

In the Garden of Remembrance a poem by Liam Mac Uistin (Huston) celebrates the inheritance from the generation of Vision to the generation of Freedom. As the next phase of the life of The Irish Council for Psychotherapy gets underway it is fitting that we acknowledge with gratitude the tremendous success of the Visioning group, without whose hard work there would be no ICP to represent its members. Like any future there will be hurdles to overcome and further options, choices and decisions to be considered. Like members of any community we can be neighbourly and make time to get to know and show interest in each other and our traditions and beyond the traditional, forge modern expressions and make new alliances.

In his issue of the Newsletter, Tanya Bryan looks at shame from a LGBT perspective. Ursula Somerville and Ann Murphy review the recent publications of Eileen Predinville, Justine Howard and Margaret Spellman. And Katie Wollett reviewed the last EAP conference in Vilnius. We hope you enjoy it.

The Newsletter team:

Pauline Dolan, Christine Mulvey Deirdre O'Shea and Jose Castilho

They Saw A Vision

adapted in appreciation of those involved in the Visioning process.

In the Darkness of the uncertain they saw a Vision.
They lit the Light of Hope, and it was not extinguished.
In the Desert of Discouragement they saw a Vision.
They planted the Tree of Valour, and it blossomed.
In the Winter of uncertainty they saw a Vision.
They melted the Snow of Lethargy, and the River of Resurrection
flowed from it.

The Vision became a Reality.
Winter became Summer, uncertainty became Freedom.
And this they left to us as our Inheritance.

O Generation of Freedom remember them, the Generation of the Vision.

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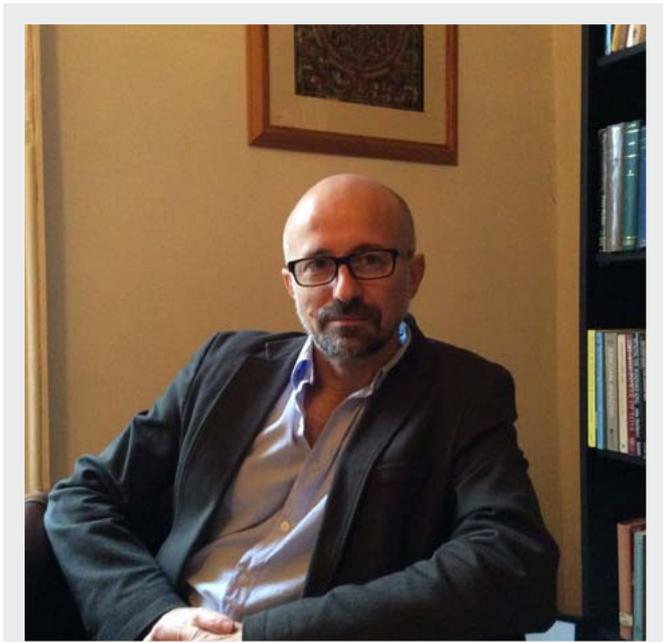


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ICP Chair's Report

Jose Castilho, Chairperson



The ICP has continued to work as part of and alongside the Psychological Therapies Forum (www.ptf.ie) for the past year. Recently, the PTF has been more active as a result of the development and subsequent publication of QQI educational standards for Counselling and Psychotherapy.

The Executive of the Irish Council for Psychotherapy met nine times during the year of 2014. In addition, there were numerous subcommittee meetings and discussions on how best to represent Psychotherapy in such challenging times.

In the last AGM on the 30th September 2014, Martina Vaughan resigned as Chair after leading ICP for three years. During her tenure Martina saw the conclusion of the Consultative Process which is going to take ICP towards a new stage in its existence. I want to express our gratitude to Martina for her valuable contribution and commitment to the organisation and we wish her every success in her future endeavours.

I would also like to thank Dr. Coleen Jones (IAHIP) who resigned from ICP after serving in the Executive for three years as well as representing ICP at the PTF and EAP. I wish Coleen all the best in her future endeavours.

On behalf of the ICP Executive I welcome Alison Morrow representing the Humanistic and Integrative Section and Aileen Young representing the Psychoanalytic Section. The current composition of the ICP Executive is as follows: Chair José Castilho, Vice-Chair Anne Colgan (Humanistic and Integrative), Treasurer Patricia Galligan (Constructivist), Alison Morrow (Humanistic and Integrative), Elisabetta Petitbon (Constructivist), Ann Murphy and Aileen Young (Psychoanalytic), Valerie O'Brien and Trish Murphy (Systemic), Simon Lynch and Geraldine Carroll (Cognitive Behavioural).

Appointment of a CEO

In the last issue of the Newsletter Martina Vaughan, as Chair, gave a

detailed description of the proposed new governance structure for ICP. A CEO working group constituted by Trish Murphy, Gerry Butcher, Pat Galligan, Anne Colgan and myself was tasked with drawing up a CEO contract and job description. The position has recently been advertised and the process of selection will begin early in the New Year. The appointment of a CEO is an exciting prospect for all of us.

The Media Group

Ann Murphy who led the Media Group throughout the year has stepped down from this subcommittee and Trish Murphy has agreed to lead the group in place of Ann. On behalf of the Media Group I thank Ann for her valuable contribution and we welcome Trish as the new Chair. Currently the group is constituted by Anne Colgan, Pauline Dolan, Terence Heron, Helen Jones and Katie Woollett. This subcommittee has been meeting for over a year with a view to promoting a cohesive and collective voice for ICP in Ireland. They have

received training from media experts Maureen Browne and Don Delaney and have been building up a file of Media Resources. The Media Group feel in a position to take the next step, which will be a press release that they hope will alert journalists etc to their presence and will then be ready to field any queries that may arise from that. The Media Group will continue to look for topics to comment and welcome any pointers from registrants about relevant issues, keeping in mind that issues usually have to be responded to promptly. The Media Group can be contacted through Tania in the ICP office.

Europe

On October 18th and 19th Barbara Fitzgerald and I attended the EAP board meeting in Vilnius, Lithuania. It was a chance to meet our European colleagues, talk about the Irish situation and learn about the issues experienced by our European neighbours. Our Belgian colleagues proudly announced that the Psychotherapy Law has recently been passed by the Belgian parliament and it will be implemented by September 2015. The good news for us is that the Belgian legislation is very close to the EAP standards and the Strasbourg Declaration. Well done to our Belgian colleagues who worked so hard for this achievement. There were also developments in Malta, wherein the government has recently published legislation for the regulation of the professions of 'Psychotherapy' and 'Counselling' and it will be passed into law in 2015.

PTF

The ICP has continued to work as part of and alongside the Psychological Therapies Forum (www.ptf.ie) for the past year. Recently, the PTF has been more active as a result of the development and subsequent publication of QQI educational standards for Counselling and Psychotherapy. The goal of registration of Counselling and Psychotherapy as agreed in the position paper to the

government in 2008 was the source of much discussion and disagreement. Differences and similarities between the professions and the complexity involved in excavating evidence based research came to the fore. This discussion proved particularly challenging in respect of the different legislative, regulatory and professional gatekeeping that surrounds professional activity.

Aware of the sense of urgency since the publication of the QQI standards ICP has, separately, requested a meeting with the Minister Kathleen Lynch

Differences and similarities between the professions and the complexity involved in excavating evidence based research came to the fore.

and has prepared a position paper confirming our commitment towards the regulation of 'Psychotherapy' and the standards of training embodied in the TAC document.

