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ICP Chair's Report

Martina Vaughan, Chairperson



Introduction:

At an Executive meeting of ICP on 21st February 2012, following the resignation of Mary Lalor, I agreed to take up the position of Chair for an interim period of 6 months and was duly elected by the ICP Executive. Des Moore agreed to continue in his role as Vice-Chair and the meeting also elected Pat Galligan as Treasurer and appointed Jose Castilho to be Company Secretary. New representatives from IAHIP (Coleen Jones and Anne Colgan) and from FTAI (Valerie O'Brien and Peter Mc Cartan) have also been appointed by their sections and they are due to take up their positions in May. The newly elected officers, together with the other members of the Executive and its various sub-committees, will seek to progress the work of the organisation at this time of change and opportunity. I would like to wish Mary Lalor well and to acknowledge her hard work and commitment to the organisation and on behalf of the Executive to thank her for her contribution to ICP, as FTAI representative, as Vice Chair and Chair of ICP over the past number of years. Thanks also to those representatives from the sections, Mara de Lacy and Therese Hegarty (FTAI) and Brian Howlett (IAHIP) who, albeit for a short time on the Executive, offered constructive and valued contributions to the work of ICP.

Memorandum of Understanding:

Following the signing of the Memorandum of Understanding (MoU) on the 4th July 2011, between the ICP and IAHIP negotiating teams and the signing off of these principles by the Executive, on the 14th October 2011, ICP established a Working Party to progress the principles enshrined in the MoU. It was understood that the manner in which these principles be given concrete effect would require wider discussion with member sections and registrants. To put this process of discussion and dialogue in motion, it was agreed that a joint 'Working Party' would be formed and made up of members from each section. The remit of the Working Party is to draw up an Agreed Proposal in accordance with the principles and actions agreed to in the MoU on the future structure, governance, communications and strategic direction of ICP and to bring this proposal to all member sections for approval. To date

the Working Party has held a number of meetings to progress the implementation of the principles enshrined in the MoU and to work towards an Agreed Proposal. All sections were represented at these meetings, with the exception of FTAI. Dialogue is continuing with FTAI in an endeavour to reach agreement on outstanding issues raised by the section.

Strategy Day:

As outlined in the Chair's report to the last Newsletter, a Strategy Planning Day was facilitated for ICP by Dr. Brigid Milner, HR Consulting, on 10th September 2011. All sections were represented at this strategy day by delegates from their organisations. The scope of the day was wide ranging and some of the areas focused on were the current and future needs of ICP, current mission, vision for ICP, organisational values, identifying resources. The key question was how best can ICP adopt a strategy for the future which best serves its customers (psychotherapists through their modalities and the modalities themselves), and the wider cause of psychotherapy as an independent profession. Dr. Milner's Report is now available to all section Executives and will be discussed by the ICP Executive at a date to be agreed. The Report contains some very interesting ideas in relation to the future of ICP and provides a valuable resource for future planning and strategic development. It is also hoped that the Working Party will refer to it as it begins to develop the Agreed Proposal.

Information Technology and Corporate Governance:

Our new administrator, Anne O'Brien, appointed to ICP in January 2012 brings significant experience and competence in business and administration as well as being a psychotherapist and a member of IAHIP. One of her first tasks was to support the Conference Committee in January and despite being very new to the organisation and to the affairs of ICP, she has settled seamlessly into her new role. Anne is currently prioritising the updating of the ICP Register and requests that anyone whose details have changed or who is not listed on the current Register can contact her at admin@psychotherapy-ireland.com.

Thanks largely to the initiative and skill of Vice-Chair, Des Moore, the website continues to be updated. A website development proposal is to be presented to the ICP Executive before the summer recess. A process of consultation has commenced to discuss how best the integrity of the ICP Register can be managed and how best to align section website content with that of ICP. A cloud computing storage facility is now operational for ICP which will enable enhanced data security and data access from remote locations. Des has also continued to review and suggest amendments to By-Laws of ICP in an effort to ensure greater clarity and consistency in ICP procedures.

2ND Annual ICP Conference: Creative Horizons in Contemporary Practice.

It was a significant honour for ICP and a source of great excitement when it was announced that the newly elected President of Ireland had agreed to open the 2nd Annual Conference held at Dublin Castle on 26th and 27th January 2012. In his opening address to the conference, President Higgins commended the work of the ICP and its section organisations in promoting and maintaining the highest standards of training and professional conduct in the profession of psychotherapy. In his advocacy of a key role for a psychotherapy service to the public at this critical time and in acknowledging the huge need for such a service, those of us in attendance were left feeling honoured and recognised in our profession and also challenged to put aside our differences and to work together for the good of society and the public that we serve. The full text of the President's address is available on the ICP website at www.psychotherapy-ireland.com.

A wide variety of very interesting presentations and workshops were delivered throughout the two days

of the conference with many experts from home and abroad, together with delegates, participating in a cross fertilisation of ideas and debate in the field of psychotherapy. It was a time for celebration also with former Chairs of ICP marking the 21st Year of its existence. A booklet entitled 'The First 21 Years 1990-2011' was launched on the day to mark the occasion of the 21st anniversary of the organisation. The booklet chronicles the beginnings and evolution of ICP since its inception in 1990 and is available through the ICP office. (Copy also available through the website).

Mr. Dan Neville TD also addressed the Conference and assured us of his continuing campaign at the highest political level in advocating better services for mental health and in his promotion of statutory regulation for counselling and psychotherapy.

Our congratulations and thanks go Maria McCarron and to all the members of the Conference Sub-Committee for their trojan work in organising such a successful conference and to the speakers and delegates for making the event such a stimulating and memorable experience.

Chairs Day:

The annual Chairs Day was held on November 4th 2011 and attended by Chairs and Vice-Chairs from all the sections. The business of the day was concerned with re-defining the terms of reference and the purpose of the Chairs Day and in clarifying its relationship to the Governance of ICP. There was frank and open airing of issues of concern coming from the sections in relation to the rationale for the Chairs Day. Issues such as attendance, frequency of meetings, formation of agendas and facilitation of the meetings were discussed and a new set of procedures for hosting the day were agreed. In an open forum at end of the meeting, areas such as CPD, Training and Supervision were raised, with sections bringing to the table particular concerns in relation to aspects of these changing arenas. While it was held that change is necessary and desirable as psychotherapy moves towards more regulation, many section attendees also stressed the need for reasonable autonomy and flexibility in how they embrace the changes into the particular ethos of their modalities.

