

**Confer** presents

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# **Beyond Depression**

**Cutting edge theory  
and practice for  
psychotherapists  
and psychologists**

**A series of 10 lectures**

8pm Thursday evenings 16 January to 3 April 2003

London

# Introduction

In the twenty-first century depression represents an alarming and growing epidemic of misery and suffering. Worldwide there may be as many as 100 million depressed individuals. Most are not recognised by medical and social agencies, do not present for treatment, and may not see themselves as suffering from a recognisable problem or, even if they do, may be too ashamed to seek help. One of the most serious complications of depression is suicide. In Britain 5,000 reported suicides occur each year, while 80,000 to 100,000 people may attempt violence against the self. These figures are rising.

Structured as a series of 10 presentations, this multi-disciplinary series will examine how as clinicians we can make a difference. There are many opinions on what is most effective, some of which are strongly held. These range from medical interventions which treat the symptoms, to long term work with the underlying relational causes.

Over the 10 weeks we will cover the many psychological therapies used in treatment and management of this painful affect from cognitive behavioural therapy, person centred therapy, brief therapy, to psychoanalytic, object-relations based approaches, exploring how and why these are found to be effective. We will conclude with a multi-discipline panel discussion which will be an opportunity for the audience to review and discuss this broad range of treatments and to consider why there is controversy over treatment approaches.

Suitable for psychotherapists, psychologists and counsellors.

# T H E S P E A K E R S

**Roz Carroll** is a body psychotherapist and a Member of the Society of Neuro-psychoanalysis. She has specialised in integrating concepts from neuroscience, psychoanalysis and body psychotherapy and teaches in a wide range of clinical training contexts. She has developed the Confer seminar series *Embodiment and Emotion*, which looks at the implications of neuroscience for contemporary psychotherapy. She also teaches a post-graduate course on *The New Anatomy: Exploring the Mind in the Body* at the Chiron Centre for Body Psychotherapy. Recent publications include chapters in *Advances in Body Psychotherapy and Revolutionary Connections: a new relationship between neuroscience and psychotherapy*. For articles, lectures and other information visit [www.thinkbody.co.uk](http://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, when 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 and, in particular, of depression. On joining the University of Westminster she was a founder member of Psychophysiology and Stress Research Group which has gained an international reputation for its investigations into the relationships between neuro-chemical variables and psycho-social stress.

## **Dorothy Rowe**

Born in Australia in 1930, Dorothy Rowe worked as a teacher and child psychologist in Sydney. In 1968 she came to England to work as a clinical psychologist in the NHS and to begin her research into depression. Completing her PhD from Sheffield University in 1972, she moved to Lincolnshire to establish and head the Lincolnshire Department of Clinical Psychology. However, in 1986 she decided to devote her time fully to writing, research and teaching. Her work is concerned with how we create meaning and how we communicate. She is consulted by and writes for the full range of national newspapers and magazines and appears regularly in television and radio interviews and phone-ins. Her most recent books are *Friends and Enemies* (Harper Collins, 2000), *Beyond Fear* (2nd edition, Harper Collins, 2002), *Depression: The Way Out of Your Prison* (third edition, Routledge 2003). For further information on all her writings see [www.dorothyrowe.com.au](http://www.dorothyrowe.com.au)

**Brett Kahr** is the Winnicott Clinic Senior Research Fellow in Psychotherapy and Senior Lecturer in Psychotherapy in the School of Psychotherapy and Counselling at Regent's College in London. He is the author or editor of several books, including *D.W. Winnicott: A Biographical Portrait*, which won the Gradiva Award for Biography, as well as *Exhibitionism*, *The Legacy of Winnicott: Essays on Infant and Child Mental Health*, and *Forensic Psychotherapy and Psychopathology*. He has taught psychopathology to students of psychology and psychotherapy for over twenty years.



**Dr Maggie Turp** is a psychoanalytic psychotherapist in private practice and, until this year was a lecturer and researcher at the University of Reading. Her special interests in depression and psychosomatic issues has led to the publication of numerous journal papers exploring different aspects of the essentially embodied and physical nature of the human subject. She has two published books - *Psychosomatic Health: the body and the word* (Palgrave 2001) and *Hidden self-harm: narratives from psychotherapy* (Jessica Kingsley 2002). She welcomes e-mail correspondence at [maggieturp@aol.com](mailto:maggieturp@aol.com).

### **Dr Stirling Moorey**

Dr Stirling Moorey is Consultant Psychiatrist in Cognitive Behaviour Therapy in South London and Maudsley Trust. He is actively involved with teaching CBT to psychiatrists and other professionals and has written widely on the subject. His main research interest is in psycho-oncology and he is co-author with Dr Steven Greer of Cognitive Behaviour Therapy for People with Cancer.