The ICP Executive is very grateful to Derval Ryan, Ingrid Masterson, Dermot Moore, Valerie O'Brien, Coleen Jones and Eileen Prendiville for representing the ICP's view to the PTF. Particular thanks goes to Ann Murphy for writing ICP's position paper to the Minister.

Membership

We have recently been approached by different organizations expressing interest to join under the ICP umbrella. We are very pleased to see this interest and we see this is as the fruit of years of hard work of previous colleagues in setting up the standards that

make ICP the representative body for Psychotherapy in Ireland. We remain committed to the Strasbourg Declaration and the standards of the TAC document when we engage with any interested group.

Child and Adolescent Framework Document

In the previous issue of this Newsletter you were informed of the creation a second working group to examine the responses to the original 'Framework Document on Working with Children and Adolescents' coordinated by Dr. Brion Sweeney. This ad hoc committee were given the deadline of 1st December to fulfil their brief, and they did so. A special thanks goes to Aileen Tierney (Systemic), Elisabetta Petitbon (Constructivist), Claire Davenport (Cognitive Behavioural), Aoife Twohig (Psychoanalytic) and Eileen Prendiville (Humanistic and Integrative) for their commitment to this task. The Executive is looking forward to examining the new document early in the year.

Dr. Brion Sweeney

We would like acknowledge the dedication of Dr. Sweeney who stepped down from the Training Standards Committee of ICP. Throughout the years he gave a significant contribution on training matters for ICP and at the European level (EAP). We wish him the best in the future.

As you can see 2015 will be a very exciting year for ICP. The appointment of a CEO, the implementation of the recommendations of the Consultative Process as well as the prospect of statutory regulation no longer a distant possibility means that ICP is moving into a new stage in our existence.

Finally, for you too, we hope that you will have a prosperous and peaceful 2015.

José Castillo
Chair ICP

The graphic features two interlocking puzzle pieces. The left piece is blue and contains the letters 'CBT' in a white, sans-serif font. The right piece is light grey and contains the word 'Report' in a blue, cursive font. Below the puzzle pieces, the name 'Gerry Butcher/ Chair NACBT.' is written in a blue, sans-serif font.

CBT

Report

Gerry Butcher/ Chair NACBT.

As another year draws to a close, within the CBT section, we are pleased to recognise that this has been a significant time in the development of ICP.

Being involved on the sub-committee working group alongside 'Change Associates' that was tasked by the ICP Executive Committee with exploring new options for the future of ICP was, overall, a heartening experience. The degree of commitment and engagement shown by each of the people involved in the working group was very encouraging and over time a genuine sense of purpose grew within the group. My personal thanks goes to each of the members of the working group for that commitment and for what I can only call the 'raw honesty' expressed in some of these meetings. Although at times not an easy process, it was a real privilege to be a part of this working group. As discussions of the key elements of this process were explored, it resulted in a clear vision for a new direction for ICP and in particular a realisation that if, as a professional organisation, we are to move forward and be fully representative of the profession of psychotherapy, then a fresh governing structure was required that would encourage the 'grassroots' becoming much more involved in the workings of ICP. Being particularly conscious too of the work that will be involved in the statutory registration process, a key element of this structure was to be the engagement of a CEO. On behalf of the CBT section, I am very pleased that this particular element of the working group recommendations is currently in progress.

Within the CBT section we have had a successful year where we have started to see membership of the National Association for Cognitive Behaviour Therapies (NACBT) increasing and thus are encouraged to see our organisation having new members who have a desire to be more actively involved in the work of the CBT section. We have a new, refreshed website up and running (www.nacbt.ie) and you can now also find us on FaceBook. By the time you are reading this, we also expect to have a twitter account operational.

Our AGM was held again in Longford in May this year and as is usually the case, much debate and discussion was generated. The members of the current executive committee of the NACBT are: Gerry Butcher (Chair); Mary McGoldrick (Secretary); Maria McCarron (Treasurer); Kathleen Barry, Myra Doherty, Anne Marie Reynolds, Enda Murphy. I also wish to say a heartfelt thanks to both Geraldine Carroll and Simon Lynch who have served faithfully over this past year on the Executive Committee of ICP on behalf of the CBT Section.

On December 11th we are hosting a social evening for the launch of our new website and this was ahead of an advanced CBT training workshop the following day (December 12th) on the much-neglected topic of psychosis.

We are delighted Prof. Paul Chadwick, Professor of Clinical Psychology, Institute of Psychiatry, King's College, London, will be teaching that day and the title was Mindfulness & Person-Based Cognitive Therapy for Psychosis. Prof. Chadwick has been at the forefront of the development of psychological therapy for psychosis for over 25 years, and has pioneered the integration of mindfulness with cognitive therapy for psychosis. The approach used - Person-Based Cognitive Therapy (PBCT) is an approach to distressing psychosis that seeks to integrate cognitive therapy with mindfulness principles and practice. The workshop will describe how mindfulness and cognitive therapy are formulated within PBCT, and explored how mindfulness principles inform the therapeutic relationship. Prof. Chadwick will also examine how to adapt mindfulness practice for people with distressing psychosis and explore how mindfulness practice can support new learning, or insight.

I look forward to both the changes that are to continue within ICP and to an exciting year of engaging more with each other and especially our newer members in the CBT Section in 2015. Finally, I wish to offer, on behalf of the CBT Section, our thanks to Martina Vaughan for her unstinting work as Chair of the Executive Committee of the ICP over the last number of years and to welcome Jose Castilho as the new Chair.

FTAI Chair's report

The FTAI Executive Committee is approaching the end of the year with energy and optimism. We are invigorated by the committed, active participation of so many of our members in sub committees which is a mainstay in running our organisation to a high standard.

FTAI join with ICP in celebrating and acknowledging the trojan work of the ICP Consultative Process Working Party. FTAI were ably represented on this working party by Terence Herron. FTAI is represented on the ICP board by Valerie O'Brien and Trish Murphy. Valerie and Trish are both participating in ICP subcommittees as they progress the recommendations of the working group. We wish Martina Vaughan well as she steps down from her role as ICP chairperson and thank her for all her work on our behalf over the years. We welcome Jose in his new role as Chair. FTAI is represented on the ICP Media group by Terence and Claire O'Rourke.

At European level we acknowledge the work of Monica Whyte as she represents FTAI as the Chairperson of the National Family Therapy Organisation section of European Family Therapy Association which is celebrating its 25th birthday in February 2015. Monica and Valerie O'Brien, together with other EFTA members, are putting together an impressive celebration of family therapy which will take place in Belgium. The EFTA scientific committee are presenting an interesting array of workshops to mark this event. This year, the FTAI Executive has committed itself to updating the FTAI Strategy document. This was enjoyably initiated at our Strategy Reflection Day, a whole day of reflection and deliberation on what has been achieved by FTAI in recent years and what are our next steps. The importance of maintaining strong links with key organisations and helping them to stay abreast of developments in the world of Family Therapy in Ireland and internationally was noted. Information and promotion materials have been developed. We followed through with meetings with key organisations in the statutory and voluntary sectors. These conversations are especially relevant as we move towards statutory regulation.

FTAI submitted a discussion document to the National Office of Suicide Prevention in June of this year.

