.

Annette is a graduate of communications studies (DIT) and holds an MSc in Systemic

workshops

Organisation and Management from the University of Sunderland (UK) where she was the recipient of the Academy Prize. Prior to 1998 Annette worked at a senior level in the cultural sector in Ireland and the UK as artistic director of Garter Lane Arts Centre in Waterford; as programme administrator of the Dublin Theatre Festival and as manager of the Soho Theatre Company in London.

Annette's research interest is emotion in organisations and she is currently completing her doctorate at the University of Bath (School of Management) where she is researching a psychodynamic theory of disappointment in organisations. Annette is a member of (ISPSO) the International Society for the Psychoanalytic Study of Organisations.

www.inter-actions.biz@annetteclancy

Publications

CLANCY, A., VINCE, R. & GABRIEL, Y. In Press. That Unwanted Feeling: A Psychodynamic Study of Disappointment in Organisations. British Journal of Management.

F 17

Despair and Hope in the Addiction field: Group Analytic Psychotherapy as an aid to Healing

Mick Price

Abstract

In this workshop the intention is to consider the depth of the addiction problem in Ireland, to trace Recovery modalities and explore how Group Analysis, by instilling Hope, can incrementally assist working with deeply affected client groups. The writings of clinicians such as Garland, Flores, Bion, Winnicott and Bowlby will be presented and case-studies will be used showing the application of these writings. The fundamental Spiritual dimension of Recovery, with the essential ingredient of Hope, will also be explored.

Key Words:

Addiction Recovery, Hope and Group Analysis

References:

Garland, Caroline (1982) Group Analysis: "Taking the non-problem seriously"

Group Analysis April, vol. 15 no. 1 53-55

Flores, Philip J. (1988) Group psychotherapy with addicted populations. Haworth Press.

Winnicott, Donald and Bowlby, John (2005) Personal and Professional Perspectives:-

By Judith Issroff, Christopher Reeves, Bruce Hauptman ; H Karnac(Books) Ltd

Biography

Mick is an accredited addiction counsellor, a qualified Community counsellor, a registered Group Analytic Psychotherapist and a registered Supervisor with IGAS.

He is also a member of the training team on the MSc program in Group Analysis. This Masters course is run in St Vincents University Hospital in conjunction with UCD.

Mick has over 20 years experience working with addiction groups, specialising with Relapse and Concerned Persons.

He is currently a Board Director of MQI, a leading organisation working with the homeless and addicts.

He also chaired the Board of Aiseiri for many years. Aiseiri is a residential addiction treatment centre and Mick ran groups on a voluntary basis for this centre for over 20 years. He is a passionate believer in the intrinsic value of voluntary commitment.

F 18

Psychotherapy and Spirituality

Michael Heffernan

Abstract

The holistic approach to psychotherapy recognises the physical, mental, emotional and spiritual qualities of the client. In the last two centuries, many schools of psychology and psychotherapy have tended, in varying degrees, to ignore or deny the spiritual dimension of the human being as Professor Sheila Greene of T.C.D. observed "mainstream psychology has been stuck in a positivist time-wrap." This is borne out by some clients who expressed their concern that counsellors and psychotherapists may, at times, overlook or downplay the support provided by the spiritual in their lives.

While a client's support system may or may not include the spiritual as a significant factor in his/her life, it is interesting to recall how certain aspects of the theories and practices of psychotherapy were influenced by and anticipated by the great spiritual, mainly Christian, traditions.

Issues such as the meaning of life, how free or determined are we by life's circumstances, and whether or not people are irredeemably flawed are common challenges for both psychotherapy and spirituality.

In this workshop some of the issues and the challenges outlined above will be explored, and participants will be invited to share their insights and experiences on the topic.

Key Words:

Holistic, Spirituality, Psychotherapy

References:

Heffernan, M (2008, Autumn). Spirituality and Counselling. National Journal of Pastoral Counselling and Psychotherapy. National Association of Pastoral Counselling and Psychotherapy. Ireland

Greene, S (1997, April). Psychology and the Quest for the Spiritual. Doctrine and Life.

Dominican Press Dublin

O'Rourke, M.L. Spirituality and Counselling. Guidelines. Institute of Guidance Counsellors. Newsletter. Dublin

Biography

Michael Heffernan cfc trained as a psychotherapist in Eckhart House, Dublin. He is currently lecturing on the Theories and Practice of Counselling in the National University of Ireland, Maynooth. He received a Master's Degree in Adult Education from Regis University, Denver, Colorado and has lectured on Family Studies in Marino Institute of Education and on Adult Education in All Hallows College, Dublin. Michael worked as teacher and administrator at Primary, Post-Primary and Tertiary levels. He holds a Master's Degree in Mathematical Physics from UCG and the Higher Diploma in Education from UCD and has experience of teaching and administration of education at primary, secondary and tertiary levels. Currently, he is engaged in research with a view to publication of the dynamics of the interfaces between spirituality and psychology and between faith and science.

T 11 Ethical & Legal

Contemporary perspectives on concurrent work with Parents: The importance and challenges of work with Parents in a child sexual abuse service.