European and World Conferences:

The 18th EAP Congress takes place from the 4th to 7th July 2012 in Valencia, Spain and the theme is 'Psychotherapy- Promoting (Mental) Health in Europe'. Further

information available on www.europsyche.org. Earlier this year the WCP World Regional Congress of Psychotherapy took place in Marrakech on March 29th,30th, 31st 2012 with the theme at Marrakech being 'Psychotherapy, Neurosciences and Culture'.

Psychological Therapies Forum:

The Psychological Therapies Forum (PTF) continues to meet at regular intervals and there have been a number of meetings over the last year. The focus of these meetings has been to continue a process of debate and dialogue on questions such as the right to representation at the Forum, voting procedures and agreement on a Minimalist Structure for Governance of the Forum. A survey in relation to standards obtaining for training and accreditation in counselling and psychotherapy by current members of the Forum was recently completed and a panel of training experts have been holding a series of meetings with HETAC to consider competencies and other issues around standards for training in counselling and psychotherapy. A Report from this expert group is due to be published shortly by HETAC and there will be an opportunity created by the Forum for review and comment on the document as soon as it is published. It would seem important that once published the sections would then review the HETAC document in relation to psychotherapy.

ICP-UKCP Cross Border Registration Agreement:

At an EAP meeting in Vienna on 18th February 2012, Thomas Warnecke, Vice-Chair UKCP and Mary Lalor, then Chair of ICP, agreed and signed a Cross Border Registration Agreement. As National Accrediting member organisations (NAO) of the European Association for Psychotherapy (EAP), both UKCP and ICP maintain comparable Standards of Education and Training and comparable Standards of Quality Assurance. This new agreement provides for reciprocal arrangements to be put in place that will allow mutual recognition of members' accredited status in each organisation (ICP and UKCP) as equivalent to that of each professional body. Applications for cross-border registration will be made to the Registrar of the applicant's NAO in their country of residence, with annual re-applications required to renew this registration. Discussions are continuing between the two organisations around setting in place an administrative process to facilitate this new arrangement and ICP

Registrant members will be informed as soon as this process is finalised.

Child and Adolescent Psychotherapy:

A Framework Document for minimum Professional and Training standards for psychotherapists working with children and young people is in its final stages of completion. This document has been drawn up by a Working Group set up by ICP in 2009, by the then Chair, Derval Ryan. The brief of this Working Group, chaired by Dr. Brion Sweeney was to define more clearly, the professional and training standards for those working as psychotherapists with children and young people. This draft document puts forward a template for training standards in consultation with all sections (modalities) and is deliberately broad based to allow modalities to have flexibility in training, yet setting a framework for a common standard to support the work with young people. The document is set within an international context of training in Europe and in particular UKCP, where comprehensive training standards for working with children and young people have recently been developed.

Conclusion:

The above report demonstrates some of the work of the Executive of ICP, its various sub-committees and working groups. There is abundant evidence of the spirit of volunteerism, which brings forth an energy in the psychotherapy community which is emotional and intellectual and on which the ICP organisation and its sections rely for the success of the system we have created and sustained for 21 years. In this our 21st year, it is timely that we are in the process of examining and exploring the relationships between the Executive and its sections and hoping to co- create within the framework of the MoU, new federal structures and networks which will sustain us into the future. In achieving this, it will be necessary to build on the trust and co-operation which has brought us thus far. Innovativeness and vision are essential as ICP looks to a future where it will be increasingly important, to enter collaborative partnerships with stakeholders, sections and registrants and other organisations and agencies in the field of counselling and psychotherapy in the pursuit of our ultimate aim, the provision of a psychotherapy service to our communities and their people.

Transitional/Transitive

Ann Murphy is a practicing psychoanalytic psychotherapist, and lecturer in psychoanalysis at Trinity College Dublin. She recently completed an MA in Visual Arts at Dun Laoghaire Institute of Art, Design and Technology.



The work takes as its point of departure the notion of the transitional object. In his influential paper *Transitional Objects and Transitional Phenomena*, (1951) Donald Winnicott, the British pediatrician and psychoanalyst, coined the term 'transitional object' to designate the child's first 'non-me' possession. It occupies the intermediate space between the internal psychic world (subjectivity) and external reality - between subject and object.

The transitional object is both subjective and objective; it cannot be chosen for, or imposed on the child. By choosing it from the available objects in the environment, the child effectively creates it. Existing in what Winnicott terms 'Potential Space', a space characterized by paradox and play, the transitional object provides a bridge between the inner and outer worlds, between unity and separateness, between what is created and what is found. The transitional object needs to survive the love and hate, the creativity and destructiveness, of the child.

As befits the territory of pre-linguistic, embodied experience under examination, materials are selected for their intuitive appeal as texture, alongside their transitional, or in-between qualities. Materials such as interfacing, inter-lining, wadding and fusible gossamer both join things together and separate them, they are both inside and outside, container and contained. Some of the materials are raw and unprocessed, and their achromatic quality and fragility can allow them to be subtle and suggestive, to hint that they are hovering between emerging and fading, like the Cheshire cat's grin.

The discovery of Yuichiro Kojiro's text, *Forms in Japan*, 1963/trans. 1965, with its classification of form through categories of verbs, offered the artist a fresh way of thinking about form, and using these categories as a parameter in the making process introduced an element of playful improvisation. Concerned with transition, transformation, and process, the work is not fixed, its flexibility and mobility allow for change, transformation and reinterpretation. It can never be installed in precisely the same way twice.

Exhibition took place at Dublin Castle, 26&27 January 2012

"The transitional object is both subjective and objective; it cannot be chosen for, or imposed on the child"

mental health reform

Report on the outcome of attending the 'Stakeholders' meetings of M.H.R. Katie Woollett.

Background.

M.H.R, established in 2006, is a lobby group promoting the improvement of our mental health services and the implementation of 'A Vision for Change'. Its core members are: Shine, Amnesty International Ireland, Grow, Bodywhys and the Irish Advocacy Network. It has more than 30 endorsing organisations.

Objectives of M.H.R.

An implementation plan for 'A Vision for Change'.

