

Confer presents

Working with Psychosomatic Symptoms



new
theoretical
and
clinical
perspectives
in psychotherapy

A season of 10 lectures

Wednesday evenings from January - March 2002

7.30 - 9.15pm

London

Introduction

Psychosomatics is the next great frontier for psychotherapy. Increasingly clients are coming to see psychotherapists specifically in order to address physical symptoms. For the therapist, this brings intriguing questions and particular challenges, including how it effects our own health.

In this programme of lectures, Confer has brought together contemporary perspectives from psychotherapy, medicine and neuroscience to explore the theoretical and clinical issues in depth.

The first lecture will give us a grounding in the concept of psychosomatics, drawing on new and classical approaches to understanding the conversion from psyche to soma.

The following lectures will elucidate current knowledge in the field of psychophysiology and bring us up to date in understanding the integration between scientific awareness and object relations. We will then explore the implications of psychosomatic issues for the countertransference.

In the second half-term the focus will be on therapeutic strategies for long and short-term work. This will include case histories of working with specific illnesses. The series concludes with two live supervisions providing us with insight into different therapeutic approaches through allowing us to observe the work of two senior practitioners as they give supervision.

Working with Psychosomatic Symptoms draws on a several key integrative and psychodynamic approaches, offering detailed clinical insights and strategies. Speakers from a range of psychotherapeutic and scientific backgrounds will bring rich and diverse experience to the programme with an emphasis on real cases and practical applications of new and classical theory.

The Speakers

Dr David Beales originally specialised in rheumatology, and epidemiology before working in general practice for 28 years in both London and Gloucestershire. He has trained in group psychotherapy, hypnotherapy and brief solution therapy. He is a Member of the Royal College of General Practitioners and a Fellow of the Royal Society of Medicine. He currently co-directs Balanced Health Solution Ltd, an organisation providing information and practical support for health in the workplace. He has published in the areas of care for older people, alexithymia, eating disorders, restorative therapies in general practice, including meditation, art therapy and stress management.

Roz Carroll is a body psychotherapist and a member of the Society of Neuro-Psychoanalysis. She teaches at the Chiron Centre for Body Psychotherapy and is a lecturer in Psychosomatic Issues at the University of Herts. Currently she is writing a book, *Thinking through the Body*, which brings together concepts from neuroscience, psychoanalysis and body psychotherapy. For more information about this and her other work please visit www.thinkbody.co.uk

Dr Angela Clow has always had an interest in the links between mind and body, initially studying physiology and psychology. Her PhD was in the Department of Neurology at the Institute of Psychiatry, where she explored dopamine function in relation to anti-psychotic drug treatment. In her post-doctoral studies at the Royal Post-Graduate Medical School she became interested in the biochemistry of stress. On joining the University of Westminster she was a founder member of the Psychophysiology and Stress Research Group which has gained an international reputation for its investigations into the relationships between neuro-chemical, neuro-endocrine and immune variables in relation to psycho-social stress and health.

Dr. Nicola Diamond (PhD) is a Psychoanalytic Psychotherapist (British Association of Psychotherapists). She is currently in private practice and Director of the PhD Programme in Psychotherapy and Counselling at Regents College,

London. She is a founding member of the International Attachment Network. Her areas of specialisation are the body in psychoanalysis and attachment theory on which she is writing a book. She is co-authoring a further book on attachment. Recent publications include 'On Bowlby's Legacy' in *Attachment and Interaction* (Ed: Mario Marrone 1998 & 2000 Jessica Kingsley Publishers) and 'Towards an Interpersonal Understanding of Bodily Experience' in *Psychodynamic Counselling* (Feb 2001). Forthcoming, 'The Body and Trauma: A Case of Sexual Abuse' in *Attachment and the Psychoanalytic Process* (Eds. M.Marrone and M.Cortina, Whurr Publishers April 2002).

Margaret Landale is an Integrative Psychotherapist, supervisor and trainer. She is also a member of the training committee at the Chiron Centre for Body Psychotherapy, London. She specialises in working with stress-related and psychosomatic disorders and has worked for several years in mental health, where she developed and ran a stress clinic offering short-term counselling and stress management programmes. Recently she has developed and runs courses in Brief Symptom-Focussed Therapy for qualified counsellors and psychotherapists. Her particular interest has been in the application of imaging techniques, which hold tremendous opportunities and benefits for short-term psycho-therapeutic process. Her chapter on this subject will be published later this year in a new book entitled *Advances in Body Psychotherapy*, published by Routledge.