FTAI Ethics subcommittee has taken significant steps to gather the views of our members in this important area. A survey was carried out to include as many perspectives as possible and further meetings are planned to ensure that our Ethics document is a living document owned by all our members. Our Complaints subcommittee has continued its work, initiated by Peter Caffrey and Mara DeLacy, for our Strategy Reflection Day, to make our complaints guidelines as accessible as possible to members of the public and our own organisation.

The Vocational and Research subcommittees have collaborated to also survey the membership about their activities, needs, hopes in the area of research and the development of our profession.

As a result of the commitment of Mara DeLacy and our Training and Education subcommittee we have enjoyed stimulating workshops delivered by Karl Tomm and Jim Wilson which have provided worthwhile opportunities for members in pursuit of continuing professional development. The CPD subcommittee ably led by Diane Hanly continues to steer us well in this area.

The first Systemic Café in 2014 featured the 5th Province with Nollaig Byrne, Imelda McCarthy and Phil Kearney sharing insights and anecdotes from their long history in family therapy; with thanks to Marie Keenan for her gentle, productive and humorous interviewing. Plans are in train for two Systemic Café evenings in coming year.

The Feedback journal is in a development phase and we look forward to their new

publications. The most recent issue on Supervision offered the depth and breath of the benefits of supervision using a systemic lens. It also provided rich information about others models which have developed out of the systemic community of practitioners. Many of our members initiated, and contributed to, significant national and international conferences during the year. A sample of topics includes Child to Parent Violence, Narrative Therapy, Social Personal and Health Education in schools, Restorative Justice in Sexual Violence.

Further information about these and many other topics can be accessed on our website at [HYPERLINK "http://www.familytherapyireland.com"](http://www.familytherapyireland.com) www.familytherapyireland.com .

FTAI Exec deeply appreciated the amount of time and effort that is invested into the work of FTAI and its collaborations with other modalities and organisations, both within and outside of ICP. Our communities are well served by these significant investments. We, as an organisation, wish to offer sincere condolences to Ann Daly in the recent loss of her father and would like to take this opportunity to thank her for her valued work with our organisation.

Chair: Ann Campbell;

Vice Chair: Peter Caffrey;

Executive Committee: Diane Hanly, Marion Deaton, Karen Leonard, Elaine McGoldrick, Valerie O'Brien, Mara de Lacy Margaret Reidy, Patsy Callanan and Evelyn Murphy.

Administrator: Ann Daly.

ICPA Chair's report

The ICPA have had both an active year and difficult year in 2014. Sadly, we had the tragic experience of losing one of our treasured members, who had served on our executive for many years Maud Mc Kee.

Maud was a strong presence in our small group and she is very much missed by us all. Shenaz Kelly Rawat our Chair has participated in the consultative process which set up by the ICP and led by 'Change Associates'. The ICPA section members have followed with interest the process of this facilitated dialogue and the emerging decision to recruit a CEO for the ICP. Perhaps as importantly, Shenaz spoke of the consultative process resulting in strong connectedness between Sections leading to deeper collaboration.

This year ICP have also pioneered a series of media training workshops which was attended by one of our

members. The workshops were led by experienced professionals in the areas of radio, television and journalism. This was another excellent forum to align our core vision and external messaging of an aligned ICP. From Feb to April 2014, our education committee invited all our members to explore and narrate the experience and "story" as practitioners of Personal Construct Psychotherapy and constructivism. This led to many rich conversations around our personal relationship with "how" we chose to work within this theory of psychotherapy. In June 2014 the European Constructivist Psychotherapy Association conference was hosted in Brno and attracted many

participants from around the world. Several of our Irish members traveled to the conference together. The European conference has been a great success and we look forward to our next Constructivist European conference in Padua in 2016.

From July to December 2014 the executive of the ICPA have felt it was important to look inwards at our own processes and procedures for membership, associated membership and matters of CPD. We are currently working towards content for new website and are developing education workshops for 2015.

LEGAL ISSUES FOR PSYCHOTHERAPISTS, PLAY THERAPISTS, AND COUNSELLORS

Presented by Seamus Clarke, BL

18th April 2015 - 9.45 – 5pm

Dublin

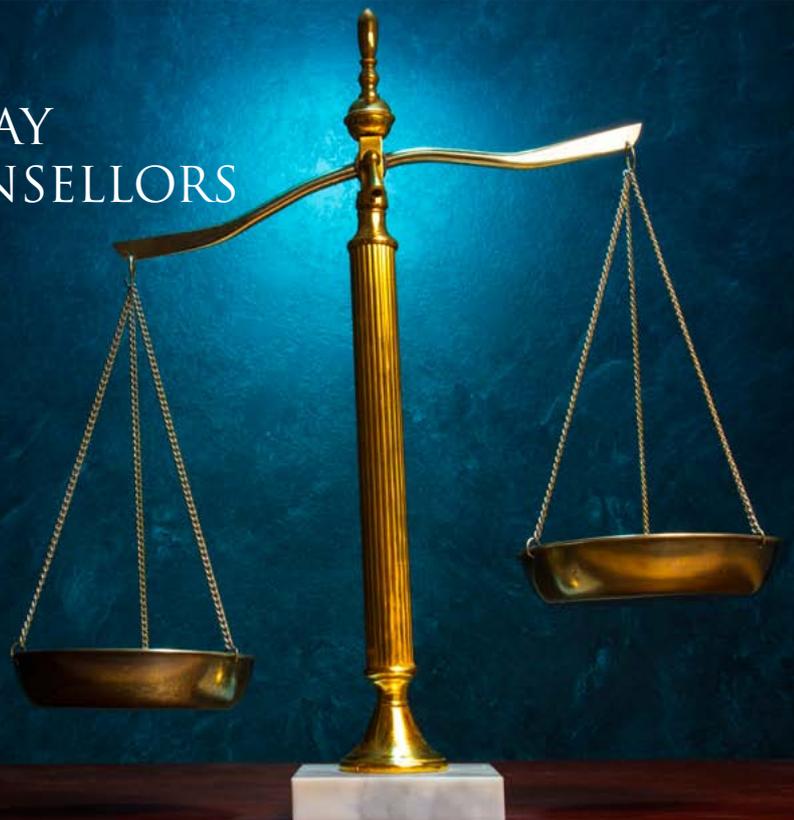
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IAHIP Chair's Report

Dermod Moore / Chair, IAHIP

Vision

It is a particular pleasure and honour to have been elected Chair of IAHIP, having been part of the Vision working group that worked so hard last year to help get ICP find a way forward as an organisation. My presentation at the March IAHIP AGM on the structural challenges that ICP faces seems to have been well-received, and I believe that the adopted Vision process agreement has gone a long way towards addressing IAHIP's concerns as articulated at that meeting. Naturally, it could not meet every section's demands, but we all "jumped together", and the resulting increase in trust and goodwill is palpable. IAHIP itself decided in 2013 against appointing a CEO on cost grounds, and so it is particularly satisfying that, at the time of going to press, the post of ICP CEO is being advertised. It seems to me that it will be money

Chair, Martina Vaughan, for presiding over this transformative process. Frank and Kathryn of Change Associates, the facilitators of the working group, proved to be the right people at the right time to help us to get where we are today. We in IAHIP wish José Castilho all good wishes in his new role, and Anne Colgan in hers as Vice-Chair.