- Accountable leadership in the H.S.E.
- Protect mental health funding and staff resources.
- Promote cross-departmental action on mental health.
- Enact legislation to drive reform.

Developing a manifesto. 2011

In order to draw up a manifesto, M.H.R set up a number of consultation meetings. They held **Public Meetings** and **Focus Groups**, they talked to an **International Panel**, they held **one-to-one interviews** and meetings with a **Stakeholders Advisory Group**. I represented ICP on the Stakeholders group. This group included representatives from the following organisations:

P.S.I ; Irish Assoc of Psychologists in Mental Health: National Service Users Executive; Irish Assoc of Supported Employment; Irish Assoc of Creative Arts Therapists; Irish Assoc of Social Workers; Assoc of Occupational Therapists in Irl; Irish Advocacy Network; I.A.C.P; College of psychiatry of Irl and the Psychiatric Nurses Assoc.

As well as attending the Stakeholders meetings, I had a separate meeting with Orla Barry, director of M.H.R. At the meeting we discussed ways of collaborating, and how both I.C.P and

M.L.R. might promote psychotherapy within the H.S.E. and outside it, to ensure equal access to "talking therapies" as advocated in "A Vision for Change" and requested by service users.

I gave M.H.R. a copy of the Alan Carr document. (I also gave one to the Rep from the college of psychiatry, who said they were currently drawing up plans/ recommendations for counselling and psychotherapy). Orla also drew my attention to "Revised Proposals for the Implementation of the Programme for Government Objectives for Mental Health - €35m.

Having attended a number of meetings of the Stakeholders group, I made the following recommendations to the ICP executive:

- Join M.H.R. as an affiliate body. Cost €108.
- Set up a meeting urgently with Martin Rogan. Assistant National Director of Mental Health to put forward some of the following ideas/ proposals:
 - Ensure that psychotherapists are represented on C.M.H.T.s and Primary Care Teams.
 - Ensure that Mr. Rogan understands the training standards of members of ICP and refer to the Alan Carr doc.
 - Put forward proposals to ensure that psychotherapists can/will be employed within developing mental health service as outlined in "Vision

for Change" and "Government Objectives for Mental Health".

- Propose ways in which psychotherapists working privately in the community could be utilised to support the progress of mental health service reform.
- Request that ICP be represented on any HSE committee set up to implement the Programme for Government Objectives for Mental Health
- Meet Orla Barry again to explore ways in which ICP and M.H.R. might collaborate to further our joint aims of ensuring that people with mental health difficulties have access to psychotherapy.

I have agreed to remain the Liaison Officer with M.H.R. If any ICP registrant would be interesting in joining a small group to work on a submission to Martin Rogan (HSE), I would be very glad to hear from them (on 086-8165722).

This concludes my report.

K. Woollett is a psychotherapist working with individuals and groups in private practice. She is a sessional therapist in Spirasi, and is a supervisors of psychotherapists and art therapists.

Interview with Maria McCarron, CBT Psychotherapist

Deirdre O'Shea met with Maria to have a conversation about her work as a psychotherapist and with ICP and her role as organizer of the recent ICP conference.

Origins of Maria's Interest in Psychotherapy

I trained as a psychiatric nurse in England. I started working as a Community Psychiatric Nurse in Ireland in 1980. I worked on the wards for three years, and was involved in setting up a psychiatric service in Kilbarrack. One of the things that was very noticeable was how many people were suffering from anxiety and how many people were housebound. In 1986 three CBT therapists came into to do a three-day workshop, which provided me with a snap shot of the skills that I needed, and that was it, it was really it, as far as I was concerned.

What grabbed you about CBT?

It was pragmatic, it was evidence based, it was about working with the person, where the person was right now. I remember having a discussion with an Indian Doctor, who believed in the psychoanalytic model, and he believed that you really needed to understand why the person got anxious. I said, well you can spend so much time trying to work out how they got anxious and, meanwhile, they are not able to manage their anxiety. "So,"

he said, "it would be like in my country, a mother presenting the child with cholera and instead of treating the child for cholera I would try to find out where the child got cholera and unfortunately by the time I come back the child was dead?". *Exactly.*

Training in CBT

My training was full time for a year, 8 months training attached to your supervisor and 4 months back in your own work place. You had to introduce the model to your service, against strong opposition in some places. It really was the most challenging training that I have experienced in my life.

What was the rewarding piece to it?

Well for me it was never feeling intimidated by any client that walked in the door because you knew your skills. I always had this sort of visual thing of a bag of tricks beside me and all I had to do was go back into it. When my back was to the wall, with a particular client who was very very stuck, I would go back into this bag of tricks and try and find *something* else that would help. The lion's share of the referrals I was

getting was people with behavioural problems and it was that stage that I developed experience working with borderlines and to this day they are my preferred clients to work with.

What is it about that client group

I think its because these are the group of people that are by and large the most traumatized. They are the ones that people

have the most negative reaction to. They bring up a lot of resistance to some extent in the services but they are by far then most distressed because in all my years in practice I have never worked with someone with that diagnosis who was not abused in some way or another.

What do you think it was about your approach that was effective with that client group? What was it that worked?

I can only tell you what they said. There has been quite a number of them over the years and the word they would use for me is anchor, what Marshall Lenehan would refer to as "radical acceptance". What they said was that no matter what they did, how they behaved you never changed, you held a particular position. The position wasn't in a condemning way, it was in an accepting way, for want of a better word. They knew that no matter how far they went out in whatever direction that they felt anchored; they would always find me there. A consultant psychiatrist who died recently used to say that one of the things that she wanted to do was to hide underneath my desk and listen to how to talk to my clients because for some reason "you can get away with saying things to them without insulting them".

When you talked about the anchor is it about the relationship or particular things about the model and approach that works?

I would have to say that the model is for me, but for the client it's the relationship. The model is my approach. I was drawn to CBT, because it works for me. I am an activist pragmatist, I do what works and get it done.

Working in St. Vincent's- sharing of ideas and approaches.

I am working here 17 years come September. This is a tertiary service so we tend to work with the complex cases, other people might refer to them as impossible cases. They



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present here with, people talk about dual diagnosis, but it is often multi-diagnosis. There are at least five or six different modalities practiced under this particular roof, from group analytic to psychoanalytic to cognitive analytic to integrative, and there's a free exchange. It helps you to see that your model is not the only one – that there is a number of different ways of looking at the same situation and this can free you up to – you don't fit yourself into this little box.

