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Irish Council for Psychotherapy Newsletter
January 2012

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ICP Chair's Report

Mary Lalor, Chairperson



The last year has been an unprecedented busy time for ICP. It has also been a period of considerable achievement and I would like to pay tribute to my colleagues on the Executive for the commitment to the policy making of ICP, their engagement in monthly meetings and their work on the various sub-committees.

Introduction

I would also like to express my thanks to Ann Daly who steadfastly supported the administration of ICP since 2000, but who for personal reasons resigned last June. I wish to pay tribute to my predecessor Derval Ryan who led the organisation from 2007 to 2010. I outline below the main areas of organisational achievement and challenge for the period of the report.

Member Organisations

Since November 2010, IAHIP (HIPSICP) did not attend executive meetings. This was a key concern to the Executive and in an attempt to ameliorate the situation representatives from CBT, FTAI, Constructivist and Psychoanalytic Sections were nominated to negotiate with IAHIP. The outcome of the negotiation process yielded a Memorandum of Understanding (MoU) supported by the two negotiation teams. The principles agreed by the teams have been discussed with all member organisations and it has been agreed to set up a working party consisting of representatives from all the member organizations for further discussions in the New Year.

Internal Processes - Bylaws

Much attention has been devoted to the internal processes of ICP. This has culminated in the ratification of new Bylaws which deal comprehensively with matters including admission of new organisation members at Section and ICP Executive level, administration, finance and duties of officers. A copy of the Bylaws is available on our website.

Sub-Committee's

During the course of the year, a number of sub-committees were set up to manage strategic and operational issues for ICP. These sub-committees, under the leadership of a director (Section Representative) of ICP ensure a continued focus on issues of importance and open engagement by registrants in the work of ICP. The full list of subcommittees is posted on our website:

- Managing and Updating Register of Registrants
- Supervision of Psychotherapy Standards & Supervisors Register
- Newsletter/Briefing Reports
- Training Standards
- Membership Applications
- Psychological Therapies Forum
- CPD
- Research
- Media, Marketing, External Communications and Website
- Master class and Conference
- Finance Sub-Committee/ Corporate Governance & Risk Management Strategy/Administration & Information Technology

Information and Communication Technology

A review of IT usage was completed this year and it was decided to migrate ICP documentation and data to a cloud storage facility. This process is now operating.

External Stakeholders and Media

Psychological Therapies Forum
ICP has continued to attend the PTF.

The work of the Forum is focused on clarifying the necessary requirements for Statutory Registration.

Statutory Registration

Statutory Registration is unlikely to be introduced in the short-term. However, it is encouraging that HETAC has commenced a process of determining the award standards for psychological therapies (Psychotherapy and Counselling) which when agreed will be the accepted standard for training for both Psychotherapy and Counselling.

PR

The PR committee have made a video about psychotherapy which will be distributed to GP's next year.

Strategy

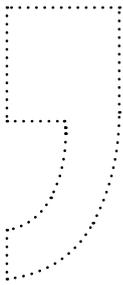
As part of ensuring a strategy which is fully congruent with the principles of ICP and focused on the needs of those we serve, a new process of strategy development has been introduced. The first strategy workshop based on this process was facilitated by Dr. Brigid Milner and took place on 10th September 2011. For the first time the Chairs and Vice-Chairs of the Member Organizations were invited, along with the directors of ICP.

The main focus of the day was the future of ICP. The scope of the process included

- Clarification of ICP's mission and vision for the next 5 years and identification of appropriate organizational values;
- Identification of both ICP's 'customers' and how ICP needs to appear to them;
- Ascertaining the key organisational processes that ICP needs to excel at



As part of ensuring a strategy which is fully congruent with the principles of ICP and focused on the needs of those we serve, a new process of strategy development has been introduced.



to deliver the vision and satisfy its 'customers';

- Clarification of the people and financial resources required to achieve the vision and satisfy ICP's 'customers';
- Identification of what may need to change (action points) within ICP in relation to the above.

Dr. Milner has compiled a report of the information gathered during the day. The Executive will meet early in the New Year to review the report and outline ICP's plan for the next 5 years.

EAP

Derval Ryan and I have been representing ICP at the Board meetings in Europe. In addition Derval has been on the membership sub-committee, Barbara Fitzgerald has also been representing ICP at the EWOC meetings, and I am a member of the ETSC sub-committee.

EAP have been continuing to explore the recognition of psychotherapy as a profession in Europe.

Brion Sweeney has been Chair of ICP working group who have been developing a template to be agreed by sections as training standards for psychotherapists working with children/young people within psychotherapy. The context for the development of this document is a

move within European countries to define more clearly the training required for psychotherapists working with children. The framework document is almost completed. He will also give feedback on the document to EAP next year.

EAP have been continuing to explore the recognition of psychotherapy as a profession in Europe. Alfrid Prits, General Secretary of EAP has written an article which will be available on the website. The title of the article is:-
The struggle for legal recognition of the education of psychotherapy and an autonomous psychotherapy profession in Europe. He addresses the following:

- The question of licensing of professional groups;
- Which methods of psychotherapy can be accepted;
- Are there specific trainings for specific groups of patients, for example for children and adolescents;
- Education in private institutes, organizations and at universities;
- Essential educational contents- the European Certificate for Psychotherapy and similar regulations;
- The attempts at regulation and actual regulations in the European Union Previous legal regulations in the European Union.

On behalf of myself and the ICP Executive I would like to congratulate Clanwilliam Institute on being the first Training Institute in Ireland to be awarded EAPTI Status.

2012

ICP Conference

2012 will begin with celebrating ICP's 21st birthday with a 2nd National Conference to be held in Dublin Castle on the 26th & 27th of January 2012.

The theme of the conference is Creative Horizons: Contemporary Practice. It promises to be an interesting and exciting two days. Details of the conference and on line booking are available on the website.

I would like to welcome our new administrator- Anne O'Brien who will take up her post on January 9th 2012. Anne is a former bank official, and holds a BA in Humanities and an MA in psychotherapy. She is also very experienced in administration and information technology.

In order to make ICP more visible and pertinent to its members and registrants, for the first time this year we invited registrants to become involved on the sub-committees. I urge you to consider getting involved as I believe that not only do many hands make light work – but it is important for ICP to have commitment and input from all its Registrants. Should you wish to join one of the sub-committees simply email: admin@psychotherapy-ireland.com or telephone: 01-9023819.

Finally, I will take this opportunity to wish all of you a very Happy New Year, Peace and Prosperity in 2012.

Mary Lalor, Chairperson

FAMILY THERAPY SECTION

The past year has been an especially busy and exciting one for FTAL. Following last year's AGM, a new Executive was formed, with Marie Keenan as Chair. Our Executive has met regularly throughout the year, with each of us engaging with a variety of issues and taking responsibility for heading up FTAL's 12 sub-committees. A significant amount of work was progressed in these sub-committees, especially in the Ethics Committee, where a rigorous and in-depth analysis of the structure and practice espoused in our Complaints procedure was completed, with recommendations presented to the Executive. Other busy sub-committees have been the Supervisors committee, which has completed a 'Standards in Supervision Training' document and the Child and Adolescent sub-

committee, which has worked rigorously on its contribution to the ICP 'Child and Adolescent Training Document.'