Susie Orbach

Susie Orbach's work as a psychotherapist and writer is centred on the therapy relationship, the construction of femininity and rethinking the relationship between body and mind. She has published extensively on these themes. She is co-founder of the Women's Therapy Centre (London) and the Women's Therapy Centre Institute (New York). She is Visiting Professor in the Gender Studies Institute at the London School of Economics. Most recently she has been working on reformulating how we see the body and rebalancing the emphasis on the mind in the split between the psyche and the soma. In *The Impossibility of Sex* (Penguin) she has a story of body counter-transference and a discussion about it which might be a useful framework for participants.

Andrew Samuels is Professor of Analytical Psychology at the University of Essex and a Training Analyst of the Society of Analytical Psychology. His most recent book was *Politics on the Couch: Citizenship and the Internal Life* and he has published extensively on the topic of counter-transference.

John Smalley is an analytical psychologist. He trained at the C.G. Jung Institute in Zurich and practices as an analyst in Manchester and Leeds. His current research is concerned with psychological trauma as a factor in the aetiology of psychogenic epilepsy.

Michael Soth has been involved with complementary therapies (and the relationship between body and mind) since 1980 and has been teaching on various counselling and psychotherapy training courses for fifteen years. Since completing his psychotherapy training at the Chiron Centre for Body Psychotherapy (where he now works as Training Director and supervisor), he has been interested in integrating analytic and humanistic approaches, especially the Reichian, Freudian and Jungian traditions. A particular focus in his teaching and supervising has been the attempt to develop an holistic perspective on working with countertransference. Since 1994 he has been running a project, now called Soul in Illness, applying depth psychotherapy to illness, chronic symptoms and psychosomatic disease. He also is a partner in the Oxford-based WellBeing Clinic.

Maggie Turp is a London-based psychoanalytic psychotherapist, supervisor and a part-time lecturer and researcher at the University of Reading. She conducts specialist supervision groups and professional development modules in the area of psychosomatic issues. Her interest in illness and disorder is matched by an equal interest in health and recovery. Maggie uses qualitative research methods, particularly clinical case studies and psychoanalytic infant observations in her work. Her current project involves research into self-care, self-harm and the relationship between the two. She is the author of several journal papers and a book *Psychosomatic Health: the body and the word*, published this year by Palgrave.

Programme

Jan 16 Psychosomatic Issues: Mapping the terrain

The post-modern era has seen serious questioning of 'medical model' accounts of sickness and recovery. Descartes' description of the human subject as composed of a separate 'mind' and 'body' has been challenged and holistic perspectives have gained ground. These far-reaching changes, some of which are pre-figured in the work of psychoanalyst D. W. Winnicott, pave the way for innovations in theory and practice. This talk will be an occasion for reviewing the history and considering some new possibilities for psychotherapeutic intervention.

Maggie Turp

Jan 23 Psycho-physiology of Psychosomatic Illness I

Psychological states can impinge upon physical well-being via activation of the autonomic nervous system and secretion of a wide range of hormones, in particular, secretion of the steroid hormone cortisol, which has potent and diverse effects on body function and which is a potent mediator of psychosomatic illness. This lecture will unravel how the mind and body are linked through these physical processes.

Dr Angela Clow

Jan 30 Psycho-physiology of Psychosomatic Illness II

This talk will explore how pressurising challenges, from both the inner and outer world, cause the dysregulation of the physical systems of the body, in particular cardiovascular and respiratory functioning. We will look at how this impacts on the sympathetic nervous system, leading to acceleration of catabolic changes and a 'downslide' towards illness. The lecture will include a live demonstration of the link between emotion, breathing and heart-rate variability using new 'consulting room technology'.

Dr David Beales

Feb 6 Why Psychosomatisation is Complex: Going Beyond "Cause-Effect"

Roz Carroll will explore the ambiguity of the term psychosomatisation and the various factors which converge to produce chronic symptoms. One area of emerging agreement in psychoanalysis, neuroscience and psychosomatic research is that illness is bound up with difficulties in regulating feelings. This talk aims to flesh out the notion of "affect regulation", bringing together object relational and body psychotherapy perspectives.

Roz Carroll

Feb 13 Illness in the Countertransference

The emotional impact of the therapeutic relationship on the therapist often has its physical counterpart. While it would be unethical to lay responsibility for such happenings at the client's door, there is a need to discuss these aspects of clinical practice both in terms of communication from the client and of exacerbation of pre-existing wounds in the therapist.