It makes the center very dynamic, and we carry about 13 to 14 trainees at any given time from different schools and they are in and out the whole time. It's a wonderful training for them. It doesn't matter which model you practice in, some do it in silence, some do it in dialogue but it is hearing the unsaid that is the most important part. You can pass on

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knowledge but you can not pass on experience. Experience has to be lived.

ICP

I started out thinking there was only one model of therapy – CBT. The person that changed my opinion was another committee member, when I joined ICP. She and I were walking down the street, and she said "really it's about different strokes for different folks." It isn't a case of one model fits all, and there are some that respond better to one model of therapy than they do to a different one, and it really *spoke* to me.

It sold me to the idea and principle of ICP and from that day I became almost like

a disciple of ICP. There's a need for all models of psychotherapy and its important that we respect *all* of them and not think that one is superior to another.

What were the main highlights and benefits of being on the ICP executive?

There's been many different things and stages. The highlight for me had to be the first national conference. It was an amazing experience. During the conference people specifically went to different modalities just to experience them, and they would come out and would be fascinated. This is what I discovered that day walking down the street - the benefits of that cross-fertilization. Brian Keenan provided a key note address at the very end of the day. Everybody was enthralled by what he was saying.

What we wanted to talk about at that time was healing the hurt – there was a lot of hurt around at that stage. So I had always made a commitment that I'd run another conference and that's how this one came about.

It was really important that it had to be special. I think our president Michael D Higgins certainly did that. When I was on the podium, I found myself getting quite emotional. He specifically sent me a thank you card afterwards, which is a total honour. I met a delegate outside and there were tears in her eyes and she said "oh that was full of heart, my heart is full" and I thought this is just phenomenal. Based on the feedback we got from many

delegates they just thought the whole thing was very positive.

I think ICP will go forward, whether it goes forward with the same structures is anyone's guess, but there will be changes. There are a lot of new faces on the Executive and I think that can only benefit ICP because it may take ICP down a different road than it was on and maybe that's important, but I definitely would not like to see ICP disappearing.

Future plans

What I have decided to do is to focus on our own particular section. I am not going to disappear as that would be a very difficult thing to do. I felt that I put my energy into ICP and now I feel its time I put my energy into CBT. I can't see myself disappearing.

One of the things I have thought about doing is spending more time in training, one of the things I am planning for later this year is "Managing the Borderline Patient" because people don't understand them. They back off because they are scared and there is no reason to be scared. It reminds me of way back - the only time when I'd feel anxious around clients is when I feel that I don't have the skills to deal with it. The service here is organizing a conference at the moment titled "The Myth of Madness" looking at psychosis from 3 different perspectives – from CBT, psychoanalytic and family therapy perspectives.

Deidre O'Shea is a systemic psychotherapist working in private practice with children adolescents, adults and families. She previously worked in the area of sexual abuse for 15 years.

The Internet and psychotherapy

by Dermod Moore MIAHIP

In less than a generation, our world has changed dramatically, thanks to the Internet. From the obvious change to the way we do business, run economies and elections and educate each other, to how we entertain and socialize with each other, the transformation has been remarkably swift. As part of this revolution, that which was once our collective Unconscious has been made manifest. Our shadow is now google-able.

It is a Pandora's box, the Internet-connected computer. Hope, as ever, springs eternal. But it seems to me that we need to let the implications of the technological advances sink in, especially especially when it concerns human relationships, before we can begin to build up the necessary safeguards to protect ourselves from its worst effects, and to use it wisely. It is not enough to assume that we will all adapt in time and make the best of it. There is a widespread cultural appreciation of technological innovation and an unquestioned assumption that just because we can do it, we should do it. The eternal Apollonian march of progress: advancement for the sake of it.

I am not advocating a Luddite position. "Evolution is a reasonable bet" as Assagioli said; we will muddle through and integrate this new way of interacting. No doubt, in a hundred years time, there will be other undreamt-of challenges that will make our current cultural adaptation seem minor in comparison. But I expect future societal changes will have the same salient feature as this, the first one

the ones teaching their parents how to send emails, text, go online, to tweet, to connect to each other in cyberspace.

In previous times, the relational wisdom of elders would always be unquestioned. In times past, parents may have worried about children spending too much time on the phone, or watching too much television, but it was the older generation who governed its use and taught the younger generation how to use those contraptions. Now the tables have turned. But it is not as simple as a language, or the ability to read or write or do complex mathematics; it is a completely new way of relating.

When relational skills are being taught to us by the young, I worry.

We Live in Public, the award-winning 2009 documentary film, focuses on a decade in the life of one of the early successful pioneers of Internet culture, Josh Harris. He was a seer, a visionary of sorts, and experimented on himself and others in the nineties on the Internet, subjecting participants to the Big-

"Harris proved how, in the not-so-distant future of life online, we will willingly trade our privacy for the connection and recognition we all deeply desire."

In conversation with the director, after viewing the film, she echoed my belief that Harris has Asperger's Syndrome. It makes perfect sense that the culture of the Internet was shaped by pioneers such as Harris. Although the diagnosis of Asperger's is a contentious one, I am mainly focussing on the aspects of the recognized syndrome that are relational: a lack of demonstrated empathy and emotional reciprocity, a poor grasp of the kind of communication that is non-verbal, such as body language, eye contact, facial expression, combined with a strong need to control the environment. In my early days on the Internet, in IRC chatrooms, I was surprised at how many people I chatted to identified as having Asperger's. They were perfectly at home there. And many of them made a living as computer programmers.

The empathic failure that is at the heart, or "motherboard", of this culture is, I believe, a function of the type of brain that created the Internet - for the main part, adolescent males. We cannot, I suggest, eat from the fruit of the tree without recognizing the kind of tree that bore it.

When relational skills are being taught to us by the young, I worry.

of its kind: the expertise will emanate from the young, and be taught to the older generation.

For the first time, teenagers generally know more about a technological advancement than their seniors, and are

Brother like scrutiny of constant video surveillance, testing the effects of such privacy-deprived living on human identity and relationships.