Kevin Booth & Breege Maxwell

Abstract

This workshop will track the changes over the last 50 years and discuss contemporary thinking in the approach by child psychoanalytic psychotherapists to concurrent work with parents whose children are in therapy. Particularly because parenting comes from such a personal place within us that when thinking about it in this work it may involve delving into personal experiences of the parent and so we will particularly attend to clarifications of role, purpose, and levels of engagement.

We will consider the careful thinking required in the process of a session about what level of meaning is being consciously and unconsciously conveyed and how best to respond, for example, when concerns about a child are described by a parent is this a picture of the child inside or outside the parent.

These dynamics are very apposite in psychotherapeutic work carried out in a child sexual abuse service where a parents discovery that their child has been sexually abused can have a potentially traumatic impact on the parent and their ongoing parenting and thus impact hugely on their child's recovery, especially considering parents own individual and family histories and attachment styles, let alone that some parents have their own histories of sexual abuse.

Key words:

Child Psychotherapy, Parent work, Sexual Abuse

References:

Rustin M. (2000) Dialogues with Parents. In Tsiantis et al eds Psychoanalytic Psychotherapy with Children and Adolescents, London Karnac Books

Sutton A, Hughes L. (2005) The Psychotherapy of Parenthood, Towards a formulation of concurrent work with parents. In The Journal of Child Psychotherapy vol 31 Aug. No.2

Tsiantis J, Boethious S, Hallefors B, Horne A, Tischler L. Eds. (2000) Work with Parents: Psychoanalytic Psychotherapy with Children and Adolescents. London Karnac Books.

Biographies

Breege Maxwell

Qualified as a Child/Adolescent Psychoanalytic Psychotherapist in 2002. From that year she has been working on the St. Louise's Team. Her previous experience includes working as a Residential Care Worker in a detention centre for adolescent boys, she also worked in a child and family residential assessment unit and in the Lucena Clinic Tallaght.

Kevin Booth

Kevin is a Principal Psychotherapist and has worked in St. Louise's Unit since 2006 and he is the Therapy Team Coordinator. Kevin has worked in Child Mental Health settings for 25 years, 20 of which were as a Psychotherapist. Kevin teaches on the Birmingham and Trinity College Child Psychotherapy Trainings.

T 11 Ethical & Legal

Ethics and the Contemporary Practice of Psychotherapy

Mary Stefanazzi

Abstract

This paper will consider the relevance of Aristotle's Ethics to the contemporary practice of psychotherapy.

The consideration will begin by addressing some of the myths and fantasies about ethics and proceed with a proposed working definition of ethics. This definition will propose a specific context for professional codes of ethics so the two distinct topics of 'ethics' and 'codes of ethics' are less likely to be confused.

The role and relevance of ethics to psychotherapy today will be considered against some established ethical principles, together with due consideration of what some scholars have to say relevant to the theme of this enquiry. Consideration will also be given to some possible ethical challenges facing the profession at large together with the need for some supportive structure which can facilitate discourse on emerging and on-going challenges so they can be embraced in a meaningful and productive way.

In conclusion, the paper will consider the question 'what role, if any, does ethics currently play in contemporary psychotherapy?' before arguing in favour of the need for a sound ethical foundation for contemporary psychotherapy which can ensure the creative horizons of the profession, and the community it serves, can flourish.

Key Words:

Ethics - Aristotle - Psychotherapy - Flourish - Community

References:

Aristotle Nicomachean Ethics, in The Complete Works of Aristotle, edited by Jonathan Barnes, (Bollingen Series; 71:2) (Princeton: Princeton University Press, 1984).

MacIntyre, Alasdair, After Virtue, (London: Duckworth 2007).

MacNamara, Vincent, (2010) The Call to be Human, Making Sense of Morality, Veritas Dublin.

Biography

Mary Stefanazzi holds an MA in Ethics and has been an Accredited Psychotherapist since 1994, a Clinical Supervisor since 2000, and was conferred with the European Certificate of

Psychotherapy (ECP) in 2003.

Mary is particularly interested in researching and working with any methodology that has the potential of offering support to the human person to flourish and as a result describes her work as 'Offering Support in Challenging Times.'

The particular areas of research Mary has been involved into date have been with regard to Aristotle's virtue of Phronesis or practical wisdom and how this is relevant to today's world. Her gift is in investigating and articulating relevant wisdom across a range of disciplines that can support the human journey.

To this end Mary has been invited to present a paper at the First Global Conferencerun by Inter-Disciplinary.net called Sins, Vices & Virtues, in March 2012 in Prague. Inter-Disciplinary.Net is a forum for the exchange and interaction of ideas, research and points of view that bear on a wide range of issues of concern and interest in the contemporary world. Her most recent publication is How to Make Good Choices. Spirituality, July - August 2010, Vol 16, No. 91. Further information and updates can be found on her website www.psyche.ie

T 11 Ethical & Legal

Dark Clouds on the Horizon of Contemporary Practice: Questions of Client Confidentiality and the Disclosure of Session Notes to the Legal Profession

Martin Meyler

Abstract

In the spring of 2009, a former client appeared in criminal court seeking retribution for crimes of a sexual nature that occurred to him many years previously. In the course of the trial, the defense counsel sought, and with my client's permission, eventually received my session notes relating to his case. The first part of this presentation briefly recounts the difficulties I experienced in trying to protect client confidentiality while negotiating the legal process. It also outlines my perception of the uncertainty and lack of clarity within the profession in regard to our responsibility in maintaining client confidentiality versus actual legal obligations under which information must be disclosed to the court system. Following on from this ambiguity, the second section charts my attempt to sort out the actual legal status of session notes and client confidentiality as it now stands in Ireland today. What are we as therapists and counselors actually required to surrender to the courts and under what conditions? It is hoped that the issues presented will stimulate an urgently needed dialogue across the profession to address these concerns in a unified, ethically consistent way capable of protecting and

guiding psychotherapists in our increasingly adversarial and litigious society.