FTAL now has a significant presence in EFTA, with Monica Whyte and Phil Kearney having been elected to serve on EFTA committees. We appreciate their commitment to this work and for ensuring that the voice of Irish systemic therapy is heard in Europe.

While many family therapists have opportunities to meet either through work or within learning contexts, we continue to work on creating opportunities for therapists to come together to share ideas, to engage in CPD or simply to socialise. One idea that combines all of the above is the innovation that is the

Systemic Café, a space where therapists can come together in a spirit of curiosity and friendship, with a specific theme proposed for exploration. To date, we have held two *Systemic Cafés* in The Schoolhouse on Northumberland Road in south Dublin.

On May 13th and 14th, we presented a workshop by Dr Karl Tomm. Karl has been director of the Family Therapy Programme in Calgary, Canada for over 35 years, and is internationally recognised not only as a family therapist, innovator, theorist and trainer, but also as a leader in facilitating dialogues among many of the world's family therapists. Our 2011 AGM was held on May 28th last, and this proved to be an especially enjoyable and memorable event. Following the usual business of the AGM, the official launch of our new web-site www.familytherapyireland.com took place. We were delighted to welcome Joe Duffy as our guest to launch the web-site. Joe originally trained as a family therapist and indeed was an early contributor to our journal *Feedback*.

And so another year draws to a close. We look forward to building on the work of the past year and to engaging with colleagues from other modalities in a spirit of friendship and adventure.

Gráinne Gormley

COGNITIVE BEHAVIOURAL THERAPY SECTION

The NACBT ran two very successful workshops held at the Ashling Hotel in Dublin in the Spring of 2011 with a focus on management of depression and the use of compassion-focused CBT in eating disorders. Many different disciplines attended and the feedback was very positive. It is our intention to try and run such workshops on an annual basis. As a group we were saddened by the sudden death of our colleague Hugh McFadden from Donegal. Gerard Butcher took over as Chairperson to the NACBT in the Autumn and a strategy day is being planned to discuss the future direction of the NACBT in the Spring of 2012. We are working to ensure that accreditation criteria are maintained and strengthened. We are looking forward to meeting up with other disciplines at the ICP conference.

Gerry Butcher



School of Nursing and Human Sciences

Postgraduate Programmes in Psychotherapy, Commencing September 2012 and 2013

Applications are currently invited for DCU School of Nursing and Human Sciences' Doctorate programme, commencing in September 2012.

Doctorate in Psychotherapy, Level 10, (PAC Code DCD13 commencing September 2012)

This four-year part-time advanced programme provides candidates with a breadth and depth of knowledge to complement existing psychotherapy knowledge and skills, enabling them to critically examine psychotherapeutic practice from a range of perspectives and to conduct psychotherapy research.

Entry Requirements

Applicants must hold a Masters in Psychotherapy or equivalent, be involved in clinical practice and attend clinical supervision, have prepared a relevant research proposal and be able to demonstrate personal suitability.

Closing date for receipt of completed applications: Friday, 27th April 2012.

The School of Nursing and Human Sciences also offers an MSc in Psychotherapy commencing September 2013 (details of this programme are available at www.dcu.ie/snhs).

How to Apply

To apply for these programmes, visit the Postgraduate Applications Centre (PAC) at www.pac.ie

For further information, contact:
School of Nursing and Human Sciences,
Dublin City University, tel: +353 (0) 1 700 5947,
email: snhsenquiries@dcu.ie
web: www.dcu.ie/snhs



Dublin City University, Ollscoil Chathair Bhaile Átha Cliath

THE HUMANISTIC AND INTEGRATIVE SECTION

In an eventful year for IAHIP, the highlight has probably been the resolution of our difficulties with ICP which has brought our section fully back on board, enabling our section representatives (currently Martina Vaughan and Brian Howlett) to take up again their ICP directorships and to have our members, currently well over the 700 mark, to be re-instated on the ICP register. What most pleased us about the conduct and outcome of our negotiations with ICP was the willingness of the ICP representatives to embrace the concept of reviving the federal and democratic nature of the organisation. We now have a Memorandum of Understanding whose agreed principles will guide the Working Party, now charged with giving concrete expression to these principles. This will result (when the exact details have been worked out and have been accepted by all sections) in ICP having a more democratic structure with much greater accountability to its members than at present, particularly in the area of financial planning and budgets. The

new structure will also seek to balance the principle of parity of esteem between all sections with that of fairness between all sections where funding contributions, decision-making and the burden of administrative costs are concerned. We in IAHIP believe that when these reforms are approved and put in place, the interests of all sections, whether large or small in numbers, will be far better served than is possible at present. Because of the growth in the size of the IAHIP membership, particularly outside the Dublin region, we have had to try to meet the difficulties of maintaining adequate communication with and among our own members. Thanks largely to the initiative and special skills of some newer and younger members on our Executive Board, we have developed an online IAHIP Members Network via LinkedIn which provides an exciting channel of communication for IAHIP members through which, apart from our bi- or tri-annual Newsletters, the Executive can keep members regularly informed of the

activities we are engaged in on their behalf; equally important, it is a channel through which members can raise and pursue ideas and concerns relating to the welfare and development of our organisation and of the psychotherapy profession as a whole. Alongside this, we are in the process of developing a regional structure for IAHIP to be spearheaded by the appointment of a Regional Officer to our Executive, whose focus is the formation of designated regions throughout the island of Ireland with regional contact people appointed from our membership to be contact points for members in each region and to be the primary organisers of meetings, workshops and other useful activities in their region. We believe that these initiatives will give our members a greater sense of belonging as well as providing them with real concrete means of participating in the organisational life of IAHIP and connecting with other members. Brian Howlett Chair IAHIP.

CONSTRUCTIVIST SECTION

The ICPA has been holding a series of conversations on a regular basis in preparation for the forthcoming European Constructivist Psychotherapy Conference in Trinity College June 29th to July 1st. 2012. Whilst this is a big undertaking for such a small group it has presented us with an invitation to raise our own Constructivist voices. Members have responded to this challenge with enthusiasm and see it as an opportunity to put the Irish section of Constructivist thinking on the European stage. We look forward to welcoming our European colleagues to Dublin.

In anticipation of this exciting event the Education sub-committee has over the past eighteen months organised a series of workshops with well known speakers from the Constructivist world - Mary Frances, David Greene, Miller Mair. It was with great sadness that we heard of Miller's death earlier this year. He will be sorely missed by his friends in Ireland.

We are also holding a series of ongoing workshops in which our own colleagues share and evolve ideas for papers for the forthcoming conference.

Details of the forthcoming Conference will be posted on the ICP website in the New Year.

Gay O'Brien

PSYCHOANALYTIC SECTION

The Board of the Psychoanalytic Section of the ICP has met for five meetings this year. Like last year, it has been a busy time and it was decided that one representative on our Board would chair and take responsibility for each sub-committee or special task that we have undertaken during the year.

Aoife Twohig continued to oversee the development of the Accreditation sub-committee and its procedures. The make-up of the sub-committee, the procedures for an accreditation process and a short statement of ethos have now been agreed by each organisation in the Section. One of our tasks in the coming year will be to establish this sub-committee and try it out, by putting one of our trainings through the process.