At our last AGM, the issue of Child and Adolescent psychotherapy was aired, and to this end we are organising a colloquium on the issue on December 15th, and shortly thereafter more information about the current situation will be available on our website. For many of us the question of whether there should be guidelines or requirements to work with Children and Adolescents is a vexed one. I know that Eileen Prendiville and others in the ICP working group have been working very hard to come up with a framework document on this issue.

Morrow from Belfast is our new rep on the ICP executive, taking Dr Coleen Jones' place, whose work for ICP I acknowledge here.

Statutory registration

In common with all modalities, we in IAHIP have been busy processing the implications of the forthcoming regulatory changes. Articles in the last two issues of our Journal, Inside Out, address these issues, and we held a lively colloquium on Training and Qualifications in October, including a presentation from a representative from QQI, which helped many of us to get clarity on what our priorities are in preparing for the challenges ahead. (The QQI powerpoint presentation was generously made available to us and can be found in our website's "Resources for Members" section.) The recommendations from that meeting to the Governing Body were framed by the awareness that we can be more effective if we co-operate with other sections at ICP level. In November, at our regular Consultative Forum of all IAHIP committee volunteers, we brainstormed about what IAHIP will look like, post-registration, and again the theme emerged of the importance of working together with ICP in the brave new world that lies ahead of us. For us, however, there is anxiety about how we can hold on to our humanistic values and keep our distinct identity as IAHIP practitioners. I imagine we aren't the only ones facing the unknown in this regard.

There is a noticeable emphasis on consensus and collaboration in ICP now, and I particularly want to thank the outgoing Chair, Martina Vaughan, for presiding over this transformative process.

well spent, for the new person will be representing psychotherapy at a time when, more than ever before, we need to speak about what unifies us as psychotherapists, and not to focus on our differences. There is a noticeable emphasis on consensus and collaboration in ICP now, and I particularly want to thank the outgoing

This issue is one of many that our members in Northern Ireland have to contend with. Our hope is that negotiations between IAHIP and HIPC will bear fruit in time, and that ICP and UKCP can come to some arrangement to support them. In this regard, I am particularly pleased that Alison

For such a large association, it is humbling to me that we function due to an enormous degree of voluntary effort, with our wonderful administrators being the honourable exceptions.

Children First

Also in our "Resources for Members" section on our website you will find a document exploring the ethical issues regarding the implementation of Children First which is the result of a lot of diligent work.

Workshops

Our new premises have proved to be a pleasure to work in, and our workshop schedule is varied and well-subscribed. ICP registrants are welcome to attend for the same fee that IAHIP members enjoy, so do please check our website and subscribe to our public mailing list to be kept informed.

Conference booklet

IAHIP's 2013 conference last year was a resounding success by all accounts, and I had the pleasure recently of launching a booklet of selected papers presented at the conference. Copies are available on the website, or for a small charge printed versions are available, if you contact the IAHIP office.

Volunteerism

For such a large association, it is humbling to me that we function due to an enormous degree of voluntary effort, with our wonderful administrators being the honourable exceptions. In a funny way, as we look to the future where the role of professional associations is uncertain, it is my hope that through the new combined committee structure, as envisaged in the Vision report, and through combined regional meetings, such collaborative volunteerism will result in networking and mutual support across all modalities. We've a lot to learn from each other.



Psychoanalytic Section Chair's Report

David Smith
Chair, Psychoanalytic Section of the Irish Council for Psychotherapy

It's been a very productive year for the Psychoanalytic Section, in terms of the consolidation and further development of psychoanalytic psychotherapy as a profession across Ireland.

This has required a consistently high level of commitment from the representatives of the six member organisations who constitute the Board of the Psychoanalytic Section - and the hard work, dedication and good humour of the team throughout has been very much appreciated.

Ann Murphy and José Castilho have consistently provided thoughtful and constructive representation for the Psychoanalytic Section at ICP Executive Level throughout a crucial year in terms of the future direction of the Irish Council for Psychotherapy. Barbara Fitzgerald has made a similarly invaluable contribution towards the tremendous collective effort which went into

making the ICP Consultative Process a genuinely healing and creative process - out of which a very healthy potential going forward has emerged. As a Section, a key focus of the coming months will be upon the need to reach out to the wider membership to communicate and to discuss the proposals relating to the governance and structures of the ICP - in keeping with the guiding principle established through the Consultative Process of grass roots involvement. With José Castilho becoming Chair of the ICP in September, Aileen Young has generously agreed to replace him as one of the Section's two representatives at Executive level.

Clinical supervision lies at the very heart of psychoanalytic psychotherapy, underpinning clinical practice and safeguarding the best, mutual interests of patient and clinician alike. This has been a central focus at Board level over the past year, and we are indebted to Aileen Young and Ingrid Masterson for all the work that they have done together on this issue - drawing up and revising both the Ethical Code for Supervisors, for inclusion in the Section's Code of Conduct, and the Section's Policy on Supervision. Some serious consideration has been given to the need within Ireland for the provision of an accessible supervision training, and this will be a priority over the coming year. It seems clear that the introduction of clear standards that are required of a psychotherapist seeking to attain the status of supervisor needs to be accompanied by the introduction of the means by which those same standards can be realised.

The processing of individual member's continuing professional development logs for the first five-year cycle has been successfully overseen by each of the member organisations of the Section - another important step in ensuring the maintenance of the highest professional standards for psychoanalytic psychotherapy in Ireland.



Some serious consideration has been given to the need within Ireland for the provision of an accessible supervision training, and this will be a priority over the coming year.



In her role as President of the European Confederation of Psychoanalytic Psychotherapies, Barbara Fitzgerald continues to dedicate a great deal of time and energy to the bringing together of a diverse range of psychotherapeutic organisations from nineteen countries across Europe. Barbara is a tremendous credit to both the Psychoanalytic Section and the Irish Council for Psychotherapy as a whole - a point underlined further by her being voted onto the Training Accreditation Committee of the European Association for Psychotherapy.

The Section has been well represented throughout the various stages of the consultative process co-ordinated by Quality and Qualifications Ireland (QQI) - ensuring some input from a psychoanalytic perspective into the drawing up of the recently finalised awards standards for counselling and psychotherapy.

A further vital strand in consolidating and asserting the credentials of psychoanalytic psychotherapy is the establishment of a solid research base to underline the effectiveness of the treatment itself. With this in mind, a substantial sum has been invested into the commissioning of a research project - currently being undertaken by Paul Moore of the Irish Forum for Psychoanalytic Psychotherapy. This will involve a comprehensive review of the recent scientific literature relating to psychoanalytic psychotherapy outcome and efficacy studies. The aim is to provide an accessible overview of the substantial

evidence base for the effectiveness of psychoanalytic psychotherapy - an overview which will be of real value to both the profession and the public.

Considerable attention has been given to the ICP's Child and Adolescent Framework Document. The Section welcomes the commitment of the ICP to ensure that high professional standards are maintained in any therapeutic engagement with this particularly vulnerable patient group. The Board is very grateful to Aoife Twohig for agreeing to represent the Section on the newly established ICP Working Group. The Association for Psychoanalysis and Psychotherapy in Ireland (APPI) have confirmed their interest in organisational membership of the Psychoanalytic Section - and their application to join the ICP is currently being processed. APPI appear to be a flourishing organisation, with a very impressive professional development programme in place, and would be a real asset to the Psychoanalytic Section. APPI's Lacanian thinking will be a welcome addition to the diverse range of clinical perspectives represented by the Section.