Key Words:

Session Notes, Confidentiality, Ethics, Psychotherapy, Legal Process

Biography

Originally from upstate New York, Martin Meyler holds an advanced degree in Cultural Anthropology from City University New York [CUNY], and taught for many years in the field of Gender Studies at Parsons School of Design. While in the doctoral programme at the New School for Social Research, he attended seminars given by the eminent Lacanian scholar and cultural theorist, Slavoj Žižek. Shortly thereafter, Martin entered psychoanalysis and elected to train as a psychotherapist. Moving to Ireland in 2000, he subsequently completed his degree at the Centre for Biodynamic and Integrative Psychotherapy [Tracht] where he is currently lecturing on Jungian approaches to dream interpretation and the archetypes. In 2008, Martin and his colleague Nuala Healy (Castlebar, Co. Mayo) established a training course 'Attachment at Every Age,' for parents experiencing difficulties in adoption. Currently, he maintains a busy practice in south Co. Galway and is exploring the integration of spirituality and meditation within psychotherapy.

F 02 Research

Sexual Trauma and Sexual Violence: Restorative Possibilities?

Marie Keenan

Abstract

This presentation focuses on a journey from research to clinical practice and describes a research project in which the voices of individuals who have experienced sexual trauma, individuals who have perpetrated sexual crime and all the relevant parties are privileged in responding to sexual crime and its aftermath, and in designing a programme of restorative dialogues in cases of sexual trauma and violence in Ireland. The project is guided by a number of core principles: that crime is a violation of people and of interpersonal relationships; that violations create obligations and that the central obligation is to put right the wrongs.

The presentation reviews the literature on restorative dialogues in sexual crime and describes the rationale for the research and the research methodology. The presentation also presents the various methodologies available to psychotherapists in undertaking restorative work, the main aim of which is to create a space in which the needs and concerns of all individuals and their families, affected by sexual crime, can be adequately

addressed, as they try to rebuild their lives and their community. This work is embedded in a Human Rights Framework that has dignity and respect for all human beings at its core.

Key Words:

sexual trauma, restorative, abuse, dialogues

F 02 Research

The lived experience of growing up gay and being sexually abused.

Gerry Rodgers

Abstract

The experience of growing up gay and having had an early sexual abuse experience/s.

A considerable body of psychological research points to men who have sex with men (MSM) with a history of childhood sexual abuse (CSA) being at a statistically significant risk of becoming HIV, engage in sexual risk taking, report depressive symptoms, the abuse of non-prescription drugs, alcohol addiction and less responsive to psychological interventions compared to MSM without such sexual abuse histories. These studies draw attention to themes that can usefully act to inform psychotherapy. For example, they raise questions regarding how the social, cultural, historical and material factors mutually evolve in the construction and presentation of psychosocial client experience and subjectivities. Yet, the above global studies are not designed to facilitate the qualitative accounts of particular life experience, context or situated history. My proposed research study aims to explore the stories of growing up gay having had an early sexual abuse experience/s. The study will give participants 'a voice' in the meanings they attach to such experience/s. My discussion paper will include the author's autobiographical account of these themes.

Key Words:

CSA; Gay Men's experience; Identity; Psychotherapy; the personal experience.

References:

Loue, S. (2010) *Health Issues confronting Minority Men who have Sex with Men USA* Springer Publications.

Mimiaga et al (2009) 'Childhood Sexual Abuse is highly associated with HIV risk taking behaviour and infection among MSM in Explore Study' in *Journal of Acquired Immune Deficiency Syndromes* Vol. 51, Issue 3, p.p. 340-348.

Ferriter, D. (2009) *Occasions of Sin: Sex & Society in Modern Ireland*, London, Profile Book

Biography

Gerard Rodgers, BT (Bachelor in Theatre Studies); BSc (Hons Psychology); Grad. Dip. (Integrative Counselling & Psychotherapy). I am 45 year old gay man, currently in my second year of a professional doctoral

programme in psychotherapy at Dublin City University (2010-2014). I have my own private psychotherapy practice in Dublin 3 and am supervised by an IAHIP practitioner. At any given time, I like working medium to long term with a small number of clients. I believe a trusting, empathic and potentially challenging relationship is central praxis to therapeutic endeavours as a means towards positively incremental and lasting change. I have a naturally warm and infectious curiosity disposition when it comes to helping and understanding people.

I am interested in the use of hermeneutic phenomenological/psychoanalytic methods for researching lived experience.

Prior to my mature student studies and clinical training, I worked for a home entertainment company as a product purchasing/marketing executive for twelve years.