Ondi Timoner, the film's director, maintains, with those experiments that

Psychotherapist Barbara FitzGerald, when hearing I was writing this article, posed a very relevant question about Skype sessions, in terms of an infant who spent their early life in an incubator. Are we not in a very subtle but meaningful way repeating that sense of being isolated by technology, if we engage with such



Dermod Moore MIAHIP has been an actor and webmaster, and was a columnist in Hot Press magazine for 18 years. He is a psychosynthesis psychotherapist and works in private practice as well as in a low-cost psychotherapy service in inner city Dublin.

Whatever about the enormous effort it takes to hide depression and anxiety from one's friends, it is horribly easy to do it online, busily giving the impression that everything is fine.

a client through our computer screen? What is mediated through the frame of the computer screen, how is the subjectivity of the client, the atmosphere, mood, somatic shaping, received in this changed therapeutic space?

If one has to name the one cohort in our society that most need psychotherapeutic intervention, it would have to be young males, those most at risk of suicide. And yet as experienced as we may be as psychotherapists, the relational landscape of many such young men is shaped by the Internet.

Online personae are curated, aspects of oneself that are collated and presented and offered to one's public. Whatever about the enormous effort it takes to hide

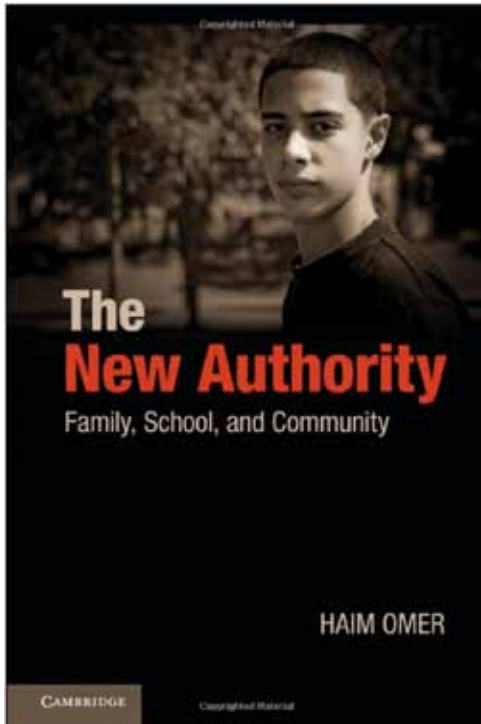
depression and anxiety from one's friends, it is horribly easy to do it online, busily giving the impression that everything is fine. There are many clues when someone is depressed or distressed that are easily picked up when out in company, or even over a phone call. But these clues are invisible in cyberspace.

It is, surely, the somatic, often visceral connection that we as psychotherapists have with our clients that informs so much of our thinking about what is necessary in their treatment; indeed, for many of us, it is the tool. The culture of the Internet is antithetical to this engagement; its Asperger's-like deficiencies make engagement on such an intimate, emotional, chthonic level seem even more alien.

Across all modalities, I imagine there is a commonality of approach to such a client, deprived or estranged from himself and his body, feelings and spirit; we would all attempt to meet them on their level, to draw them out from their isolation from themselves. Under those circumstances, perhaps, it is perhaps necessary for us to gird our loins and use technology to reach them, to act as persuaders through the inherently alienating medium that there is a far richer, more heart-filled, spacious quality of relating possible; face-to-face, eyeball-to-eyeball, heart-to-heart.



The New Authority – Family School and Community



Haim Omer (2011) *The New Authority – Family School and Community*. Cambridge/ New York. Cambridge University Press. 275pp. £19.99

The New Authority – Family, School and Community is an instructive and useful contribution to multi-disciplinary concerns and conversations about the resolution of behaviour problems

The New Authority – Family School and Community is an engaging and thought-provoking book. It addresses the question: what kind of adult authority is acceptable in a liberal, free and pluralistic society, and how can we achieve an exercise of authority that is accountable, empowering and respectful of children, teachers and parents? Although not explicitly addressed to psychotherapists and social workers, it is a book that I have found useful both in social work and psychotherapy practice and in facilitating training and skills development. It should also appeal to parents and teachers wrestling with issues of behaviour problems and challenges of aggressive and self-destructive behaviour in children and young people. Other readers interested in exploring a framework for reflecting on and exercising authority in a variety of settings will find much to engage with throughout this book.

It contains eight chapters, most of which are written by Omer and a co-author. The first chapter opens with provocative statements familiar to anyone working with parents and teachers – “teachers used to have authority! Parents used to be parents” (p1). But this book is not a call for the traditional kind of authority we once knew, which, as Omer suggests, is regarded as illegitimate and morally unacceptable today, relying as it did on distance, awe, unquestioning acceptance, obedience and corporal punishment. Omer develops the framework of what is called the new authority, based on commitment to non violence and resistance, presence, accountability through a social support network, reconciliation and reparation.

Themes for different chapters include: vigilant care, children’s violence within the home, presence and supervision at school and involving students in the campaign against violence. The three core elements of the new authority – recruiting supporters, the opening announcement and the increase in presence and supervision – are clearly described and illustrated. One particularly interesting contribution to theory and practice is the emphasis throughout the book on the significance of parent (and teacher) presence and supervision combined with clear distinctions made between different levels of supervision and presence, dependent on risk levels, as determined by parents or others in legitimate authority positions. Omer argues that authority has become a negative term and that the role of authority in education and in parenting has been questioned, undermining the ability of parents and teachers to exercise authority legitimately to such an extent that parents and teachers often feel powerless to respond to the disruptive and aggressive behaviour of children and young people.

The New Authority- Family, School and Community convincingly describes an exercise of authority that supports the healthy development and protection of children while empowering parents and others in positions of authority in relation to children with the rationale and the tools to resolve challenges in child behaviour management. The clear intent to explore complex and difficult questions such as the resistance of children to changes in parenting styles and the use of strategies such as focused questioning and focused supervision for example, are welcome features of this book. The significant challenges inherent in exercising the new authority and in adopting varying levels of supervision/presence are acknowledged, but the clear explanation of ideas and the application of these to practice through the case examples in every chapter serve to reinforce the impression that this book is grounded on the realities of reflective practice and engagement with parents and teachers.