Ann Murphy and Barbara Fitzgerald have overseen the drawing up of the Section's new Code for the Accreditation of Psychoanalytic Trainings - setting out the requisite criteria and procedures. Trinity College Dublin has signalled its interest in applying to have its Masters course in Psychoanalytic Psychotherapy accredited by the Section.

A successful and highly enjoyable Section Day was held in March, with Eina McHugh and Ross Skelton reading from their memoirs - *To Call Myself Beloved* and *Eden Halt* respectively. It was a really stimulating afternoon, and worked very well on both an educational and a social level. The value of the various member organisations coming together to stage an event like this as a Section is, I think, clear and the plan is for the Section to host a psychoanalytic psychotherapy conference in 2015.

After many years of dedicated service, Ingrid Masterson recently stepped down from the Board, having made an immense and highly valued contribution over the years. And, finally, particular thanks, as ever, are due to Ann Daly - the secure and greatly appreciated administrative base around which the Psychoanalytic Section continues to develop.

Current members of the Board of the Psychoanalytic Section: Mitch Elliott (IPAA), Barbara Fitzgerald (IPAA), Michael Gordon (NIIHR), Helen Hedigan (IFCAPP), Una Lyes (IGAS), Ann Murphy (IFPP), Gerry Murtagh (IGAS), Toni O'Brien Johnson (IAPA), Aileen Young (IAPA).

The toxicity of shame on sexuality

– an Irish LGBT perspective

Questions of major psychological import, especially in relation to the impact of Irish conservatism has had on its gay community are the history of shame and understanding why.

Homosexuality (LGBT) and shame have been intertwined in an arranged if unholy marriage throughout much of Irish history. The social expectation or even requirement of heterosexuality in many cultures produces an inevitable core experience of shame for anyone who comes into awareness of same-sex orientation. Research indicates that sexual orientation and sexual identity themselves are likely the result of a complex interplay of individual biochemistry, genetic factors, and psychosocial dynamics. Why then the wide opprobrium associated with same-sex attraction and activity?

The answer may lie in part in the social residue of an earlier stage of human history, when a high rate of reproduction was favoured or valued.

Michael Foucault suggested that the drive to control and regulate is a covert form of political violence which uses classifications of 'normal' and 'pathological' to produce the 'socially acceptable' expression of human sexuality. The process in short homogenises. (Stewart p.34) Shame operated to single out and stigmatise those who attempted to be different, victimised by families and neighbours when they stepped beyond imposed 'roles'. The teachings of the Catechism ensured that families took seriously their obligations to procreate. Major institutions such as the church, state, medicine, education and the social sciences had, and continue to have, a continuous interest in how we think and behave, and in spelling out appropriate ways for us to regulate our bodily activities. Some therapeutic training programmes are still only using a heterosexual relationship model in teachings around couples counseling, and that's in our own industry!

Homosexuality, as a widebody of research indicates, is anything but "unnatural". On the contrary, homosexual behaviour is a common sexual variation throughout much of the animal kingdom wherever sexuality itself is found, and is known in every human culture and very likely in every human psyche. (Lee and Wheeler p.127) Of all the negative, painful emotions associated with sex, by far the most common, the most powerful and the most damaging is shame. Sally R. Munt's Queer Attachments, presents shame as a socially constructed and historically contingent entity, a system or psychic process that in turn constructs us as subjects. We are not our shame but rather are constituted as subjects by it in the acting out of its psychic processes. (Munt p.2)

'BeLonG To' youth organisation has staged it's third Gay Prom in Dublin's Mansion House this year . It offers opportunity for people, to take a symbolic step back in time, to right the wrongs of the past. these wrongs are hard to eradicate. Many LGBT people suffer from low self-esteem which leads to destructive behaviours and 86% of participants to a study by LGBT lives, of Mental Health and Well-being, said they suffered from depression, "Introjection" of social codes and beliefs, refers to the process of internalising external rules and values . Failing to live up to those self-imposed standards results in feelings of "not being OK", and the subjective experience of shame. (Lee and Wheeler p127) In order to manage these feelings, some people split off their sexuality by engaging in sexual practices where a 'cognitive escape' takes place. Sexual

'BeLonG To' youth organisation has staged it's third Gay Prom in Dublin's Mansion House this year . It offers opportunity for people, to take a symbolic step back in time, to right the wrongs of the past. these wrongs are hard to eradicate.

health can often be an issue in such circumstances. Defenses can be lowered even further through the use of recreational drugs, deflection behaviours or lack of education. Denying one's sexuality altogether, by living out lives in either isolation or in a role that fits a more gendered social 'arrangement' can lead to ill mental health and/or feelings of profound loss.

Psychotherapy explores the interactive relationship between inner and outer worlds through the medium of language. A critical part of the work can involve the exploration of the language constructs used when describing sexuality. In the beginning, stepping outside of the 'norm' can mean pervert, deviant, abnormal, shame.

The definition of what is dignified varies widely from person to person. Disturbance in sexual life takes many forms, confusion about sexual orientation, profound doubts about masculinity or femininity, desirability, perverse fantasies, desires and behaviours, aversion to sex, inhibition or loss of sexual desire, sexual obsession, impotence, promiscuity are just some of those expressions. Homosexuality can entail unreasonable gender expectations. The act of differentiating from gender role stereotype may produce marked feelings of shame. (Lee and Wheeler p.127) With exploration in a safe respectful relationship, a person's sexuality can take on new meaning, involving soul and beauty. Fears of humiliation, loss of attachment, loss of job, and even threats to physical safety are all very real for somebody 'coming out'. Feelings of fear, sadness, anger and shame are common depending on the degree to which the client has assimilated his or her own sexuality into a positive self-system and undergone a transformation from a shame-based identification to a pride-based sense of self. (Lee and Wheeler p.135)

In 'Soul Mates' Moore writes "as long as we think of sex in a limited way, we will be mystified by its unexpected turns. It would be better to recognise, from the beginning, that sex is a profound, far-reaching aspect of the soul, bringing together body, emotion, and imagination in intense experience that can touch every branch of feeling and meaning, yet one we may never fully understand" (Moore p.183) If modern Irish society can begin to adopt an "erotic morality", a kind of morality that is life-affirming rather than prohibiting, we may begin to acknowledge the divinity and potentiality of our link to the sacred through harnessing our soulful connection with the phenomenon of eroticism and sexual life.

Tanya Bryan, MIHIP is in private practice at www.ranelaghholisticcentre.com. Her interests lie in Addiction and deepening her understanding of the



psychological effects of trauma. Her core philosophy in keeping with her training is to promote creative ways of experiencing human life and her work concentrates on supporting women who are abused in intimate relationships.