I live in Dublin with my long term partner Paul and our Chinese sharpei dog Sam.

BSc (Hons) Psychology; Clinical Psychotherapist 2006-2010 (Pre-accred IAHIP). Current Doctoral Student of Psychotherapy, Tel 087 2210741; gerardrodgersu@gmail.com

F 02 Research

What are the complexities of doing an auto ethnographic research project within a counselling/psychotherapy training programme?

Tom Geary

Abstract

This paper will set out the methodological and ethical considerations in designing and implementing research into self as counselling/psychotherapy educator. It will explore issues of proximity and distance of psychotherapy educators with research participants. It will examine how transference and counter transference could hinder and help in the gathering of reliable accounts from participants. How does a counselling/psychotherapy educator set about designing this type of research? How are the issues of due care for participants and the researcher addressed?

This research was initiated from interest into the impact of the 'quality of presence' of educators on students i.e. in personal development modules. How does an educator in this field explore their presence with students beyond the customer evaluation of modules and external examiner's reports? What are the strengths and limitations of framing such an inquiry in the context of an auto ethnographic approach, using focus groups as a method of gathering data?

This research has been carried out (2009/10) with a group of students who have graduated from a Graduate Diploma in Guidance Counselling and one of their facilitators of

personal development modules.

References:

Etherington, K. (2004) *Becoming a Reflexive Researcher*. London: Jessica Kingsley Publishers.

Morgan, D. (1998) *The Focus Group Guide Book*. London: Sage.

Wosket, V. (2003) *The Therapeutic Use of Self*. London: Routledge.

Biography

Tom Geary is a Lecturer and Course Director for the Graduate Diploma /Masters in Guidance Counselling. He is also Joint Course Director for the Graduate Diploma/Masters in Integrative Psychotherapy, University of Limerick. My teaching and research interests are focused on the personal development of students and the therapeutic use of self in counselling.

F 06 Addictions

The psycho-dynamic bases of obesity

Domhnall Casey

Abstract

Maternal deprivation and other traumatic events, such as sexual or other abuse, seem to be related to later addictions. Excessive eating, leading to obesity, can also be considered as an addiction and like other addictions the problem has its origins in the very early stages of life, say the first 36 months or so, before psychological birth takes place. Food, in this context, can be seen to play the role of a transitional object, taking the place of maternal transformational love (because the mother is emotionally dead to one degree or another, permanently or temporarily) and placed, though not exclusively, within the oral phase of a child's development.

The problem of obesity, which affects about one in five people in Ireland, is seen as a body-mind problem based on unresolved unconscious conflicts which are often pre-verbal and pre-personal. It is treated by the methods of psychodynamic psychotherapy as well as medical, dietetic, physiotherapeutic and surgical intervention.

Key Words:

Obesity, Transformational object, Dead mother, Psychodynamic, Superego, Addiction

References:

Bollas, Christopher. (1989) *The Shadow of the Object: Psychoanalysis of the Unthought Known*, Columbia University Press,

Freud, Sigmund. *Moses and Monotheism (1934-38); The Ego and the Id (1923)*; Penguin

Green, André. (1996) *On Private Madness*. Karnac Books

Biography

Dómhnall Casey is a Psycho-Analyst and psychologist and has been working in this field since 1979. He has a private practice at the Institute of Psychosocial Medicine, Glasthule, Dún Laoghaire and also works at the Weight Management Service at St. Colmcille's Hospital, Loughlinstown.

In addition he lectures part-time at Independent College, Dublin and contributes articles to the national press, usually on topics of psychological interest.

F 06 Addictions

Managing the Inner Bitchy Supermodel! - The Role of Compassion in the Therapy of Eating Disorders and Body Dissatisfaction

Gerry Butcher

Abstract

Many women with and without an eating disorder find that large amounts of their time are spent in varying degrees of inner conflict with regard to personal evaluations of themselves through their shape, weight and/or size. Selective attention to 'unattractive' body parts can play a role in the development and maintenance of body dissatisfaction. This workshop will focus on how this 'inner bitchy supermodel' may be managed more effectively looking at some of the recent research evidence showing how women without apparent body shape/weight concerns evaluate themselves and other women in contrast with those who are more likely to experience an eating disorder and/or body dissatisfaction. Potentially effective strategies will be explored utilising a cognitive-behavioural compassion-focused therapy approach along with the implications this research has for the treatment of eating disorders and those prone to body dissatisfaction.

Key Words:

Inner conflict; body dissatisfaction; compassion

References:

Gilbert, P. (2010) An introduction to compassion focused therapy in cognitive behavior therapy. *International Journal of Cognitive Therapy* 3(2) 97-112

Lee, D. (2010) Using a compassionate mind to enhance the effectiveness of cognitive therapy for individuals who suffer from shame and self-criticism. Chapter 8 in: D. Sookman and R.L. Leahy. *Treatment Resistant Anxiety Disorders*. London: Routledge

Smeets E, Jansen A, Vossen E, & Roefs A. (2011) Bias for the (un)attractive self: On the role of attention in causing body (dis)satisfaction. *Health Psychology*,30(3):360-7.