Julie Anne Lyons kindly agreed to chair the Supervision sub-committee, whose initial task was to continue negotiations, started by Pam Mc Evoy, with BAP, to run a supervisor's course for our Section and any other ICP members who would like to explore the supervisory process through psychoanalytic methods. This is now at an advanced stage, so congratulations and thanks to all who worked on this sub-committee.

The CPD committee, chaired by Ros Woods, is in the process of being set up. This sub-committee will oversee the allocation of CPD points for courses run from a psychoanalytic perspective.

Jose and Ingrid have continued as representatives on the Psychological Therapies Forum (PTF).

As I am now stepping down as Chair of the Psychoanalytic Section, I wish to thank everybody who has participated in the work over the last number of years, in particular Ann Daly, and I wish Jose all the best in his new role as Chair.

Katie Woollett

Current List of Psychoanalytic Section Executive Committee Members:

Jose Castilho (IAPA),
Toni O'Brien Johnson (IAPA),
Margaret Spelman (IFPP),
Ingrid Masterson (IFPP),
Graham Johnston (NIHR),
Eileen Kavanagh (IGAS),
Noel Keane (IGAS),
Aoife Twohig (IFCAPP),
Julie Anne Lyons (IFCAPP),
Mitch Elliott (IPAA),
Ros Woods (IPAA)

WHITHER THERAPY?

REFLECTIONS ON ECP CRITERIA FOR PSYCHOTHERAPY TRAINING.

Bill Callanan. ECP

The following reflections are prompted by reading the address by Serge Ginger, Registrar of the EAP, on the topic 'Psychotherapy as an Independent Profession' given in Vienna in February 2010 and printed in the June 2010 issue of the ICP Newsletter.

DEVELOPMENTS OVER THE PAST DECADE

Much has changed in the area of Psychotherapy since I was trained. In the past ten years there has been a flurry of activity to bring the regulation of the profession into line with European standards. These developments have demanded a great deal of our energy, with initiatives taking the form of committee work to put in place uniform standards of Accreditation, along with a rigorous programme of Ongoing Professional Development, as well as the drawing up of Ethical guidelines and the combined effort of 11 professional Psychotherapy Associations to bury their differences in the interests of setting up of a National Register of Therapists. The 'raison d'être' for much of this activity has ostensibly been ensuring the highest professional standards in the name of protecting the clients interests. However I would suggest that, beneath the surface, everything may not be quite as it would appear.

I would respectfully ask whether the preoccupation with standards has arisen from a desire for clinical excellence on the part of practitioners, or has it come about due to other pressures. Specifically do the measures put in place have as their central motivation the desire to focus us on the inner core of our work as therapists? Does the present anxiety about Supervisor training arise from the desire of trainee therapists to benefit from the experience of senior colleagues, or, possibly from the wish of those more experienced therapists themselves to mentor younger colleagues, or is it something imposed from without, to reassure officialdom by a show of

compliance with ever-more stringent "safeguards"?

Reform movements can be launched from a number of motives, not all of them equally disinterested. Speaking in a recent RTE interview with Gay Byrne, the international guru Deepak Chopra, himself a qualified medical practitioner, remarked about the hype in America over Medical reform: "We're not looking at healthcare reform; we're looking at insurance reform!"

"Anyone can set up a counselling or psychotherapy service without qualifications and charge a fee to vulnerable people whose lives may be in danger of suicide."

THE MEDIA IMAGE OF THERAPY

It's a theme I see reflected in the image of therapy we come across in the Press. Take for example an item in *The Irish Independent* of 21st June 2010: Under the heading "Therapists 'need more regulation'", and starting from the proposition that "Patients with serious conditions like eating disorders and depression are at the mercy of unqualified psychotherapists who operate without licence or regulation," the piece quotes Fine Gael's mental health spokesman Dan Neville as saying: "Anyone can set up a counselling or psychotherapy service without qualifications and charge a fee to vulnerable people whose lives may be in danger of suicide."

Important as these issues are for our credibility in the market place, their introduction here seems to me more like "scare tactics." What impression does the news item give of the actual success rate among therapists 'on the ground'? Is it honest to go along with a rhetoric that suggests that successful treatment in these areas is assured only if the practitioner is exhaustively trained? While training counts for much, we should not give the impression that it is a guarantee of success. My experience, for one, has been that conditions such as anorexia or threats of self-harm are notoriously difficult to treat, and that we therapists can only claim a modest success rate at the best of times.

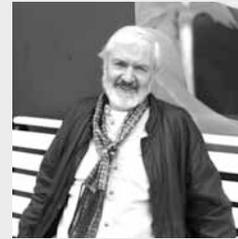
PSYCHOTHERAPY – AN INDEPENDENT PROFESSION

What in fact is the origin and underlying motive behind much of the regulation in the area of Psychotherapy? Serge Ginger, registrar of the **European Association for Psychotherapy**, in the June 2010 **Newsletter of the Irish Council for Psychotherapy**, traces the genesis of the EAP to the struggle for autonomy within the competing areas of Philosophy, Medicine and Psychiatry. Just as in France in the 1960's Psychiatry separated from Neurology to create a place for non-organic mental disorders, so, Ginger points out, in the 1990's Psychotherapy distinguished itself from Psychology and Psychiatry. It did this through the "**Strasbourg Declaration**".

This Declaration – the foundation document and 'cornerstone' of the European Association for Psychotherapy, -

While not wishing to be alarmist, or to renege on the progress made in the public arena in heightening the profile of Psychotherapy as a profession, or in offering safeguards to protect the unwary from maverick therapists, I think it is germane to ask what price has been paid.

Bill Callanan, M. Phil., ECP, Analytical Psychotherapist, in private practice in Dublin is a founder member and former Chair of the Irish Analytical Psychology Association. He has lectured widely on Carl Jung, including teaching at TCD, and the Dublin Business School, as well as being a visiting lecturer at All Hallows College, the Milltown Institute over many years. Currently he is a lecturer on the *Jung and Art Therapy* module offered by the Tipperary Institute.



contains five short points which are worth repeating verbatim:

1. Psychotherapy is an independent scientific discipline, the practice of which represents an independent and free profession.
2. Training in psychotherapy takes place at an advanced, qualified and scientific level.
3. The multiplicity of psychotherapeutic methods is assured and guaranteed.
4. A full psychotherapeutic training covers theory, self-experience, and practice under supervision. Adequate knowledge of various psychotherapeutic processes is acquired.
5. Access to training is through various preliminary qualifications, in particular in human and social sciences.

And that's it! As a charter it's hardly what we could call a 'Hippocratic Oath' for Psychotherapists! The issue of the well-being of the client seems conspicuous by its absence. Does a careful reading of this manifesto convey the impression that its underlying motive is that of promoting the therapeutic good of the client, or are the interests being defended here part of a 'turf war' designed to safeguard the professional interests and prestige of the respective professional cadres involved? (Lest I be misunderstood, let me state that I have no problem with the goal of promoting one's professional self-interest. I would suggest, however, that it is less than honest of us to pass this off as motivated by interest in the welfare of the client.)