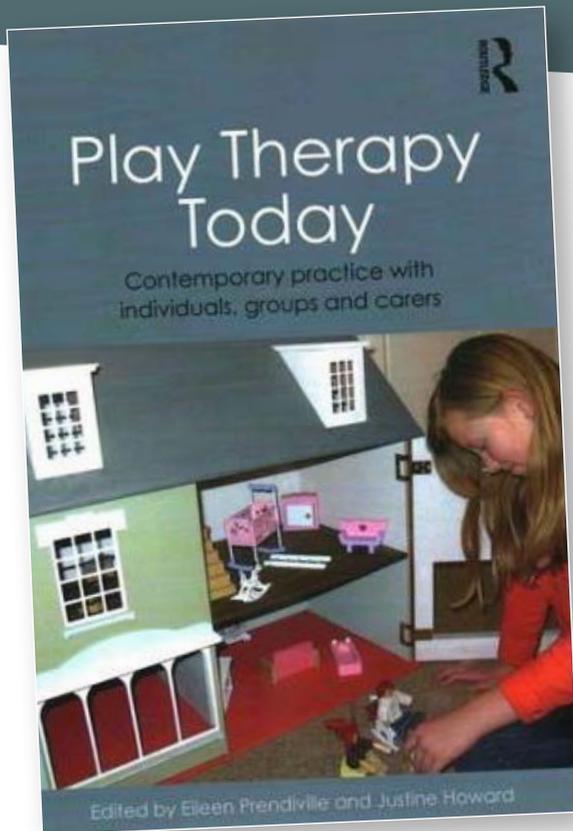
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Play Therapy Today: *Contemporary practice with individuals, groups and carers.*

Reviewed by Ursula Somerville MIAHIP



Ever wondered what goes on in the work of Play Therapy? In IAHIP there is a lot of talk about working with children or not working with children as part of our professional organisation. Play Therapy Today is a book which does exactly “what it says on the tin” – there are 11 chapters written by practitioners and academics of Play and Play Therapy in an easy to read book which incorporates many methods of play therapy. It is written in plain English and I really like the chapters which are written from the first person point of view.

In particular I was struck by the first chapter on The Therapeutic Touchstone as written by one of the editors Eileen Prendiville. How wonderfully Eileen sets about using Rogers theory which includes congruence in meeting the client. Here she sets out how she informs the child

client what she already knows about her/him and how she learnt this. This assists in “building trust” which is so often damaged. She explains how she does this by creating a story of the child’s life so far, using information gathered at the intake session. This story is delivered using toys and play which, of course, is the language of the child and is directed to be age appropriate. This chapter really sets the tone of the book as the reader is guided through the many different and diverse ways of working therapeutically with children and vulnerable clients with the use of play. Another

chapter which I found most useful in my work with adult clients was the one by Theresa Fraser “How Neuroscience can inform play therapy practice with parents and carers” Theresa explores the much talked about effect of life in utero as having “lifelong consequences” (p 179) and the impact on the developing brain. She speaks of the developmental difficulties when trauma is part of the client’s story. With the preciseness of Theresa’s understanding explained in this chapter I feel this book will also be useful for adult psychotherapists as they meet their clients with long held trauma effects which may have started at early stages in the client’s life, including life in the womb and at conception.

Each segment of the book finishes with “Key Points” which I believe will give the reader a good sense of what is covered within the pages at a glance.

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This also makes it very accessible to both professional practitioners as well as parents/carers when they want an understanding of a particular model of practice being used for their child. The wealth of experience throughout the book is refreshing and most insightful. Another aspect of this book I particularly like is that the references used, which range from 1890 to 2014, are tried, tested and current and therefore would be most useful to trainees studying psychotherapy in general and in particular to give an understanding of developmental work.

I really enjoyed this book and read it almost in one sitting! I would certainly recommend it.

Edited by Eileen Prendiville and Justine Howard

Published by Routledge UK 2014
ISBN 978 0 415 85506 8

THE EVOLUTION OF WINNICOTT'S THINKING

by Margaret Boyle Spelman

Karnac 2013 ISBN-13: 978-1782200789

Reviewed by Ann Murphy

A very significant contribution to Winnicottian studies. The research is scholarly and substantial, and will prove an exceptionally valuable resource for further study of Winnicott's legacy."

Margaret Boyle Spelman questions the fate, of the thinking and ideas of the most prominent figure of the Independent Group in the British Psychoanalytic Society. Winnicott, paediatrician, psychoanalyst, prolific writer and broadcaster, placed great value on the independence of his own thinking and encouraged the same in others.

In addressing the question, this study first traces the development of Winnicott's thinking during his lifetime, identifying themes, concepts and characteristics. It then examines the transmission, influence and evolution through his 'analytic family', his analysands (second generation) and their analysands (third generation). This examination of the intergenerational transmission of theory is set in the context of the history of ideas, and particularly the contrasting theories of knowledge of Arthur Lovejoy and Harold Bloom.

The first section, on Winnicott's thinking and its unfolding trajectory follows the development and evolution, making a parallel with his ideas on human development. His emphasis on development, the pre-oedipal time and the growth of subjectivity, maturational processes and facilitating environment, mother-infant unit, the mind-body alliance and transitional phenomena, are all viewed as crucial to his views on thinking and theory building.

There is an illuminating discussion of Winnicott's difficulty in placing himself in relation to the body of psychoanalytic literature, his confusion about his own influences, and the fact that he

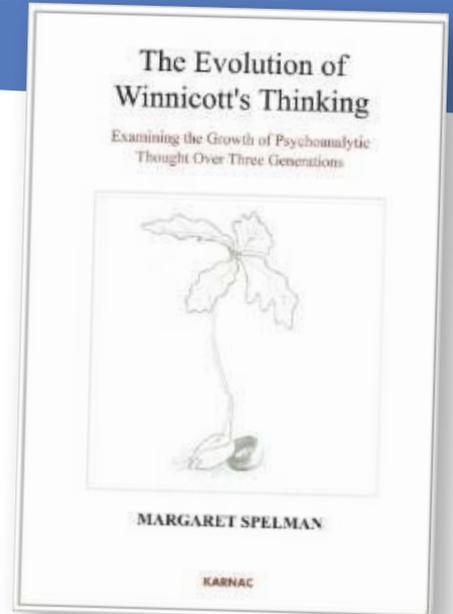
needed help in locating his ideas within a shared body of theory. A parallel is proposed with the earliest stages of infant development where, for the pre-subjective infant, there is no clear differentiation between the environment mother and the feeding infant. He privileges the creative process and the early stage of thinking, when 'What thinking belongs to whom' is not in question. This text proposes that it is precisely this quality that renders his thinking facilitative of independent and creative thinking in others, although it is also acknowledged that this quality also represented a weakness and limitation in his thinking.

'The Use of an Object and Relating through Identifications' a paper he gave in New York about a year before his

With this concept, Winnicott proposed that the infant's development of the capacity to use objects depends on the facilitating environment, and the capacity of the object to survive the subject's ruthless use and destruction of it, without retaliation.

death is particularly fertile. The author argues that this is effectively Winnicott's final word – he continued re-working it up until his death – and it completes and fulfills the trajectory of his thinking on theory making and on influence.

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capacity of the object to survive the subject's ruthless use and destruction of it, without retaliation.

The subject says to the object: "I destroyed you" and the object is there to receive the communication. From now on the subject says "Hullo Object! I destroyed you. I love you. You have value for me because of your survival of my destruction of you. While I am loving you I am all the time destroying you in (unconscious) fantasy." (1971, p.90)

In the same way, the author suggests that the development of independent thinking within the transitional space of the facilitating thinking environment, requires that the thinking of others must be available to be found/created and ruthlessly used.

Part 2 uses Winnicott's ideas and their influence on the second generation, his analysands (or analytic children) is traced through a discussion of Marion Milner, Enid Balint, Masud Khan, Margaret Little, and Harry Guntrip. This engaging and detailed account of the thinking of this influential, diverse yet inter-related group will prove a rich resource for students, researchers and clinicians. What is striking in this overview of the work and writing of the group is the sense of the profound influence

Winnicott had on their thinking, and the paradoxical freedom they felt to use and develop his ideas in individual and original ways.