Biography

Gerry works as a CBT therapist in private practice in Dublin City. He is a contributor to the book "Psychiatry in Primary Care, 4th edition" published in 2011 (Editors: Patricia R. Casey and Richard Byng; published by Cambridge University Press). Gerry also teaches on the Diploma in Psychotherapy course at UCD and also lectures and is a supervisor on the CBT course at TCD. He is currently the chairperson of the NACBT and is on the steering committee of the European Council on Eating Disorders and for whom he manages their website.

F 06 Addictions

Efficacy of a Brief Cognitive Behavioural Therapy Program to Reduce Excessive Drinking Behaviour Among New Recruits Entering the Irish Navy: A Pilot Evaluation

Paul McCarthy

Abstract

The prevalence of unhealthy drinking at all levels across Irish society poses a serious cause for concern (Hope 2008). This pilot study evaluated the efficacy of a brief cognitive behavioural therapy (CBT) intervention programme designed to reduce excessive pre-enlistment drinking behaviours in a sample of Irish Navy recruits undergoing a 16-week basic training course. Participants were randomly allocated to either a treatment or control group (N = 13each). A four week programme was conducted, which largely mirrored Moos (2007) suggestion that CBT's primary focus when dealing with alcohol related issues, is to reduce client's positive expectancies about alcohol, enhancing their overall self-confidence and increasing their self-efficacy to resist alcohol misuse in difficult social situations. Data were collected at pre and post intervention as well as at a 2-month follow-up. In comparison to those in the control group, participants who received the Intervention reported increased scores (p< 0.05) in readiness to change drinking at time 2 and reduced scores in binge drinking (p< 0.05) at time 3. There were also marginal changes in self-efficacy and risky drinking behaviour. This work adds to the evidence of the efficacy of CBT as an effective intervention for unhealthy drinking (Walter, Bennett & Miller 2000).

Key Words:

alcohol; cognitive behavioural therapy; binge drinking; creative alcohol intervention.

References:

Hope, A. (2008). Alcohol-related harm in Ireland. Health Service

Executive - Alcohol Implementation Group.

Moos, R. H., (2007). Theory-based active ingredients of effective treatments for

substance use disorders. *Journal of Drugs and Alcohol Dependence*, 88(2-3), 109-121.

Walter, S.T., Bennet, M E., & Miller, J.H. (2000). Reducing alcohol use in college students. A controlled trial of two brief interventions. *Journal of Drug Education*, 30, 361-372.

Biography

I am an accredited therapist with the Irish Association of Counselling and Psychotherapy (IACP) and also a provisionally accredited CBT therapist with the British Association of Behavioural and Cognitive Psychotherapists (BABCP), where I expect to receive full accreditation in August 2012. I hold an MA in CBT, a BA (Hons) Degree in Integrative Psychotherapy and I also have Diplomas in Addiction Studies and Stress Management Instruction. The abstract that I am presenting at the ICP Conference "A Brief Cognitive Behavioural Therapy Alcohol Intervention Programme is an Effective Secondary Prevention Approach for New Employees Entering an Irish Workforce: A Pilot", was published as a case report in the *Journal of Military Medicine* in November 2010.

From 1994 to 2010 I worked primarily a counsellor with the Irish Naval Service. In this capacity I developed and facilitated a number of alcohol related interventions for existing Naval members including, a Recovery Group and Relapse Prevention Programme for alcoholics and gamblers as well as an Alcohol Enablement in the Workplace Workshop for all managers within the Naval Service.

However from my own clinical experience the negative effects associated with alcohol consumption were originating much earlier career wise, and at lower drinking levels, i.e. excessive alcohol intake was getting naval personnel into trouble well before individuals potentially may reach the alcoholism stage. Accordingly my research was designed with due consideration given to encouraging new members of the Navy to participate in a pilot intervention programme that would promote healthy drinking behaviours as well as offering an unique examination of drinking attitudes and behaviours of individuals over the duration of a Naval recruit class training schedule.

I have been working full time as a CBT therapist in private practice since 2010. Two days of my working week are at the Counselling Service, Cork Institute of Technology, (where I am the first CBT dedicated Therapist) and the remainder working privately in Cobh. I am also a CBT supervisor on the Diploma in CBT course in Trinity College. My clinical areas of interest are assisting clients with issues such as Depression, Anxiety, Addiction and Trauma. Further information about me is available on my website www.corkcbt.ie

F 08 Loss

Bereavement Therapy: A Systemic Family Therapy approach

Peter McCartan

Abstract

Systemic Family Therapy locates bereavement within lived transgenerational relationships (Walsh, F & Mc Goldrick, M. (eds.) (1991) and the belief that re-membering (Hedtke, L. & Winslade, J (2004) are the context in which therapy is grounded.

This Bereavement therapy approach focuses on: Sadness: as in the deep 'sensual' absence of a person whom they loved. Lostness: as not knowing or recognising the 'new world' with no 'map' or companion to accompany or guide them. Loneliness: a loneliness that challenges the bereaved persons beliefs and values and their sense of who they were, are and will become.

The journey with sadness, lostness and loneliness is undertaken and the bereaved persons 'new map' is understood, interpreted and taken. This 'new map' focuses on the ideas of memory, faith/hope, and relationship. Memory: re-membering their loved one, including re-membering as recalling, and re-membering as the bereaved person within their 'new life'. Faith, the therapy facilitates the exploration of the themes of faith (religious and non-religious) and hope. Relationship: focusing on the supports, changes and challenges that bereavement has brought to their relationships with other people.