Professor Andrew Samuels

Feb 20 **HALF TERM**

Feb 27 **Somatisation Revealed in Dreams:**

Outlining an analysis of the dreams of a patient suffering psychogenic seizures, this lecture describes the somatisation of a psychological disturbance, showing how emotions can be repressed to the extent that they are converted into physiological symptoms. The lecture will explore how dreams can reconnect the symptoms with the original trauma and discuss some clinical work in which this process successfully resolved a case of epilepsy.

John Smalley

Mar 6 **Working with the Somatic Aftermath of Trauma**

In this lecture we will explore how the aftermath of trauma lives on in the form of somatic symptoms. Our focus will be to understand the nature of these bodily symptoms and why the trauma is somatised in this way. We will consider how a psychotherapeutic intervention can ameliorate such symptoms and help the subject work towards psychic well-being.

Dr Nicola Diamond

Mar 13 **Symptom-focused Brief Therapy:**

key techniques for working with psychosomatic symptoms

This interactive talk will introduce a number of effective and body-oriented techniques that can be used when working short-term with psychosomatic symptoms. Margaret Landale will look at the ways in which counsellors and therapists can work directly with the client's body-mind reality, effecting their physical symptoms and states of arousal. She will explain how she accesses and works with the unconscious dynamics underlying symptoms.

Margaret Landale

Mar 20 **Live Supervision of Clinical Work**

As a Body Psychotherapist, inheriting concepts, values and ways of working from both psychoanalytic and humanistic traditions, I am paying attention to the embodied experience in words and the unconscious communication and symbolisation inherent in non-verbal messages (e.g. internal 'objects', projective identification as body/mind processes). Attending to the conflictedness of my own body/mind relationship, and using an extended and holistic notion of 'parallel process' to reflect on my moment-to-moment experience as a supervisor, can help me with entering and responding to the 'unthought known' at work in somatic symptoms. These approaches will be informing my supervision work in this session.

Michael Soth

Mar 27 **Live Supervision of Clinical Work**

Susie will address bodily symptoms (without an organic basis) for what they have to tell us about the body of the person being discussed. She sees bodily symptoms as expressive of the developmental history of the body and not simply as a translation of psychological conflicts. She will also look for any body countertransference aroused in the therapist in this live supervision.

Susie Orbach

Booking Form

Please read the booking conditions

Full Name _____

Address _____

Telephone Number _____

email _____

I would like to register for the following events:

All 10 lectures or A selection of 5 (please tick)

January 16	Maggie Turp	<input type="checkbox"/>
January 23	Angela Clow	<input type="checkbox"/>
January 30	David Beales	<input type="checkbox"/>
February 6	Roz Carroll	<input type="checkbox"/>
February 13	Andrew Samuels	<input type="checkbox"/>
February 20	HALF TERM	<input type="checkbox"/>
February 27	John Smalley	<input type="checkbox"/>
March 6	Nicola Diamond	<input type="checkbox"/>
March 13	Margaret Landale	<input type="checkbox"/>
March 20	Michael Soth	<input type="checkbox"/>
March 27	Susie Orbach	<input type="checkbox"/>

I enclose a cheque for £ made payable to Confer

Please deduct £ from card number

<input type="text"/>									
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Master Card Visa Switch

Expiry date ___/___/___ Issue number _____ (Switch only)

Cardholder's signature _____

Confidentiality Agreement

I agree not to discuss any clinical material that I hear at these events with others not present at the event

Signed _____

Today's Date ___/___/___

Please return to:

Confer, 36a Mildmay Road, London N1 4NG

Information

Venue 5th Floor lecture theatre,
120 Belsize Lane, London NW3

Dates 16 January to 27 March 2002

Times 7.30-9.15pm

Registration 7.00-7.30pm

Fees All 10 lectures £180
A selection of 5 lectures £110
Single Term £100

Drop in Ticket £25
A single ticket can be bought on the night subject to availability

Individual Learning Account Holders People with an ILA can apply for a 20% discount. This is government funding to help adults pay for learning. If you are an ILA account holder, book your place as usual, giving us your ILA registration number and the full fee. You will receive funds due to you in the form of a refund after the course has begun. To open an ILA call 0800 072 1072 or visit www.my-ila.co.uk.

Transport Free parking at venue
Swiss Cottage (Jubilee line)

To Book Complete the attached booking form and return with payment to:
**Confer, 36a Mildmay Road,
London N1 4NG**

Booking Conditions The place is for your own use only. Refunds of 50% will be given if cancellation is given in writing before December 20th

Confer reserves the right to alter this programme if a speaker is unable to attend.

Further Information

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