Part 3, is extended to the third generation - his analytic grand-children – including Juliet Hopkins, Jennifer Johns, and Juliet Mitchell; Christopher Bollas, and Adam Phillips, Pearl Kind and Andreas Giannakoulas, and Ralph Layland. While using and developing some of his concepts fruitfully, many of this group question the usefulness and relevance of the term Winnicottian, and share Winnicott's own suspicion of dogma, rigid schools of thought, and discipleship within psychoanalysis. Once again, Winnicott's legacy appears to have more to do with a way of thinking, flexibility and independence of mind, and a freedom to use his thinking ruthlessly, than an adherence to a specific body of theory. Thomas Ogden (2007) had something similar to say about reading Winnicott:

After a great deal of time and effort, I begin to feel able to understand what Winnicott is getting at. My effort is

repaid fully by the way I have been changed by experiencing what it is to think in a way that is similar to the way Winnicott is thinking.

A fundamental misunderstanding of Winnicott's work and thinking has often led to his being viewed as a 'nurse analyst', lacking intellectual and theoretical rigour. This book offers a convincing challenge to such a position. Just as his theory was most concerned with early, pre-oedipal and pre-subjective phenomena, his ideas on thinking were likewise focused on the early development of new ideas, on creativity and innovation, and less on the more systematic, differentiated, stages of theory building.

This is an enormously ambitious project, original and innovative in its approach, and a very significant contribution to Winnicottian studies. The research is scholarly and substantial, and will prove an exceptionally valuable resource for further study of Winnicott's legacy.

Winnicott's Babies and Winnicott's Patients, was reviewed in the last

Newsletter, a third book, *The Winnicott Tradition*, co-edited by the author and Frances Thomson-Salo, has recently been published by Karnac.

Margaret Boyle Spelman has worked for three decades as a clinical psychologist in the Irish Health Services with particular interest in early intervention, parenting, and learning disability. Margaret served as a Member of the Executive for the Irish Forum for Psychoanalytic Psychotherapy and the Irish Council for Psychotherapy. She is in private practice in Dublin.

Ann Murphy is a Clinical Psychologist, Psychoanalytic Psychotherapist, and Clinical Lecturer in Psychiatry at Trinity College Dublin. She is Chair of the Irish Forum for Psychoanalytic Psychotherapy, a board member of the ICP, and has a private practice in Dublin.



Conference Review:

EAP Conference in Vilnius

'How Art and Science Meet'

By Katie Woollett.



I was lucky enough to go to an EAP Conference in Lithuania. Vilnius, the capital is a lovely old city, with winding cobbled streets and a beautiful old university, where the conference took place. There were 4 in the Irish contingent, Jose Castilho (ICP Chair) and Barbara Fitzgerald (President of the European Confederation of Psychoanalytic Psychotherapies), Angela Egan and myself as ordinary conference delegates.

It was really interesting to mingle with delegates from all over Europe and to listen to high quality presentations from academics, researchers and practitioners from a wide range of modalities. At lunch and during some social events there was time to discuss psychotherapy in the European context. I was surprised and not a little envious of how well established and recognized in some countries, particularly in Eastern Europe, psychotherapy is.

The Presentation that resonated with me most during the five days was titled "Painful Relationships among Theories of Psychotherapy, Research and Practical Experience", delivered by Prof. Jerzy Aleksandrowicz. (Poland) He raised the following points (in my own words):

1. Theoretical discussions and research results have little impact on the practice of psychotherapy.
2. The experience of practitioners weakly reflects the theories.
3. Fascination with only one of the existing theories is the source of therapeutic failures.

4. Sticking to one theory protects against allegations of errors.
5. Conclusions from research on the effectiveness of psychotherapy have mainly instrumental, not substantive value. (Like Alan Carr, in his review of the effectiveness of psychotherapy for ICP, Prof. Aleksandrowicz found similar levels of effectiveness across different theories/modalities).
6. He also said that research on the efficacy of psychotherapy in laboratory conditions has a weak reflection in daily practice.
7. Theories cannot be a proper basis for the practice of psychotherapy because they are systems of cognitive schema forming a distorted picture of the actual reality of practice.
8. Despite the awareness that they distort the cognition of the reality, we can't do without theories to conceptualize observations collected in direct contact with the client.

Prof. Aleksandrowicz finished his presentation by stating that new Independent Theories of Treatment should be created.

I'm sure that people will challenge some of these ideas but for me these points seemed to both resonate with my own experience and thoughts and at the same time left me wondering about how we can collect "evidence" of what works in psychotherapy. Later two further presentations served in part to answer the questions that the first paper had evoked in me:

The first was a paper presented by Prof. Marco Pagani (Italy) which elaborated how neuro-scientific advances can now demonstrate how psychotherapy can effect changes in the Brain.

The second was a paper presented by Dr Ken Evans (U.K.) from the European Centre for Psychotherapeutic Studies who outlined a "Relational Centred Research

(approach) for Psychotherapists: Exploring Meanings and Purpose. I found Dr. Evans approach really interesting, especially how he works with groups to develop methods of research that are grounded in the way we work and think, ie in a relational centred way. If we are to start some research here in Ireland, something often discussed in ICP, I think Dr Evans could be a very valuable resource for us.

On The last day our two ICP Representatives, Jose and Barbara, attended a very full day of meetings of the various EAP committees whilst ordinary delegates had a choice of workshops. I chose one on DBT and another on "Solution Focused Art Therapy Interventions for Trauma Survivors". During the latter workshop we did some experiential work including making our own "comfort box". We were all quite tired and relished the space for "self soothing". I noticed that everyone took their personalized box with them, holding on to the symbolic meaning of the object. I still have mine.

I would really encourage Psychotherapists to go to some of the EAP conferences. I think it's healthy and challenging to go to events that don't just focus on our own modality and theoretical framework. If Prof. Aleksandrowicz is correct, delving into other theories and approaches can only enhance our therapeutic interventions. I hope to go to one next year from 19-21st of June on "Gender and Psychotherapy" in Athens.

Katie Woollett is a Psychotherapist and Group Analyst working in Private Practice. She is a registered Clinical Supervisor offering individual and group supervision privately and in the HSE. She conducts the therapeutic process group for students on the MA Child Art Psychotherapy training. She is currently a member of the ICP Media committee.

Foundation Certificate in Counselling & Psychotherapy

Norman Warden, Elaine King, and Ann Marie Collins

Date:

Commences January 17th
10am - 5pm, Saturday & Sunday

Venue:

Connemara Coast Hotel, Furbo,
Co. Galway

Fee:

€1450

For information:

Norman Warden:
normanwarden@gmail.com
www.galwaycounselling.com
or 086 3954939

Managing Stress through Cognitive Behavioural Therapy & Mindfulness.

Norman Warden

Date:

January 20th 2015
7pm to 9.30pm over 8 Tuesdays

Venue:

Clybaun Hotel, Galway

Fee:

€230

For information:

normanwarden@gmail.com
www.galwaycounselling.com
or 086 3954939

SOUL SEMINARS – Transpersonal Psychotherapy

Martin Duffy

Date:

January 22nd
7-10pm

Venue:

The Lantern Centre, Dublin 8

Fee:

€15/€10 OAP, Student, Unemployed

For information:

www.meetup.com/soulseminars
or call 046 9074455

IFPP Clinical Series: 'Taboo or not Taboo': An exploration of topics that are frequently avoided or not talked about by practitioners.