The therapy uses poetry, music, prose and relaxation to explore the bereavement.

Key Words:

Systemic Family Therapy, Bereavement.

References:

Hedtke, L. & Winslade, J (2004) *Re-membering Lives: Conversations with the Dying and the Bereaved*. Baywood Publishing Company.

Walsh, F & Mc Goldrick, M. (eds.) (1991) *Living Beyond Loss: Death in the Family*. New York W.W. Norton & Co.

White, M & Epston, D. (1990) *Narrative Means to Therapeutic Ends*. New York Norton

Biography

Peter works as a Medical Social Worker in the Department of Liaison Psychiatry in Beaumont Hospital, Dublin. In Beaumont Hospital he has been an active member of the Bereavement Service which is coordinated by the Social Work Department. Peter has an MSc. (Psychotherapy), is a faculty member of the Mater Misericordiae Hospital, Family Therapy, Training Programme and is a registered FTAI Supervisor.

F 08 Loss

The Urgency to address Suicide

Stephen Flynn

Abstract

This paper explores the importance of understanding the critical path of decision making and the consequence of a negative fracture of this critical path which invariably results in the creation of an abuse cycle. The second part of the healing process involves the experiential learning of varied dramatic techniques to bring about the necessary re-adjustment.

As a result of twenty years clinical therapeutic practice working with psychiatric out-patients referred via three Consultant Psychiatrists and GP's, the urgency to focus on suicidal ideation soon became apparent. Invariably, there was a fracture in the critical path of decision making resulting in the Client not only falling victim of abuse but internalizing the abuse cycle itself resulting in various forms of self abuse and suicide attempts.

C.G. Jung's 'Transcendent Function' formed the theoretical framework confronting the unconscious self abuse patterns. This approach involved awareness of the four primary psychological types: The Intuitive, the Sensation, the Thinking and the Feeling Functions, and their unique roles in the decision making process.

Consequently, a repertoire of dramatic techniques suitable in both one to one and group work settings evolved, encompassing the four psychological types, and thereby connecting in the most meaningful way for the client.

Key Words:

Transcendent Function, Psychological Types, Unconscious, Critical path.

References:

Jung C, G. (1960) *The Collected Works. Vol' 8. The Structure and Dynamics of the Psyche*, Routledge. London .

Moreno J.L. (1985) *Psychodrama. First Volume*. Beacon House INC. Ambler PA

Biography

For the past 20 years Stephen worked for three Consultant Psychiatrists as a Psychotherapist and post retirement continues but now offer's a free service working with clinically suicidal patients referred via Consultant Psychiatrists and GP's in the N. Cork area. Stephen was the founder member of Diadhuit Suicide Prevention Ltd., in response to the appalling high death rate by suicide in Ireland. He was himself trained by Dr. Dorothy Langley and Dr. John McMahon (Jungian Institute Zurich).

F 08 Loss**The psychotherapeutic process as a means of separation****Silvia Roncalli****Abstract**

Through the presentation of clinical vignettes taken from the literature, the theme of failed separation from an early object of attachment and the repercussions of this on the therapeutic relationship will be considered.

Different psychotherapeutic models recognise the importance of the actual early environment for the healthy development of the baby into a psychologically individuated being capable of reciprocal relationships. For this to happen, the baby must primarily be accepted by its caregiver as an individual with needs and drives of its own. Early environmental failure can follow not only from neglect (where no reliable object can be experienced and internalised) (Fonagy, 2001), but also from excessive closeness (where no sense of separatedness can develop).

I suggest that in such cases we can identify in the patient's relationships (including that with the therapist):

- 1) the persistence of unmet early longings, which induces a relentless need for closeness;
- 2) the failure to integrate good and bad internal objects (Klein, 1935), maintaining a split perception of the other;
- 3) the permanence of transitional phenomena (Winnicott, 1953), which maintains the illusion of fusion with the object, but that could also be fruitfully used as a bridge towards the individuation in a psychologically independent individual.

Key Words:

separation, attachment, therapeutic relationship, depressive position, internal object

References:

Fonagy, P. (2001). Attachment theory and psychoanalysis. London: Karnac.

Klein, M. (1935). A contribution to the psychogenesis of manic-depressive states. *International Journal of Psycho-Analysis*, 16:145-174.

Winnicott, D.W. (1953). Transitional objects and transitional phenomena: A study of the first not-me possession. *International Journal of Psycho-Analysis*, 34:89-97.

Biography

Silvia Roncalli is a licensed Italian psychologist and a psychoanalytic psychotherapy senior trainee. She graduated from Università degli Studi di Milano-Bicocca in 2006 and moved to Ireland in 2007, where she continued her clinical training. Silvia is currently in the process of completing a MSc. in

Psychoanalytic Psychotherapy at Trinity College Dublin, for which she compiled a thesis titled "The analytic process as a means of separation", and is working towards the accreditation of her Italian psychology qualification in Ireland.

Silvia's clinical work is inspired mainly by the psychoanalytic tradition of object relations and its integration with Bowlby's theory of attachment and Mahler's process of separation-individuation.