Declan Coogan, Lecturer, M A in Social Work Programme, National University of Ireland, Galway, Republic of Ireland, Social Worker & Registered Psychotherapist (FTAI)
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The New Authority – Family, School and Community is an instructive and useful contribution to multi-disciplinary concerns and conversations about the resolution of behaviour problems leading to urgent referrals to counsellors, psychotherapists and child and family practitioners. It neatly avoids blaming parents, teachers and children while offering an effective and empowering framework to the resolution of the problems of the aggressive and destructive behaviour of children and young people. This practical and welcome contribution to discourses about childhood and adolescent aggression has the potential to positively influence psychotherapeutic and social work practice as well as home and school based interventions.

IAPA Depth Psychology Weekend Conference

"From Soma to Psyche"

Venue: Carton House, Co. Kildare / Dates: 23/24/25th March 2012

The first inaugural conference of the IAPA was held in the peaceful walled estate of Carton House Co. Kildare. The purpose of the conference was to provide an opportunity for peer engagement in both Jungian and post Jungian thought. The conference was attended by both Jungian analysts and psychotherapists alongside others who have an interest in Jungian thought. Attendees were principally from Ireland but there was also an international aspect with attendees from the UK and Germany.



The conference was opened on Friday evening with a very informative talk by Mairin Ni Nuallain entitled 'From Psychiatry to Psychotherapy'. In her talk Mairin, very cogently, tracked the development of psychiatry and the beginnings of diagnostic psychiatry in the latter half of the nineteenth century up to C.G. Jung's period in the Burgholzi. Mairin also spent time situating the roles of psychiatry and psychotherapy historically and in modern times in Ireland.

Dr. Richard Blennerhassett spoke of current best practice in his paper 'Listening to Prozac, Listening to Jung'. Dr. Blennerhassett considered the nature of severe depressive illness and its treatment, exploring whether it is possible to provide an integrative treatment for depressive illness that combines the advances of modern psychiatry and the healing potential of analytical psychology. Following the lively presentation I felt that not only was it possible to integrate both fields in the treatment of severe depression but essential to do so.

Saturday opened with a workshop led by Marian Dunlea exploring ways for therapists to utilize body awareness in their work. Observing the regulation of the body of the client and enabling the client to awaken their own capacity to regulate their own body. Marian also looked at how the therapist needs to regulate: through the breath; through the voice; becoming aware of our physical presence in the therapist's chair; being present and being active in the session even in the silence, and maintaining that presence through the body.

Orla Crowley looked to the future for Analytical Psychology with her paper on 'Jung and the Art of Brain Maintenance'

and pointed to the prophetic work of Jung. Orla reviewed, in an entertaining way, the field of neuroscience which was particularly helpful for those of us who find the field challenging. Orla brought together many aspects of Jung's *Collected Works* interspersed with clinical vignettes, not to mention some clips from the movie *Blade Runner* which really brought the whole field alive. Orla also sprinkled her paper with many examples from mythology.

Tom Kelly presented his paper on the 'Transcendent Function'. He highlighted how the merging of emotional experience with understanding enables the third, the transcendent function, the function which mediates opposites, to emerge. He considered what can foster the emergence of this function which represents a linkage between consciousness and the unconscious and stressed the importance of the transference which helps the psyche to come to expression. Tom discussed how the transcendent function enables the client to move beyond unnecessary conflict and avoids one-sidedness thus giving a perspective other than a purely personal one and noted that it is always a loss to the ego when we bring to consciousness that which was unconscious. Tom quoted Jung in a letter to Kirsh, 'In the deepest sense, all of us do not dream out of ourselves but out of the other' and in this way the therapist can be the transcendent function for the client - the moment of meeting where you feel held and understood.

On Saturday night there was a formal presentation of honorary membership of IAPA to Rita McCarthy a founding and much loved member of the IAPA. The presentation was in recognition of her pioneering and valued work to the

advancement of depth psychology in Ireland. The presentation was followed by the conference dinner which took place in the opulence of the Morrison room where fine food and wine was enjoyed by all aiding, or otherwise, our dreams in preparation for the Sunday morning workshop on 'Catching the Dream' facilitated by Jose Castilho. This was an experiential workshop demonstrating ways in which we can work with dreams in a group or on a one to one basis.

Jim Fitzgerald spoke of the Psyche and Development, focusing on childhood and adolescence. The seminar looked at the developments of the first stage of life from a Jungian perspective. Jim reviewed the unique psychic structure of the child where the sense of the eternal predominates the child's consciousness. His seminar was a pure treasure trove of poetry, fairytale and quotes from Jung's *Collected Works*. He looked at the importance of the archetypal dimension of the psyche in organising and directing the biological course of the life cycle.

All in all it was an ambitious and successful first conference and already the seeds are being sown for subsequent events.

Theresa Kelly MIACP, MIAHIP, is a trained psychodynamic Psychotherapist working from a Jungian perspective. Theresa works in private practice in Trim, Co. Meath working with adults, adolescents and children. Having a masters from the University of Essex in Jungian and post Jungian Studies she has been immersed in the theoretical framework of Analytical Psychology and the relevance of this for the individual in present day society.

Regional Congress of the World Council for Psychotherapy Marrakech 29 to 31 March



The Regional Congress of the World Council for Psychotherapy took place in Marrakech from 29 to 31 March 2012. Under the patronage of His Majesty King Mohammed VI and under the presidency of Professor Kamal Raddaoui, its theme was 'Psychotherapy, Neurosciences and Culture'. Thanks to simultaneous translation the conference had an input of quality from English speakers and was remarkable in many ways. It brought together members of the Moroccan Society of Psychiatry, the Moroccan Association of Public Health Psychiatrists, members of Moroccan associations of psychoanalysis, of cognitive and behavioral therapy and of systemic therapy, as well as members of all the university psychiatry departments in Morocco. The congress was held under the umbrella of diverse patrons, among them the World Council for Psychotherapy, the World Psychiatric Association, the World Association for Social Psychiatry and the European Association for Psychotherapy. The congress united specialists from other North African countries, the Middle East, Europe and India. This meeting had various goals:

- To allow the diffusion of psychotherapy in regions where this specialty is little known.
- To enable psychotherapists of a particular background to be open to other approaches and to think in terms of complementarity rather than rivalry.
- To emphasize the potential complementarity of an approach combining psychotherapy, neurobiology and biochemistry.
- To create links which enable a mutually enriching feedback between researchers and practitioners of different countries.