WHITHER THERAPY?

These reflections have a practical application. If we go along willy-nilly with these reforms while neglecting to reform the deeper issues involved in therapeutic work, can we say the client's best interests are being served? The direction in which increased regulation is taking us prompts me to ask several questions regarding our calling as therapists: What, in essence, do we, as a profession, stand for? What are the essential features that identify us as a group? To what concept or guiding principle do we owe allegiance? The word **Therapeut** comes from the Greek notion of 'one who dedicates their life to the service of a Temple cult'. In whose 'cult', or in the name of what values, do we discharge our therapeutic task? To whom or what are we 'bound'? Put in a 'mythic' way the above questions might be posed as: "What Gods do **we** serve?" To which Gods are we ultimately paying our dues?

While not wishing to be alarmist, or to renege on the progress made in the public arena in heightening the profile of Psychotherapy as a profession, or in offering safeguards to protect the unwary from maverick therapists, I think it is germane to ask what price has been paid. Are we therapists in the process of painting ourselves into a corner, likely to wake up one day to find we are part of something we no longer feel expresses our deeper allegiance? My sense is that there is a real danger of Psychotherapy polarising into two camps, let's call them 'technicians' and 'intuitives', who have little understanding of each others viewpoint. What will happen to us if, down the road, we find intangibles such as Intuition are no

longer valued? What are the consequences of a generation of therapists coming along who have not experienced the freedom to develop their intuitive faculty with clients, or who find little reference to it in their training? It is a passion that is caught rather than taught, and needs to be kept alive by being esteemed by those who value it in practice. If no mechanism exists to evaluate or develop the Intuitive dimension of the work, will the next generation of therapists grow up to think of it as merely an uncomfortable relic of the discredited "seat-of-the-pants" form of therapy associated with a pre-scientific past?

My concern is with the way in which some of the core values such as the role of Intuition, the function of Transference, or growing confidence in one's inner authority, can so easily get sidelined in the rush to comply with other, more empirically based, approaches. The day may already be upon us when any one hoping to fulfil their CPD requirements will be unwilling to take part in any training, or attend any course, which is not fitted out with the requisite CPD points. While this may not seem a limitation, I know from personal experience that criteria for approving such courses have their own built in value system, and that there is a strong empirical bias in the kind of courses that qualify for credit rating. The aspects of therapy at risk of falling by the wayside are not mere accidental ones, but form some of the distinctive core values of our field.

Making Meaning of Meaning Making

'In the infant brain, synapses-or connections- are being formed at the rate of one million per second. These connections are made based on the experience the infant is having at that moment.'

(George Hosking, *The Irish Times*, Sat 8th Oct, 2011)

Anne McCormack

Our earliest experiences matter and impact on brain development. Research points to this, thus highlighting for me the importance of attachment and the fact that we live in a relational world. How we are related to from a very early age can have a profound effect on what and who we become. This for me is the truth. And now for another truth I hold dear: all truth is tentative and open to question.

Having this opportunity to give voice to some ideas and thoughts about my experiences in Systemic Psychotherapy, it is this that I wish to focus on. How do I work with knowledge (such as knowledge about Attachment theory) that I believe to be true while also believing that all truth is tentative? How do I use what I know to be true while holding the notion of it being subject to question? There is something about Social Constructionist thinking that has resonated with me for some time, so to begin I will write some words about Social Constructionism as I believe it to be the theoretical stand-point which forms the basis for how I view the world. I will then go on to look at some other ideas that inform my practice and in relation to how these theoretical ideas blend together for me, I will end by reflecting on reflexivity. For me, being reflexive is the essence of being systemic. It is what gives me a structure to do my work as well as providing me with a perspective on how meaning can be made.

Social Constructionist Thought
One of the central tenets of Social

Constructionism is that there is no objective truth and therefore, a critical stance is taken towards all taken-for-granted knowledge. This includes knowledge about myself, knowledge about the families I work with and indeed knowledge about the world at large. Goldenberg asserts that people together construct their realities in an interactive process in society. Doherty goes on to state that 'no social theory can make claims to validity outside of a particular historical context and value system' (Doherty, 1991:40). How we understand the world therefore, depends on our notions about issues such as gender,

Narrative therapy ideas are part of the 'expert' or 'theoretical' knowledge that I feel has influenced my practice.

race, sexuality, ethnicity, wellness which are in turn dependent to some extent on where one lives in the world.

In my 'inner talk', I often have a dialogue with myself about the importance of taking a tentative stance towards all truths. At the same time, I really value and can see the usefulness of research and validated observations, 'truths' such as that articulated by Bowlby in the 1970's when

he claimed that an infant who is very much loved experiences the world as a loving place and becomes confident that everyone else will find them lovable too. These two ideas, the idea of being tentative towards truth and holding truths, sit together in my mind and seem to dialogue with each other. While I hold the truth dear and feel it impact not only on my work but on how I am more generally in life, I am also reminded of Gergen's assertion that while a lot of empirical research concerns itself with cause and effect, 'causes and effects are not located in nature but are read into observations' (Gergen, 2001:91). Reflecting then on the possible influence of the researchers, positioning on the research or understanding that the researcher can impact on results, depending on their culture and orientation; this is part of what makes me aware of how what I believe and hold to be true may impact on what truth emerges. I am involved in the co-construction of the truth. It emerges through language, between people, between the clients and me. Gergen believed that to reflect on one's own context, one's own pre-conceived ideas about how things are, was an important aspect to consider and it was part of what it was to be reflexive. By being reflexive, he believed that it is possible to at least acknowledge the influence of one's own actions and the way in which these actions contribute to the cultural presumptions that go into what emerges in terms of outcomes. To be mindful of



Anne McCormack is a Systemic Psychotherapist who has recently worked in the area of Child and Adolescent Mental Health with the Mater and also in private practice. She enjoys the challenge of holding differing perspectives and feels privileged to be involved in this area of work.)

one's own ideas, beliefs and prejudices is to acknowledge that they are in some way a part of what might emerge, in the dialogue, in the constructed truth; in the making of meaning. I will reflect further on what this reflexive process has meant for me but first I will say some words about 'expertise' and 'narratives' as I have also been influenced by the theoretical concepts of narrative therapy.

Ideas on 'Expertise'

According to Anderson and Goolishian, it is important to see the client as the expert of their own life. But to see the client as expert is not to dismiss my own knowledge or ideas, or to disregard hypothesis I may warrant as useful. Even though I may view my expert knowledge as tentative or only one aspect of what may influence the story emerging, it is valid to acknowledge its presence in the mix. Seeing the client as expert about their life for me gives a context for hearing words being expressed by the client, the words being spoken. Attending to and being attentive to the client's story, this is a way of focusing in on the 'local conversation' (McNamee et al,2004:71).

Narrative therapy ideas are part of the 'expert' or 'theoretical' knowledge that I feel has influenced my practice. For example, in relation to working with clients who have experienced trauma, Michael White sees one of the primary considerations for the therapist to be about restoring the client's 'sense of themselves'

(Denborough:2006,27).