### **Dr Colin Murray Parkes**

Dr Colin Murray Parkes OBE MD FRCPsych is Honorary Consultant Psychiatrist to St Christopher's Hospice, Sydenham and Consultant Psychiatrist to St Joseph's Hospice, Hackney. Formerly Senior Lecturer in Psychiatry, The Royal London Hospital Medical College and Member of Research Staff at The Tavistock Institute of Human Relations.

**Anne-Marie Sandler** was born in Geneva, studied with Jean Piaget and was for a time his assistant. She then came to England and trained in child analysis with Anna Freud, going on to complete the adult training with the British Psychoanalytical Society, where she is a training and supervising analyst. She has been President of the British Society, the European Psychoanalytical Federation, and Vice-President of the International Psychoanalytical Association. She was formerly Director of the Anna Freud Centre. Many of her published papers were written in collaboration with her late husband Joseph Sandler. They also collaborated on a book, *Internal Objects Revisited* (1984).

**Dr Ivan Tyrell** is a research psychologist, human givens therapist and writer. He is co-author with Joseph Griffin of five monographs on psychology and counselling, *Psychotherapy and the Human Givens*, *Hypnosis and Trance States*, *Breaking the cycle of depression – a revolution in psychology*, *The APET model: patterns in the brain*, which brings CBT and SFBT approaches into line with new scientific discoveries about how the brain works, and, most recently, *The Shackled Brain*. He is a Director of The European Therapy Studies Institute (ETSI), an editorial director of Human Givens, the radical psychology journal, and a tutor for MindFields College.

# Booking Form

Please read the booking conditions (see information panel)

Full Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Post Code \_\_\_\_\_

Telephone Number \_\_\_\_\_

Professional Occupation \_\_\_\_\_

If Psychotherapist, which orientation/ training \_\_\_\_\_

## I would like to register for the following events:

All 10 evenings  
or

A selection of 5 (please tick)

Dr Angela Clow	January 16th	<input type="checkbox"/>
Roz Carroll	January 23rd	<input type="checkbox"/>
Brett Kahr	January 30th	<input type="checkbox"/>
Dr Dorothy Rowe	February 6th	<input type="checkbox"/>
Dr Maggie Turp	February 13th	<input type="checkbox"/>
Dr Colin Murray Parkes	February 27th	<input type="checkbox"/>
Dr Stirling Moorey	March 13th	<input type="checkbox"/>
Anne-Marie Sandler	March 20th	<input type="checkbox"/>
Dr Ivan Tyrell	March 27th	<input type="checkbox"/>
Panel discussion	April 3rd	<input type="checkbox"/>

I enclose a cheque for £  made payable to Confer

Please deduct £  from card number

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

Expiry date \_\_\_\_/\_\_\_\_/\_\_\_\_ Issue number \_\_\_\_\_ (Switch only)

Today's Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Cardholder's signature \_\_\_\_\_

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 3 April 2003

**Times** 8.00pm – 9.45pm

**Registration** 7.30pm – 8.00pm

## Fees

### If you are paying for yourself

All 10 events .....£170

Selection of 5 .....£110

### If funded by an organisation:

All 10 events .....£225

Selection of 5 .....£140

A minimum of 5 events can be booked in advance.

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

**Parking** Free use of car park at venue

**Tube** Swiss Cottage (Jubilee Line)

**To Book** Please complete and return the attached booking form with payment to

**Confer, 36a Mildmay Road,  
London N1 4NG**

Cheques are made payable to CONFER  
A receipt will be sent to you to confirm your place.

**Booking** The place you book is for your own use only.

**Conditions** Refunds of 50% will be given if cancellation is given in writing before 6 January 2003. We regret that after 6 January refunds can not be given in any circumstances.

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

**Further Information** Telephone Confer on 020 7254 2323  
email ryan@confer.demon.co.uk  
visit www.confercpd.com

**Programme Director** Jane Ryan  
**Project Assistant** Jo Robertson  
**Advisor to Confer** Brett Kahr



# P R O G R A M M E

## **Dr Angela Clow**

### **The Physiology of Depression: the cutting-edge research**

There is mounting evidence that major depression is associated with chronic exposure to uncontrollable stress. This lecture will explore the possible physiological explanation for this link. External stressors induce activation of the hypothalamic pituitary adrenal (HPA) axis to release the stress hormone cortisol. Repeated activation of this axis can cause dysregulation of the system so that cortisol levels become unusually high throughout the day. When this happens cortisol can cause depression. At the same time high levels of cortisol can affect functioning of the cardiovascular and immune systems such that health may be jeopardised. This lecture will review the evidence that levels of cortisol are associated with melancholic major depression and that this psychological disorder may predispose to physical illness.