Remarkably, all the goals were achieved. The plenary sessions, the symposia and the workshops led by internationally renowned specialists were a striking success. Posters and displays of art therapy enriched the program. Morocco is one of the leading countries for psychotherapy; not only because it is one of the rare Arab countries to have groups who represent numerous diverse branches of psychotherapy, but also because Moroccan psychiatrists have become leading figures in the fields of psychiatry and psychotherapy at an

international level. The participants felt that activities of this scope should be held again in Morocco. The congress opened the way for the organization of a future meeting between psychotherapists, psychiatrists and clinical psychologists from Africa, Maghreb, Machrek and Europe. Thus, thanks to the quality of its structures and its professionals in the domain of psychotherapy, Morocco will continue to play a pioneer role in this field.

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The ICP Conference January 2012

The ICP Conference in January 2012 ticked all of the boxes for me and more.

First of all there was the excitement of meeting colleagues and new people whom I had not met before and the opportunity to network and share experiences and information. The President of Ireland began the proceedings with wonderful endorsements and encouragement for our organisation. He also urged us to work together.

The overall impression for me was that of

the great work done by the speakers in their respective practices and disciplines and their great generosity of spirit. They shared their experiences in a way that was easily understood and also comforting for those of us who work day by day with clients. There was a feeling of togetherness and strength of purpose. I felt very much part of a great group of professionals and the most striking feeling for me was that of the great care each speaker and participant brought to the conference. The commitment and care for the client was foremost in all of the talks and communications. There was a

strong scientific element and content to the papers and this gives us an opportunity to educate the public in the great benefits of psychotherapy. I look forward to the next conference. The organisers did a great job.

Anne Colgan the Clinical Director of The Haven Group which is a private practice that provides Psychotherapy, Supervision, Student Placement and Business Consultancy. Anne also works with music, performing(singing) and with clients who have physical and intellectual disabilities



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International Play Therapy
Conference 2012
Play it Again: Play to Heal, Grow,
and Develop

Presenters: A range of International Experts in the field of Child Psychotherapy and Play Therapy, including Dr Charles Schaefer, Dr Karen Stagnitti, Dr Terry Kottman, Lorri Yasenik, Ken Gardner, Theresa Fraser and Dr Evangeline Munns. Presenters from Ireland, UK, Canada, USA, Japan, Australia, Denmark, and Wales.

Dates: 21st and 22nd June 2012
Times: 9am – 5.30pm
Venue: Dunboyne Castle Hotel and Spa
Cost: €275 - €300 for 2 days. €165 for 1 day.
Contact: Eileen Prendiville 087 6488149, childrenstherapycentre@gmail.com www.playitagain2012.com

‘What about me:
Psychotherapeutic Applications to
Disability’

Date: June 22nd, 2012
Time: 9.00 am - 4.30 pm
Venue: The Teacher’s Club, Parnell Square
Cost: £66 for members, £83 for self funded/students, £100 for organizationally funded. All payments in Sterling. Credit card payments or if you have any difficulties paying using these methods, please contact Angela O’Donnell as listed below.
Contact: angela@instpd.org.uk www.instpd.org.uk/

Raising Constructivist Voices:
anticipating 21st century challenges
Presenters: 11th Conference of the
European Personal Construct
Association

Date: 29th June – 1st July 2012
Time: 9.00 – 5.00
Venue: Trinity College, Dublin, Ireland
Contact: Ann Daly at amdps@indigo.ie

The Bard Summer School - Aonach
na Ri (Gathering of the Sovereigns)
Exploring Contemporary Meanings
through Ancient Myth – Cormac
Mac Airt

Presenters: Sandy Dunlop – Mairin Ni Nuallain – Ellen O’Malley-Dunlop – Karina Tynan and Poet Ger Reidy
Date: 4th – 8th July 2012
Venue: Clare Island Co. Mayo
Cost: €185 – including school fees and 2 evening dinners – Accommodation separate
Contact: +353 86 267 3139

Discovering the Unlived Life
through Dreams and Mask work.
A Marion Woodman Foundation
Workshop

Presenters: Sue Congram, Psychologist and Marian Dunlea, Jungian Analyst. Both Sue and Marian are core faculty members with the Marion Woodman Foundation.
Date: 2nd - 7th July 2012
Venue: Chalkidiki, Northern Greece
Cost: €600. Plus Accommodation
Contact: www.mariandunlea.com

Child Attachment Interview

Presenters: The Anna Freud Centre
Date: 14-17 August (incl)
Time: 9.30-4.30 (daily)
Venue: The Pearse Hotel, Dublin
Cost: €850
Contact: Joanna Fortune - Director Solamh Clinic on 01-6976568 or info@solamh.com

Small Group Dynamics

Presenters: Group Analytic Practice
Date: 31st August and 1st September
Venue: GAP, 29 Lr Abbey Street, Dublin 1
Contact: 01-8786486, www.groupanalyticpractice.ie or email info@groupanalyticpractice.ie

Anger, Rage and Relationship;
an empathic approach to anger
management’

Presenters: Sue Parker Hall
Date: September 14th & 15th 2012
Time: 9.30 – 5.00 and 9.30 – 4.00
Venue: to be confirmed (Cork)
Cost: 195.00 GBP
Contact: Sue Parker Hall at sueparkerhall@btconnect.com or ++441736753410

Advanced Small Group
Consultancy

Presenters: Group Analytic Practice
Date: 14th, 15th and 16th September 2012
Venue: GAP, 29 Lr Abbey Street, Dublin 1
Contact: 01-8786486, www.groupanalyticpractice.ie or email info@groupanalyticpractice.ie

The Limitless Value of Money-an
experiential workshop to help
therapists explore their relationship
with money.
Presenter: Jude Fay M.I.A.H.I.P.