So while hearing the client speak as an expert on their life, I also hold the idea that the trauma may have resulted in the person experiencing a diminishing of their sense of themselves. This idea creates an agenda in some way for me; perhaps one that involves considering how to make it possible for this person's sense of self to be restored. One way that this can begin to happen is by doubly listening and seeking two stories; as well as providing a context for the client to give voice to how they experienced the trauma and what they may wish to voice about that, it is

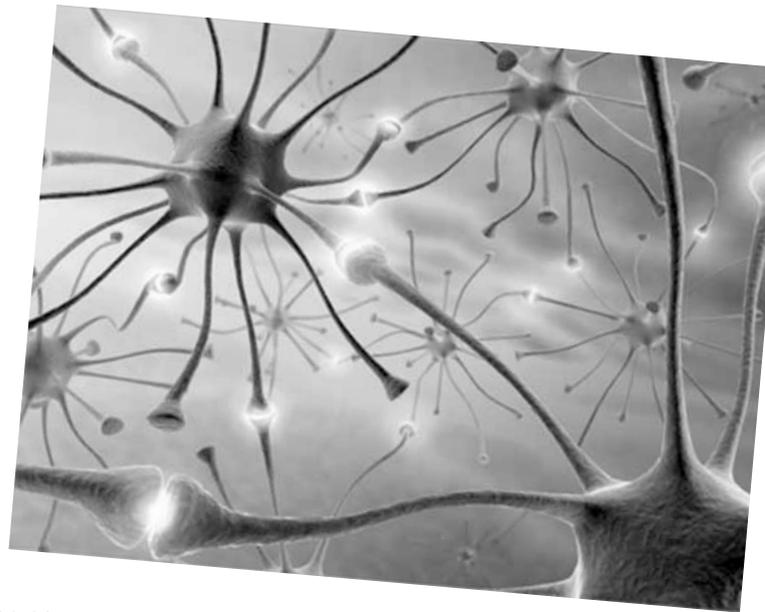
become known and profoundly acknowledged'(Ibid;2006,29).

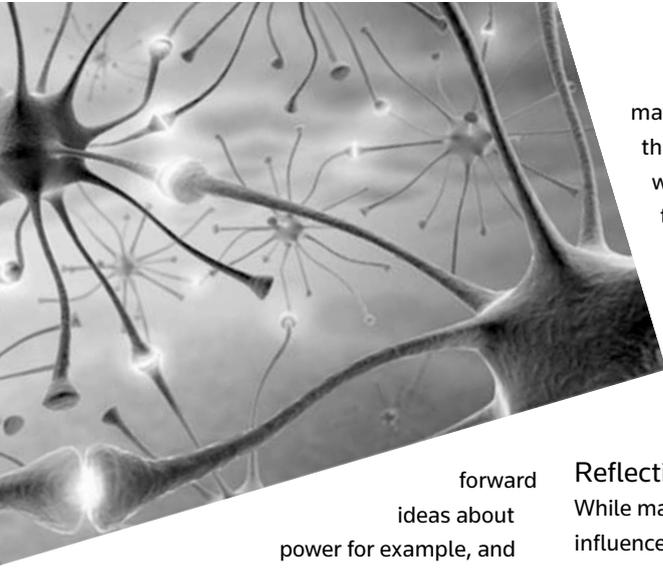
The idea that people organize their lives through stories is another idea that I feel gives space to the possibility of multiple perspectives. If a family comes for therapy, it is possible that a number of versions of the truth emerge in the first session. How the truth happens to form for people can be

The idea that people organize their lives through stories is another idea that I feel gives space to the possibility of multiple perspectives.

also important to listen carefully for signs of what might hint towards the person's response to the trauma. By listening for this story too, light can be shed on what the client holds precious. How people respond to trauma is related to efforts to hold onto and preserve what is precious in their life. According to Michael White, 'therapy can become a context in which these steps, and the knowledge and skill they represent, can

about having a sense of coherence about how things are, how things have been. If this storying is a successful process, it can give a person a sense of meaning and a sense of continuity but sometimes the stories are influenced by a dominant discourse. Ideas I have about how dominant discourses come into being can be part of what I sometimes bring as part of my story or my ideas. By tentatively putting





maybe how they want to feel, how they want to live, how they want the world to view them, how they wish to relate to each other. There are so many possibilities for what may emerge: a dialogue of co-creation, opportunities to establish new meaning and live in new ways.

attachments are formed, how problems may sometimes be 'maintained', how family events may be 'storied'. As well as bringing these ideas that are informed to some extent by theory, I also bring what I know from my experiences of life. I am aware of the possibility that what I bring, even if I do not bring it to the 'outer' conversation, can have an influence and an impact on what emerges through the work. Being constantly vigilant in attending to my inner conversation is something that I feel is part of the work I need to do. The process of reflexivity provides a structure for me to do this.

Some Final Words

I feel and have felt many times in the room with clients that the experiences of a life can be richer than discourse. Narrative structures can be great as a way of organizing and giving meaning to experiences but there are always feelings and lived experiences that are not fully encompassed by words. Sometimes silence can be part of a very profound change or experience. As our esteemed poet president Michael D expressed,

'And if there is a healing,
It is in the depth of a silence'
(Michael D Higgins, *When My Time Will Come*)

Another voice, another view, another truth;
held tentatively in the making of meaning.

forward ideas about power for example, and how people in positions of power may influence what becomes known as the 'truth', this is part of my inner conversation that influences in some way what meaning or story is created. Reflecting on the lived reality of clients with a psychiatric diagnosis, it is interesting to note that Foucault, a French intellectual who studied the various ways that people in the Western world have been categorized as 'normal' or 'abnormal', argued that there is an inseparable link between knowledge and power. Michael White, following on from Foucault, proported that we all tend to internalize the 'dominant narratives' of our

Reflecting on Reflexivity

While many different aspects of theory have influenced what I bring to my work, I feel that the process of reflexivity is a central part for me of engaging in systemic work. Being reflexive is not only to acknowledge but to actively engage in examining how my culture, ideas, gender, history, theoretical orientation, context, impacts on what emerges in the therapy sessions. It is a process that happens both in the therapy room and outside. For me, reflexivity is a core part of co-constructing narratives. This is because the discourses we choose to engage in depends not only on what the client brings to therapy but also on what the therapist brings in terms of ideas about gender, culture, life experiences,

If systemic therapists share responsibility for what is brought to the conversation, some of what I bring is my ideas about families, how they are structured, how attachments are formed, how problems may sometimes be 'maintained', how family events may be 'storied'.

culture, easily believing that they speak the truth of our identities. White believes that often people come to therapy when dominant narratives are keeping them from living out their preferred narratives. Reflecting then on how this theoretical idea may be influencing me, I am aware by the meaning it holds for me. I am also struck by an awareness of my bringing to conversations I have had with people who have had psychiatric diagnosis, questions about how the diagnosis influences their life, how they see it in relation to how they see themselves, whether they feel it constrains or empowers them, what they think the diagnosis may be for. The idea of people not living the stories they want to live, people coming with stories about their lives and having a different idea about how they want things to be;

family, theoretical orientation. Cecchin pointed out that it is impossible not to hold a position and it is the 'reflexive loop' between taking a position on something and immediately thereafter putting this position in a larger context that creates the 'becoming' and not the 'being' of a therapist (Burr,2004:93).This reflexive loop creates conditions for the therapist to share responsibility for the context that emerges in the therapy, a context that has a major impact on what and how the talk happens. So the dialogue is co-constructed. Space is made for many voices and many views, no one view having power to be absolute truth.