F 08 Loss**Charlotte, Batman and the two policemen: Narrative practice supporting a bereaved child to find words****Ann Campbell & Therese Hegarty****Abstract**

The experience of grief and loss in childhood present challenges for both parents and practitioners. This paper describes a therapeutic process with an 8 year old boy and his mother eighteen months after the death of the child's father. The case presented challenges when the child wanted to come to therapy but did not speak, when the child's learning difficulties impacted on his memory and when one of the commissioner's was not in the room.

Using Narrative Therapy (Lobovits & Freeman 1997) with Sand Tray (Taylor 2009) the child participated in free play. He initiated choices of characters and hesitatingly told his story, often prompted by the therapist asking "What's happening now?" The child's words were recorded; a photo of the Sand Tray and the text of the story were added to his "Story book" and copies were posted home.

Topics processed included the loss of his father, mother's new partner and the child's transition to senior school. His grandfather joined him and provided an 'outsider witnessing' (White 2007) to his work. The authors offer reflections on the challenges and achievements of the therapeutic process.

Key Words:

Childhood, Grief, Narrative, Sand tray, Reflexivity.

References:

White M. (2007) Maps of Narrative Practice.

Taylor E.R. (2009) Sand Tray and Solution Focused Therapy. *International Journal of Play Therapy* 2009, Vol. 18, No. 1, 56-68

Lobovits D.H. & Freeman J.C. (1997) Destination Grump Station - Getting Off the Grump Bus. *Narrative Therapies with Children & Adolescents*. Eds. Smith C. & Nylund D. The Guilford Press. New York.

Biographies**Ann Campbell**

Ann has worked in the addiction services since 1997, initially in a nursing role. In 1999 she completed a Diploma in Addiction Studies in Trinity College Dublin which included a three month work placement in Turning Point, Melbourne, Australia. This course kindled her interest in viewing substance misuse from a systemic perspective and she completed Systemic Family Therapy training in the Clanwilliam Institute 2002. In the same year she began working with adolescents and families, first in Crinan Youth Project and then in West Dublin YMCA, as Coordinator of the Parents and Kids Together (PAKT) project. Ann joined YoDA (HSE Youth Drug & Alcohol Service) in 2007, where she works full time as a Family Therapist. She has just completed an MSc in Mental Health (Child Adolescent & Family strand) again in Trinity College, Dublin. Ann has a particular interest in Narrative Therapy.

Therese Hegarty

Therese worked for 24 years in primary schools, where she developed a particular interest in the idea of school as a secure base and in supporting vulnerable children. She left in 2000 and completed a Masters in Systemic Family Therapy. In 2007-2008 she completed the International Diploma in Narrative Therapy and Community Work in Adelaide. Therese has a community based Family Therapy practice in West Tallaght and also lectures in Initial Teacher Education. She also teaches an ongoing advanced group in Narrative Therapy with Keith Oulton.

F 13 Practical Related Issues**Primary Factors Involved in Referral from General Medical Practitioners to Psychological Therapies - A Review of the Literature****Donagh Ward, B.Sc., M.Sc., MIACP****Abstract**

GPs are the primary care gatekeepers for health services throughout the world. Many people who go to their primary care doctor present with symptoms of psychological and emotional distress. The presenting rates in primary care of common mental health issues are on the increase globally. This study conducts a systematic and thorough review of the literature written in the past decade on the significant factors which influence a primary care medical practitioner's decision to refer a patient to a psychotherapist. Barriers to the referral and decision-making process are also identified. A comprehensive academic, scientific and medical database search is conducted to uncover the relevant literature. Primary referral factors are identified, analysed and discussed, along with recommendations for future research. The main findings of the

systematic literature review are that there are eleven identified referral decision-making factors pertaining to the general practitioner, of which access to psychotherapy, attitudes towards therapy, therapeutic relationship and recognition of mental health issues are the most significant. Four referral factors are identified in relation to the primary care patient, of which attitudes towards counselling and patient preference are the most significant. This study also found that collaboration between general medical practitioners and counselling professionals greatly aids the referral process.

Key Words:

GP attitudes; referral; psychotherapy; primary care; patient perceptions.

References:

Anthony, J. S., Baik, R. N. S.-yi, Bowers, R. N. B. J., & Bassirou, R. N. (2010). Conditions That Influence a Primary Care Clinician's Decision to Refer Patients for Depression Care. *Rehabilitation Nursing*, 35(3), 113-122.

Mykletun, A., Knudsen, A. K., Tangen, T., & Øverland, S. (2010). General practitioners' opinions on how to improve treatment of mental disorders in primary health care. Interviews with one hundred Norwegian general practitioners. *BMC Health Services Research*, 10, 10-35.

Piek, E., van der Meer, K., Penninx, Brenda WjH J H, Verhaak, Peter Fm M, Nolen, W. A., & Meer, K. V. D. (2011). Referral of patients with depression to mental health care by Dutch general practitioners: an observational study. *BMC family practice*, 12(1), 41.

Biography

Donagh Ward B.Sc., M.Sc., MIACP is a counsellor and trainer based in Waterford City, where he runs a private therapy practice. He holds a Bachelor of Science degree in Counselling and Psychotherapy from Middlesex University and a Master of Science degree in Psychotherapy Studies from Sheffield University. He is a fully accredited member of the Irish Association of Counselling and Psychotherapy.