Date: Saturday 15th September
Time: 9.00am to 5.00 pm
Venue: Caraiosa Centre, Moate, Westmeath
Cost: €80
Contact: www.caraiosacentre.com

Body Dreaming and Alchemy- The
Splendor Solis

Presenters: Wendy Bratherton and Marian Dunlea: www.wendybratherton.com, www.mariandunlea.com
Date: 21st - 23rd September 2012
Venue: Ammerdown, nr Radstock, Somerset, England
Cost: £374. A limited of bursaries are available on request. The cost includes basic shared accommodation. A small number of single rooms available at an extra charge.
Contact: Louise Holland at louise.holland1@ntlworld.com

Foundation Certificate in Counselling & Psychotherapy

Presenters: Norman Warden, Elaine King,
Ann Marie Collins, Bobbie Sparrow

Date: Commences September 22nd 2012

Time: 10am - 5pm

Venue: Connemara Coast Hotel, Furbo, Co.
Galway

Cost: €1450

Contact: Norman Warden 0863954939

www.galwaycounselling.com

Healing From Within Workshop

Presenters: Benig Mauger

Date: 29th & 30th September 2012

Time: 9.30-5pm and 10-4pm

Venue: Huntingbrook Gardens, Blessington
Co. Wicklow

Cost: €230

Contact: info@soul-connections.com or 01
4970501

Post Graduate Certificate Gestalt Psychotherapy

Date: October 2012 to March 2013 (6
Weekends)

Time: 10am to 5pm Daily

Venue: Victoria Hotel, Galway City

Cost: €1490

Contact: Mike O'Halloran 091-861638 Web:
galwayleadershipcentre.ie

Issues of Sexual Violence: The Counselling Process

Presenters: Leonie O'Dowd and Jane Baird

Date: 7th and 8th November, 21st and 22nd
Nov, 5th and 6th December 2012, 23rd and
24th Jan, 6th and 7th, and 20th and 21st
February 2013

(All Wed and Thursdays)

Time: 9.30am-4.30pm

Venue: Dublin Rape Crisis Centre,
70 Lower Leeson Street,
Dublin 2

Cost: €1,750 -non-refundable deposit €350

Contact: Leonie O'Dowd or Jane Baird at
01-6614911 or education@rcc.ie

Working with and Through Endings

Presenters: Dave O'Brien

Date: 30th November and 1st December
2012

Venue: GAP, 29 Lr Abbey Street, Dublin 1

Contact: 01-8786486,

www.groupanalyticpractice.ie

or email info@groupanalyticpractice.ie

Eating Disorders Training Seminars With Maura Russel

A series of 3 one-day seminars for Counsellors,
Psychotherapists, Psychologists, Family Therapists etc
on **Anorexia, Bulimia, Compulsive Overeating, and
Binge Eating Disorder.**

Day 1: - Sat 1st September 2012

- Exploring the Medical, Psychological, Spiritual &
Symbolic dimensions of a range of Eating Disorders

Day 2: - Sat 6th October 2012

- A holistic approach using CBT & other modalities

Day 3: - Sat 1st December 2012

- Transference, Countertransference, Practice Issues/
Case Studies

Handouts & Certificate of Attendance for CPD

Cost:

€95 per day or €285 for 3 days

Early Bird:

Before 31st July €85 per day or €255 for 3 days

Dates:

Sat 1st Sept, Sat 6th Oct, Sat 1st Dec 2012

Time:

10am - 4.30pm

Venue:

Jesuit Conference Centre, Milltown Park, Sandford Rd,
Ranelagh, D6.

Booking:

To reserve a place or for further information please call
01-6276155 or 086-8260537. To secure a place please send
booking deposit of €100 with Name, Address, e-mail/Phone
number **Before 31st July 2012** to Maura Russell, Blue Lotus
Counselling & Psychotherapy Centre, 15B Main St, Cellbridge,
Co. Kildare.

**Maura Russell is a Psychotherapist, Supervisor, Trainer and
Specialist in Eating Disorders**

PROFESSIONAL TRAINING PROGRAMME
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Diploma: Two-year part-time course.

Academic Associate: One-year stand alone or as lead into the second clinical year.

Mondays: 6.15-8.30pm. October 2012 - May 2013.

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

Fees: €2,850 (fee instalment plan in place).

For application form and details of course please visit
website: www.logotherapyireland.com

Enquiries: Dr Stephen J. Costello. Tel: (01) 4971120 or
email: logotherapyireland@gmail.com

Closing Date for Applications: July 31st 2012.

*Life does not owe you happiness,
rather, it offers you meaning*

Jungian Perspectives in counselling and psychotherapy

This course aims to give participants insights into both classical and contemporary Jungian theories, and looks at how these may be incorporated into psychotherapeutic practice as well as into ordinary everyday life. Looking at the development of Jung's theories and the subsequent elaboration of his concepts by different schools of thought, it considers the Jungian unconscious, personality structures and types, dreams, sexualities, feminism, meaning and symbolism, alienation and loss, and literature and film studies.

Held in All Hallows College, Drumcondra on eleven Saturdays throughout the academic year, it carries 58 CPD points assigned by ICP.

For more information, go to
www.jungianstudies.com

What about me: Psychotherapeutic Applications to Disability



Friday 22nd
June 2012
9.00am - 4.30pm

The Teachers Club
36 Parnell Square, Dublin 1

The Institute of Psychotherapy and Disability exists as an organization to develop, accredit and regulate psychotherapists who work with people with disabilities.

The focus of IPD's 10th annual conference is to examine the different settings, and the associated challenges, in delivering psychotherapeutic services to people with disabilities.

www.instpd.org.uk



A series of 3 one-day seminars for Counsellors, Psychotherapists, Psychologists, Family Therapists etc on *Anorexia, Bulimia, Compulsive Overeating, and Binge Eating Disorder.*

Day 1: - Sat September 1st 2012

Exploring the Medical, Psychological, Spiritual & Symbolic dimensions of a range of Eating Disorders

Day 2: - Sat October 6th 2012

A holistic approach using CBT & other modalities

Day 3: -Sat December 7th 2012

Transference, Countertransference, Practice Issues/Case Studies
Handouts & Certificate of Attendance for CPD

Cost: €95 per day or €285 for 3 days ***Early Bird Price for Booking prior to 31st July – (€85 per day or €255 for 3 days)***

Dates: Sat 1st September, Sat 6th October, Sat 7th December 2012

Time: 10am –4.30pm

Venue: Jesuit Conference Centre, Milltown Park, Sandford Rd, Ranelagh, D6.

Booking: To reserve a place or for further information please call 01-6276155 or 086-8260537. To secure a place please send booking deposit €50 With Name Address, e-mail/Phone number **Before July 31st 2012** to Maura Russell, Blue Lotus Counselling & Psychotherapy Centre, 15B Main St, Cellbridge, Co. Kildare.

Maura Russell is a Psychotherapist, Supervisor, Trainer and Specialist in Eating Disorders