If systemic therapists share responsibility for what is brought to the conversation, some of what I bring is my ideas about families, how they are structured, how

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European Family Therapy Association EFTA Conference Paris 2010.

EFTA is the organising body for family therapy in Europe and has three constituent chambers. National Family Therapy Organisations, (NFTO), Training Institutes chamber (TIC) and Chamber of Individuals members (CIM) The EFTA conference takes place every three years.

Our travel date to attend the conference coincided with a national strike in France causing some disturbance to the travel plans of the two thousand delegates that were due to attend.

I have been one of the Irish delegates to the NFTO chamber for the last 4 years, but this was my first large family therapy conference. The constraints of family life work and study having taken centre stage for some years. I was attending the conference with three different roles as an attendee, presenter, and election candidate.

Conference organisation and structure:

International conferences by their nature have certain tensions and the conference in Paris had several. The choice in Paris was to have a large attendance to cover the costs of holding it. The conference centre the Palais des Congres is one of the older conference venues and contributed the structural and organisational difficulties that were apparent from the second day. The first day was given to the large Plenary sessions that packed the grand Amphitheatre. Speakers included Axel Kahn, Gisele Halimi, Boris Cyrulnik and Bernrd Prieur. The conference languages were French and English with most of the plenary sessions in French with wireless translators. Some translation difficulties within these sessions made listening to the translators increasing exasperation with philosophical and ethical concepts entertaining. Axel Kahn's plenary on sexual and genetic ethics was riveting but led to some on the spot editing by the translators. On the remaining two days there were three different congress sites. When you add to this a packed and confusing conference booklet, and three different types of presentations:
(40 Symposiums@ 1 hour 45 minutes;
114 Workshops @ 45 minutes;
80 Brief communications @ 10 minutes),

it was practically impossible to move from one location to another with ease and in the time required. One of my Belgian colleagues with mobility issues picked one venue each day to stay in. With the conference being so tightly scheduled, any overrun or technical difficulties had the next presenter and their audience waiting at the door to get in.

Conference content:

I was hoping to see some inspiring and interesting workshops; put faces and voices to some of the teachers and theorists that I had been reading for years, and hear some of the current research that colleagues in different countries had been conducting. Scheduling clashes became an issue here with some high profile presenters on at the same times. That said there were some truly inspiring and thought provoking workshops and symposia. Of note John Shotter and Jaakko Seikkula on creating dialogical space in family therapy; Carmel Flaskas on threes, triangles and thirdness; Maurizio Andolfi on traumatic loss and family resilience; and some excellent

dependent children and multigenerational households. This was as part of the NFTO symposium on social change and its impact on family therapy practice. We had spent two years preparing for this, working by email and at our yearly chamber meetings. My collaborators were from England, Hungary Norway, Poland and Switzerland. While I learned a lot from researching, writing, and preparing for the symposia, I have to acknowledge that presenting in workshops and training groups does not really prepare you for a two thousand seat Amphitheatre with a 30 foot high screen.

The final task of the conference is the EFTA annual general meeting and elections to the three chamber boards. These three boards then form the general board of EFTA for the next three years up to the next conference in Istanbul 2013. Ireland had two candidates, Phillip Kearney for the TIC chamber and myself for the NFTO chamber. We were both successful and this is the first time that Ireland has two EFTA board members. A

With the conference being so tightly scheduled any overrun or technical difficulties had the next presenter and their audience waiting at the door to get in.

research based workshops on change in family therapy from France Finland and Norway. From Ireland Alan Carr presented a workshop entitled: Family Therapy? It really works, in which he outlined the bedrock of evidence for family therapy drawing from meta analysis, systematic literature reviews and controlled trials. Professor Carr was also honoured with an EFTA award for his contribution to family therapy research.

I was also presenting a paper on the boomerang generation, working with adult

successful conclusion to an eventful and busy weekend in Paris.

Monica Whyte is currently one of the members of the scientific committee for the Istanbul conference FTAI

When the Dust Settles: A Conference Report

Aggression: From Fantasy to Action

Belfast Hilton, Thursday 6th and Friday 7th May 2010

Shortened version of David Smith's report as Secretary, NI Institute of Health.

The conference was hosted by the NHS Centre for Psychotherapy in Belfast and the NI Division of the Royal College of Psychiatrists, in collaboration with the British Psychoanalytical Society, the NI Institute of Human Relations and the NI Association for the Study of Psychoanalysis.

Because of the volcanic dust cloud, several speakers had to make their presentations via audio-link from London. Despite this, the conference was well attended, with participants from as far afield as the US, Greece, Singapore and Australia.

Thursday 6th May

In his welcome, the Chief Medical Officer for Northern Ireland, Dr Michael McBride, recalled that the endorsement of talking therapy goes back at least as far as Plato – who advocated the use of 'fair words' in the curing of the soul.

Dr Philip McGarry, Chair of the NI Division of The Royal College of Psychiatrists, set out the focus of the conference in his introduction – the exploration of the vicissitudes

of aggression in relationships, with the aim of helping the clinician working with individuals who suffer emotional and psychological difficulties related to aggression.

The conference's keynote address was provided by Donald Campbell, a training analyst and former President of the British Psychoanalytical Society. In his outline of 'The Nature and Function of Aggression', particular emphasis was given to the role of shame – to which, crucially, there is always a witness, either on an internal or an external level. The pervasive influence of shame and humiliation provided a leitmotif that ran through both days. Donald Campbell illustrated

the association between the breaching of a patient's protective shame shield and his subsequent recourse to sadistic and ruthless aggression. Campbell underlined Freud's view of aggression as an instinct that is available to the ego in the pursuit of its primary function – the preservation of the self. He underlined the importance of considering the perpetrator of violence as a whole person, as well as the need to bear in mind the broader social and political factors that contribute to violent acts.

Professor Rosine Perelberg, a Fellow of the British Psychoanalytical Society, referred to the sense of confusion between aggression and violence in the psychoanalytic literature. Whilst Freud made repeated reference to violence in his writings, he did not conceptualise it in the way he did with aggression. Her paper, 'Murdered Father; Dead Father' explored the conceptual distinction between the two, a notion first set out in 'Totem and Taboo', and suggested that the 'dead father complex' is an inherent component of any analysis. She used case material to convey the vivid clinical reality of the difficulty in transforming primitive aggression into a more symbolic form, whilst highlighting the melancholia present in violence.

Dr Carinne Minne, Consultant Psychiatrist in Forensic Psychiatry, Broadmoor Hospital, stressed the importance of consistency and long-term continuity of treatment within this high security setting. She suggested that it is only in relation to a constant object that the violent offender has the potential to begin to develop a life and mind that is reliably different. The patient's capacity to introject new objects, and



“Emphasising restraint over punishment, he underlined the impact of deep humiliation and shaming on violent prisoners – pointing out that the more harshly prisoners are punished, the more violently they (re-)act, with the experience of being trapped in an increasingly paranoid environment only serving to render them more dangerous, psychotic and suicidal.”