Facilitated by Mary Pyle, psychoanalytic psychotherapist.

Date:

Saturdays, January 31st,
February 21st,
March 28th,
April 18th,
May 16th 2015.
10.30am – 1.30 pm.

Venue:

PSI, Grantham House, Grantham Street
(off Camden Street), Dublin 8.

Fee:

€150 for the series (Students €100)
including teas and coffees.

CPD Points: 15 awarded by the
Psychoanalytic Section of the ICP.

For information:

Ann Daly amdpsy@gmail.com
or 01-2722105

An Introduction to Mindfulness

Donna Curtin MIAHIP

Date:

10th February 2015 (8 week course)

Venue:

St. Michael's Pastoral Centre, Denmark
Street, Limerick

Fee:

€300

For information:

donnacurtin@eircom.net
or 087-2052701

Therapeutic Intervention with Adolescents: A Relational Approach

Bronagh Starrs

Date:

27, 28 Feb, 1st March
3-Day Workshop: 9.30 - 5.00pm daily

Venue:

Oranmore Lodge Hotel, Oranmore,
Galway

Fee:

€320

For information:

bronaghstarrs@gmail.com

The Body within the Therapeutic Relationship: Introductory Weekends

Paddy Logan & Deirdre Collins

Date:

18th & 19th April 2015
23rd & 24th May 2015
10.30am to 5pm.

Venue:

Cherith Centre, Carmelite Monastery,
Firhouse, Dublin 24

Fee:

€170.00 including a €25.00 place
booking deposit.

For information:

www.ippireland.com

Encountering the Courageous Feminine in the Legend of Lady Ragnell & Sir Gawain

Carol Cunningham and Aileen Young

Date:

Saturday 18 April 2015
9.30am - 5pm

Venue:

Clonlea Yoga Studio,
28b Sydney Avenue, Blackrock,
Co. Dublin,

Fee:

€95 Early Bird (before 1 April 2015): €85.

For information:

cunninghamcarolanne@gmail.com
or aileenyoung123@hotmail.com

Gender and Psychotherapy 20th Congress of the European Association for Psychotherapy

*Abstracts submission deadline:
January 20th 2015*

Date:
19-21st June 2015

Venue:
Athens

For information:
www.eapathens2015.eu

Introduction to working with the Gestalt Process.

Claire Counihan and Bridann Reidy

Date:
9 Saturdays from September 2015
to May 2016.

Venue:
Dublin Gestalt Centre, 66 Lower Leeson St
Dublin 2

Fee:
€1050

For information:
016619231
www.gestalt.ie

Advanced Post-Qualifying Diploma in Gestalt Adolescent Psychotherapy

*Bronagh Starrs & Mark McConville Ph.D.
Blackfort Adolescent Gestalt Institute*

Date:
September 2-15 - June 2017
8 weekends per academic year

Venue:
Dundalk Counselling Centre

Fee:
€4000

For information:
www.blackfortinstitute.ie
bronagh@blackfortinstitute.ie

Applying Gestalt methodology & theory in your practice

*Tricia Norris BA, Dip IGC, MA, MIAHIP,
MBACP*

Date:
September, November, February, April
4 Two day Modules
Teach Bhride, Tullow, Co. Carlow

Fee:
€1000.00 (Board & Lodgings extra)

Venue:
The Irish Gestalt Centre- 091-452013 or
admin@irishgestaltcentre.com

Intensive one year Diploma in Gestalt Therapy. NEW FORMAT

Kay Ferriter, Claire Counihan

Date:
Part 1 Four 2 day workshops from Sept
2015 to Dec 2015

Part 2 four 2day workshops Sept 2016 to
Dec 2016.

Venue:
Dublin Gestalt Centre, 66 Lower Leeson St
Dublin 2

Fee:
€3000

For information:
016619231
www.gestalt.ie

'A Gestalt Approach to Working With Dreams'

Hank O'Mahony BA, MA MIAHIP

Date:
16th May 2015
10.00am – 5.00pm

Venue:
All Hallows, Drumcondra, Dublin

Fee:
€100.00 – (Discounted early booking offer-
€90.00 pay in full by February 28th, 2015)

For information:
The Irish Gestalt Centre – 091-452013
or admin@irishgestaltcentre.com

Body Psychotherapy - 7-day training

Thomas Larkin MA, MIAHIP, MIACP

Date:
One Saturday per month;
September 2015 - March 2016
9.30am- 4.30pm

Venue:
Oscailt, 8 Pembroke Road, Dublin 4

Fee:
€550

For information:
www.thomaslarkin.ie
or 085 7283697

Postgraduate Diploma in Play Therapy.

This is an advanced, accredited, training
for qualified psychotherapists. It is set
at level 9 on the National Framework of
Qualifications (QQI Award).

Programme Leader is Eileen Prendiville
SIAHIP, SIAPTP. A full team of trainers are
involved.

Date:
Next course starts Autumn 2015.

Venue:
Based around weekend attendance
Children's Therapy Centre, Ballymore, Co
Westmeath

Fee:
€3720

For information:
Eileen Prendiville:
childrenstherapycentre@gmail.com
087 6488149

Please notice, events in the
Noticeboard is limited to
registrants and member
organizations.



2015 PROGRAMMES:

International Programme:

continuing our popular series of advanced workshops led by renowned European Gestalt therapists and theorists.

Facilitator: Margherita Spagnuolo Lobb, author of *The Now-for-Next in Psychotherapy* (2013) and major contributor to *'Gestalt Therapy in Clinical Practice* (2013) to which she contributed a major essay on working with Borderline experience.

Venue: This two day workshop will take place in Oakland House Creative Centre, Blessington, Co. Wicklow on Friday and Saturday, April 24th and 25th, 2015. Interest in this workshop is high so early booking is advisable. Cost: €350.00

A Gestalt Approach to Working with Dreams:

a masterclass with IGC Founder Hank O'Mahony BA, MA, MIAHIP

Venue: All Hallows College, Drumcondra, Dublin, May 16th 2015. Cost €100.00 /Early Bird Rate €90 pay in full by 28th February 2015

Diploma In Gestalt Therapy:

a four year part-time training in Gestalt Psychotherapy accredited by IACP since 1996. Full details and graduate reviews of the course can be found on our website.

Course leader: Tricia Norris BA, Dip IGC, MA, MIAHIP, MBACP

Personal Development Programme:

This one-year residential programme is open to anyone interested in self awareness and personal growth. It is highly recommended as a foundation year for the Diploma course and is particularly useful if you wish to enhance your workplace facilitation skills.

Course leader: Karen Shorten Dip IGC, MIAHIP, MIACP, MICP, MEAU

A Gestalt Approach to Clinical Practice:

this four-module certificate is for qualified practitioners wishing to extend and develop their knowledge of the Gestalt approach.

Course leader: Tricia Norris BA, Dip IGC, MA, MIAHIP, MBACP

If you would like more details please contact Máire McDonagh:

Tel: 091-452013/087-3397080

Email: admin@irishgestaltcentre.com

Website: www.irishgestaltcentre.com

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