**January 16 2003**

## **Roz Carroll**

### **The neurobiology of attachment and its failures: deepening insight into depression**

Huge strides have been made in recent years in interdisciplinary understanding of depression and its roots in infancy. Neurobiology, infant observation and attachment theory are converging to create a holistic model of early life. This enables us to track at a micro level how the relationship between caregiver and baby impacts the structure of 'brain-mind-body' development. These embodied internal objects create life-long patterns for coping (or not) with the vicissitudes of life. Case material presented will illustrate how the body can be directly engaged and included in the therapeutic process.

**January 23rd 2003**

## **Brett Kahr**

### **Trauma in the Nursery: a psychoanalytical view of depression and its treatment**

Brett Kahr will present a classical psychoanalytical perspective on the aetiology and treatment of depression and depressive states, focusing in particular on the theoretical and clinical contributions of Sigmund Freud, René Spitz, John Bowlby, and James Robertson. He will examine the ways in which actual experiences of separation and loss in infancy and childhood form the template for later experiences of sadness and depression.

**January 30th 2003**

## **Dr Dorothy Rowe**

### **What is Depression?**

When we are depressed it seems that we are alone in a prison whose walls are as impenetrable as they are invisible. This prison comes upon us when we suffer a terrible disaster and we discover that there is a serious discrepancy between what we thought our life was and what it actually is, whereupon we blame ourselves for the disaster that has befallen us. Discovering that our life is not what we thought it was terrifies us, but by blaming ourselves for the disaster we give ourselves an explanation for what has occurred. However, when we blame ourselves we turn against ourselves and hate ourselves, and in so doing we separate ourselves from other people and from every aspect of our life. Thus we unwittingly create the prison in which we find ourselves. Depression is not an illness but defence against enormous fear. If we understand what led us into the prison of depression we can find the key which will release us. The key to the prison of depression is also the key to happiness. Part of being happy is knowing that sadness, not depression, is the appropriate response to loss, and that sadness makes us more keenly aware of what really matters in our life.

**February 6th 2003**

## **Dr Maggie Turp**

### **The Depressed Mother: an infant observation**

Depressive illness is, by its nature, marked by the absence of a 'zest for life', a lively imagination and confidence in relationships. The practice of psychoanalytic infant observation offers a unique perspective on the fine detail of infant experience relevant to these key themes. Through presenting and discussing extracts from an infant observation study, Maggie Turp will consider the impact of maternal depression on one particular infant's 'zest for life' from birth to twelve months. The audience will be invited to consider the implications of these observations for therapeutic work with adult clients who seek help.

**February 13th 2003**

**HALF TERM February 20th 2003**

## **Dr Colin Murray Parkes**

### **Distinguishing Depression from Grief**

Systematic studies have shown a clear distinction between the features of grief and those of depression after bereavement. Recent studies of the patterns of attachment made during childhood and adult life begin to explain why some people become depressed or develop other psychiatric conditions which can complicate bereavement. They also have implications for prevention and treatment.

**February 27th 2003**

## **Dr Stirling Moorey**

### **Cognitive Behaviour Therapy for Depression**

CBT is the psychological treatment for depression that has been most intensively researched. It has been shown to be as effective both with acute and chronic depression, and has a definite relapse prevention effect. This lecture will outline the treatment of depression, review the evidence and consider some of the limitations of the approach.

**March 13th**

## **Anne-Marie Sandler**

### **Supervision Master Class: working psychoanalytically with a case of severe depression**

This evening will be an opportunity to observe a live supervision given by Anne-Marie Sandler as she works with a colleague on their psychodynamic treatment of a patient suffering from profound depression. Following the case presentation and 50 minute supervision there will be time for discussion with the audience.

**March 20th**

## **Dr Ivan Tyrell**

### **Contraindications and Controversies**

Bringing another perspective to the series, this talk explores the 'human givens' perspective for mental health within the discipline of clinical psychology, which explains why the medical 'chemical imbalance in the brain' model does not serve depressed patients well. We will look at the fascinating causes of depression and why depressed people wake up tired and lacking in motivation. Some forms of psychotherapy and counselling are toxic for depressed people and you can discover why by understanding the essential steps in breaking the cycle of depression.

**March 27th 2003**

## **Panel discussion with Roz Carroll, Brett Kahr and Ivan Tyrell**

### **How Should we Work with Depression?**

This multidisciplinary panel will summarise how the treatment and management of depression is approached within each speaker's professional discipline. The evening will be an opportunity for the audience to consider the contribution of each of these styles of treatment to helping those with depression, and to discuss some of the issues surrounding the effectiveness of certain approaches.

**April 3rd 2003**