F 13 Practical Related Issues

Depression and Anxiety: Nature vs Nurture

Dr Barbara Dowds

Abstract

Research in genetics now provides hard evidence for the age-old nature vs nurture debate. This paper will briefly explain the methodology of research into the genetics of psychological traits and the results for the conditions of depression and anxiety. The overlap between depression and anxiety and their relationship to internalising and externalising disorders will be examined and genes playing a role in these conditions will be

identified. For the majority of personality traits and psychological disorders studied, including anxiety and depression, genetic predisposition plays a substantial role, albeit somewhat smaller than the role of the environment. Furthermore, genotype and environment can interact in a variety of ways. The implications of genetics research for models of psychotherapy and for client work will be discussed.

Key Words:

Depression, anxiety, genetics, nature, nurture.

References:

Plomin, R., DeFries, J., McClearn, G. and McGuffin, P. (2008) *Behavioural Genetics*, 5th ed. New York: Worth.

Rutter, M. (2005) *Genes and Behaviour*. Oxford: John Wiley & Sons.

Flint, J., Greenspan, R.J. and Kendler, K. (2010) *How Genes Influence Behaviour*. Oxford: Oxford University Press.

Biography

Barbara Dowds B.A. Ph.D. MIACP MIAHIP, was a research scientist in the field of molecular genetics in the University of California and Trinity College Dublin and then a senior lecturer in Genetics in NUI Maynooth until 2002.

Since then she has worked as a humanistic and integrative psychotherapist in private practice. She teaches a range of modules on the B.Sc. course in Counselling and Psychotherapy in PCI College and presents CPD seminars on Genetics and Neuroscience in relation to psychotherapy. She is on the editorial board of *Eisteach* (journal of the IACP) and writes for both *Eisteach* and *Inside Out* (journal of the IAHIP).

F 13 Practical Related Issues

We Know What Works In Psychotherapy - Now How Do We Build The Psychotherapy "Training" Curriculum Around What Works?

Gerry Meyers

MA (Psychotherapy),
Bd (hons), Dip Phil & A, ECP, MIAHIP

Abstract

This paper explores some creative possibilities in the relationship between outcome research and the curriculum in initial psychotherapist education programmes. Meta-studies in outcome research are reviewed to identify common findings about what works in adult individual psychotherapy. According to Carr (2009), both Wampold and Lambert indicate that common factors have significantly more impact on the outcome of therapy than have specific factors. Common factors such as the therapeutic relationship, client factors and therapist factors are presented.

Specific approaches to psychotherapy

continue to be heavily promoted by their adherents, though a growing interest in the integration of therapy is also evident. The curriculum in many training institutes often promotes a particular approach to psychotherapy. This can take the form of a bias in favour of particular schools of therapy, or a bias in favour of particular techniques. Outcome research offers a critique of this (Norcross & Goldfried 2005).

The author draws on his experience of curriculum design, his doctoral research, and experience of psychotherapy training here and in the UK, to imagine how common factors can be brought more to the fore in training programmes. He explores the problems and possibilities associated with moving from a "schoolist" perspective in training to an approach that emphasises what works in therapy (Cooper 2008).

Key Words:

Psychotherapy Education Outcome Training Curriculum

References:

Carr, A. (2009). *What Works with Children, Adolescents, and Adults?* Hove, UK: Routledge.

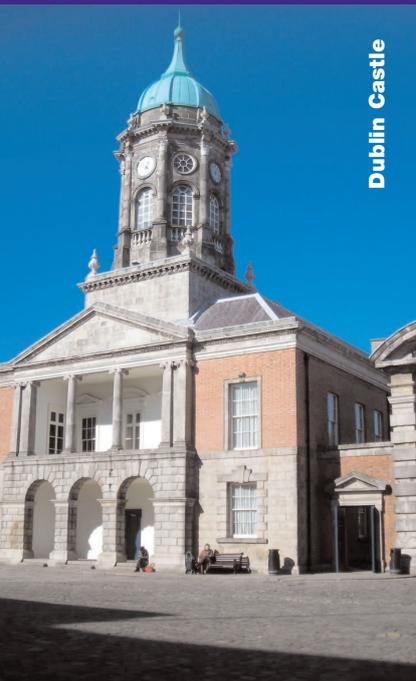
Cooper, M. (2008). *Essential Research Findings in Counselling and Psychotherapy: The Facts are Friendly*. London: Sage/BACP.

Norcross, J.C. and Goldfried M.R. (Eds.) (2005). *Handbook of Psychotherapy Integration* (Second Edition). Oxford: Oxford University Press.

Biography

Gerry Myers is Joint Course Director of Integrative Psychotherapy Courses in the Dept. of Education & Professional Studies, Faculty of Education & Health Sciences, UL. He lectures in integrative psychotherapy and has been involved in the design of the curriculum for three psychotherapy programmes. He has been external examiner for a number of courses, and has also had involvement in external evaluation of psychotherapy programmes.

He is currently completing doctoral research into the experience of developing a psychotherapy curriculum in a third-level setting. He is a practicing integrative psychotherapist and supervisor.



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