James Gilligan
in his workshop on ‘Murder as a Symbolic Ritual Expressing an Interpretable Fantasy’

to recognise and identify affects, is central if thoughts and feelings are to be experienced and held in mind rather than acted out violently.

In her paper entitled ‘Which Violence and Whose Violence?’, Dr Anne Alvarez distinguished between three factors contributing to violent behaviour: disturbance or disorder, deficit and neglect, and deviance.

Drawing on her work with aggressive children, Dr Alvarez underlined the need to adjust therapeutic technique depending on which factor is dominant at any given point in the therapy. With the ‘deficit child’, for example, the therapist is required at times to be a lot more active, giving, playful and initiating. One must try to look beyond the evil in the child’s eye in order to find the real child behind the armour-plated veil.

Friday 7th May

Marie Zaphiriou Woods, senior child analyst at the Anna Freud Centre, and Marianne Parsons, former Head of Clinical Training at the Anna Freud Centre, presented a joint workshop illustrated from their respective work with a young child and an adolescent. Marie Zaphiriou Woods set out the normative development of aggression in childhood and then illustrated the highly damaging impact of negative maternal projections on the patient. She reflected upon a tendency within psychoanalysis to over-value interpretation and under-value play and non-verbal intervention in such cases. Marianne Parsons focussed on the ‘core complex’ as a concept pertinent to the understanding of untransformed

aggression. She described the way in which core complex anxieties come to the fore in adolescence in a way that can threaten madness when the adolescent is overwhelmed by, and caught between, fears of engulfment on the one hand and abandonment on the other.

The radical ideas on crime and punishment set out by James Gilligan in his workshop on ‘Murder as a Symbolic Ritual Expressing an Interpretable Fantasy’ were based on his extensive experience of working with both offenders and institutions. Emphasising restraint over punishment, he underlined the impact of deep humiliation and shaming on violent prisoners – pointing out that the more harshly prisoners are punished, the more violently they (re-)act, with the experience of being trapped in an increasingly paranoid environment only serving to render them more dangerous, psychotic and suicidal. Professor Gilligan made reference to his forthcoming book setting out the links between the rates of suicide and homicide, and certain political factors.

Franco de Masi presented a workshop on ‘The Addictive Power of Destructivity’, based on a paper which was co-authored by Dr Paola Capozzi, a fellow member of the Italian Psychoanalytical Society. He distinguished between a healthier type of aggression which takes the form of a hatred that is object-related, and a much more destructive type of aggression associated with hateless crimes – seen in very dangerous individuals, and characterised by an escalation of excitement in a type of perverse, narcissistic violence that does not involve hate.

Finally, Lord John Alderdice, who presented his first paper on the theme of aggression in 1982, presented one here on the social and political aspects of aggression - fitting his recent retirement from his post as NHS Consultant Psychiatrist. This was a characteristic tour de force, drawing on his vast combined experience working in both clinical and political settings, and highlighting the damaging formative impact on Northern Ireland’s political leaders of a long-standing sense of disrespect and humiliation. His paper ended on a topical and optimistic reference to the election that morning of Naomi Long as the cross-community Alliance party’s first ever Westminster MP suggesting a symbol of a shared future for all of the people of Belfast.

A lively and stimulating plenary, at which the panel was joined via audio-link by those speakers who had been unable to attend the previous day, brought the conference to an invigorating close.

Whether it’s a matter of volcanic eruptions, the Troubles, or the aggression inherent in us all, a time comes when the dust settles and it becomes possible for some reflection, work, and even some reparation and rebuilding to take place. Conferences such as this one, going ahead against the odds, and taking place in a city rebuilt after decades of violent destruction, are vital in terms of consolidating and extending the clinical and theoretical knowledge base which underpins any such work. The proceedings of this conference are to be published by Karnac Books.

Title:

“The Knowing-How of Psychoanalysis: Clinical Conversations with Members of the World Association of Psychoanalysis”- “Lacan’s Joyce: The Sinthome”

Presenters: Pierre-Gilles Gueguen (ECF,NLS-Paris,Rennes)

Date: 14th January 2012

Time: 11am - 4pm

Venue: SVHF, Dept Psychotherapy, 193 Richmond Rd, Dublin 3

Cost: € 20

Contact: info@iclo-nls.org

Title:

Whatever Works, and Eternal Return - IAPA

Presenter: Richard Blennerhassett

Date: Friday, January 13th.

Time: 8.00pm

Venue: Arts Block, Trinity College

Cost: Members:€ 15; Non-members: € 20;

Concessions: € 10.

Contact: 087-2492625

Title:

Who am I? Can Jung’s Model of Typology Help? - IAPA

Presenter: Richard Blennerhassett

Date: Saturday, January 14th

Time: 10.00am-1.00pm

Venue: Milltown Park

Cost: Members: € 35; Non-members: € 50.

Contact: 087-2492625.

Title:

Developing Supervision Skills

Theme: Supervision training for psychoanalytic psychotherapists

Date: 14 Jan, 11 Feb, 10 Mar, 21 Apr, 12 May, 16 Jun, 22 Sep, 20 Oct, 17 Nov, 8 Dec 2012.

Time: 10.30a.m. – 4.15p.m.

Venue: Global House, 29, Lower Abbey Street, Dublin 1.

Cost: €1,200

Contact: external@bap-psychotherapy.org

Title:

Psychoanalytic Perspective on Working with Autistic, Borderline, and Hard to Reach Children IFPP-IFCAPP

Presenter: Dr. Anne Alvarez

Date: 28th January 2012

Time: 9 am - 5 pm

Venue: Pearse Hotel, 99-107 Pearse St, Dublin 2

Cost: €85 & €50 (students)

Contact: 01-2722105

Title:

The Grieving Goddess: Loss, Mourning and the Individuation Process - IAPA

Presenter: Carol Cunningham

Date: Friday, February 10th.

Time: 8.00pm

Venue: Arts Block, Trinity College

Cost: Members: €15; Non-members: € 20;

Concessions: €10.

Contact: 087-2492625

Title:

Working with Grief and Loss - IAPA

Presenter: Carol Cunningham

Date: Saturday, February 11th

Time: 10.00am-1.00pm

Venue: Milltown Park

Cost: Members: €35; Non-members:€50.

Contact: 087-2492625.

Title:

“The Knowing-How of Psychoanalysis: Clinical Conversations with Members of the World Association of Psychoanalysis”- “The Symptom as the Frame of the Analytical Experience”

Presenters: Jean-Pierre Klotz (ECF,NLS-Bordeaux) - Natalie Wulfing (NLS-London)

Date: 11th February 2011

Time: 11am-4pm

Venue: SVHF, Dept Psychotherapy, 193 Richmond Rd, Dublin 3

Cost: € 20

Contact: info@iclo-nls.org

Title:

Institute of Psychosexual Medicine: Training Seminars in Psychosexual Medicine

Presenters: Dr Caroline Hunter (seminar leader)

Date: Ongoing, new term starts in January 2012

Time: 7.30-9.30pm, alternate Monday evenings

Venue: Hillsborough, Co Down

Cost: £250 (medical) £150 (non-medical) per term of six sessions

Contact: carolinemhunter@aol.co.uk

Title:

3rd Annual IFPP Psychoanalysis & Film Festival

Theme: Screening Seductions/Framing Fantasies

Date: 3rd & 4th February 2012

Time: 3rd Feb (5.30p.m – 9.00p.m.) 4th Feb (10.00a.m. – 6.00p.m.)

Venue: Independent College, 60-63, Dawson Street, Dublin 2.

Cost: €5 per film, €20 for 2 days

Contact: cowens@connect.ie

Title:

Potential Space and the Psychoanalytic Process

Presenter: Ann Murphy

Time: 10.30am – 4.30pm

Dates: February 18, March 31, April 28, May 26, June 23rd, 2012.

Venue: The Irish Institute of Psychoanalytic Psychotherapy, 107 Lr. Baggot Street, Dublin 2.

Fee:€450

Title:

“Lacan and Literature”

Presenters: TBC

Date: 3rd March 2011

Time: TBC

Venue: TBC

Cost: TBC

Contact: info@iclo-nls.org

Title:

IFPP-IFCAPP Seminar: DW Winnicott - his life, work and clinical thinking

Presenter: Margaret Spellman

Date: 25 February 2012

Time: 10am - 1pm

Venue: Carmelite Community Centre, Aungier Street, Dublin 2

Cost: €20 to members of IFPP and IFCAPP; €25 to non-members; €10 to associate members of IFPP and IFCAPP;

€10 students/trainees
Contact: amdps@indigo.ie

Title:
Small Group Dynamics
Presenters:
Jude Bowles & Dave O'Brien
Date: 23rd & 24th March 2012
Time: Daytime
Venue: Group Analytic Practice (GAP)
29 Lower Abbey Street, Dublin 1
Cost: To be determined
Contact: David Power, Workshop
Administrator, email:
info@groupanalyticpractice.ie

Title:
IFPP Conference: The Matrixial

Presenter: Bracha Ettinger
Date: 24 March 2012
Time: to be confirmed
Venue: to be confirmed
Cost: to be confirmed
Contact: amdps@indigo.ie

Title:
IFPP-IFCAPP Seminar: Mindfulness
in Psychodynamic Psychotherapy

Presenter: Michelo Delmonte
Date: 28 April 2012
Time: 10am-1pm
Venue: Carmelite Community Centre,
Aungier Street, Dublin 2
Cost: €20 to members of IFPP and
IFCAPP; €25 to non-members; €10 to
associate members of IFPP and IFCAPP;
€10 student/trainees
Contact: amdps@indigo.ie

Title:
IFPP-IFCAPP Seminar: Working
clinically with suicidal patients

Presenter: John O'Conor
Date: 19th May 2012
Time: 10am-1pm
Venue: Carmelite Community Centre,
Aungier Street, Dublin 2
Cost: €20 to members of IFPP and
IFCAPP; €25 to non-members; €10 to
associate members of IFPP and IFCAPP;
€10 student/trainees
Contact: amdps@indigo.ie

Title:
Trapped in the Body - IAPA

Presenter: Brian Stevenson
Date: Friday, May 11th.
Time: 8.00pm
Venue: Arts Block, Trinity College
Cost: Members: €15; Non-members: €20;

Concessions: €10.
Contact: 087-2492625

Title:
Working with the Body - IAPA

Presenter: Brian Stevenson
Date: Saturday, May 12th
Time: 10.00am-1.00pm
Venue: Milltown Park
Cost: Members: €35; Non-members:€50.
Contact: 087-2492625.

Title:
ICLO Study-Day: "How do we suffer?
The Symptom in Psychoanalysis"

Presenters: Anne Lysy (ECF,NLS-Brussels) -
Various Local Presenters
Date: 12th May 2011
Time: 10am-4pm
Venue: SVHF, Dept Psychotherapy, 193
Richmond Rd, Dublin 3
Cost: € 25
Contact: info@iclo-nls.org

Title:
Advanced Small Group Consultancy

Presenters:
Jude Bowles & Dave O'Brien
Date: 14th, 15th & 16th September 2012
Time: daytime
Venue: Group Analytic Practice (GAP)
29 Lower Abbey Street, Dublin 1
Cost: to be determined
Contact: David Power, Workshop
Administrator, email: info@
groupanalyticpractice.ie

Title:
Working with and through Endings

Presenters:
Dave O'Brien
Date: 30th November & 1st December 2012
Time: daytime
Venue: Group Analytic Practice (GAP)
29 Lower Abbey Street, Dublin 1
Cost: to be determined
Contact: David Power, Workshop
Administrator, email: info@
groupanalyticpractice.ie

Eating Disorders Seminars 2012

Presenter:

Maura Russell, Psychotherapist, Trainer, Supervisor.

Day 1 Sat Jan 28th

Medical, Psychological,, Spiritual Symbolic Dimensions of Eating Disorders.

Day 2 Sat March 3rd

A holistic Approach using CBT and other modalities.

Day 3 Sat May 19th

Transference, Countertransference- Practice issues, case studies.

Venue:

Jesuit Conference Centre, Milltown Park, Sandford Rd, Dublin 6.

Cost:

€105 (1 day) €300 (3 Days)

Contact:

Blue Lotus Counselling /Psychotherapy Centre.
Tel: 01-6276155 or 086-8260537
E-mail info@bluelotuscounselling.com
www.bluelotuscounsellingcentre.com

THE IRISH ANALYTICAL PSYCHOLOGY ASSOCIATION (I.A.P.A)

Spring and Summer Programme

First IAPA Depth Psychology Weekend Conference:

"From Soma to Psyche", Carton House, Co Kildare.

A weekend of advanced study, offering an opportunity for peer engagement in both Jungian and post Jungian thought which hopefully will serve the needs of those already well-acquainted with Jungian theory.

Friday, February 10th: PUBLIC LECTURE at 8pm. TCD

'The Grieving Goddess: Loss, Mourning and the Individuation Process.'

Presenter:

Carol Cunningham is a Jungian analyst who holds an MA in music and the European Certificate in Psychotherapy. She is in private practice in Co Kildare.

Saturday 11th February: Clinical Seminar, 10am-1pm, Milltown Park

'Working with Grief and Loss'.

Presenter:

Carol Cunningham

Friday 11th May: Public Lecture, 8pm, TCD

'Trapped in the Body: Some Difficulties in working with Chronic Pain'.

Presenter:

Brian Stevenson is a Jungian analyst, a practicing psychiatrist specializing in addictive behaviour, working in a community drug team. He is involved in a joint pain and addiction clinic, and is interested in the links between body and mind, and eastern insights in this area.

Saturday 12th May: Clinical Seminar, 10am-1pm, Milltown Park

'Working with the Body': A clinical continuation of the lecture topic "Trapped in the Body".'

Presenter:

Brian Stevenson

Friday night Public Lectures:

Arts Block, TCD, Dublin 2 (open to all, €20/€10)

Saturday morning Seminars/ Workshops

(practicing psychotherapists only, €50/€35):

Jesuit Conference Centre, Milltown Park, Ranelagh, Dublin 6.