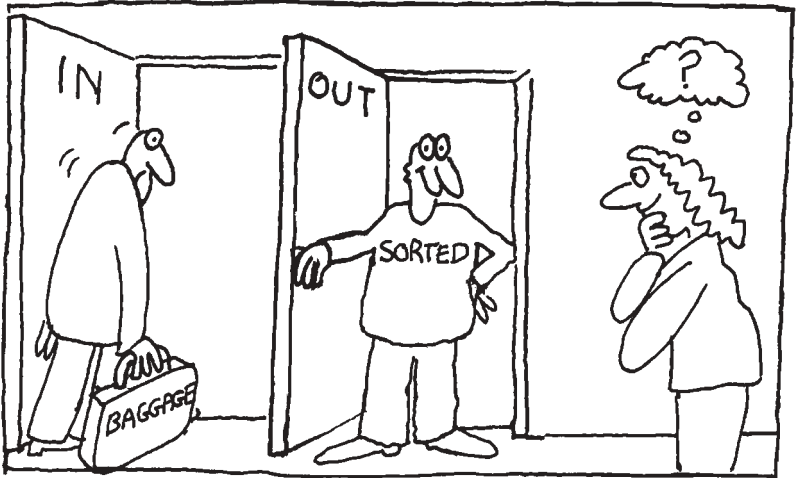


CONFER  
presents

# How does Psychotherapy Work?



senior psychotherapists  
attempt to answer this question

10 lectures  
Tuesday evenings 29 April to 8 July 2003  
London

## Introduction

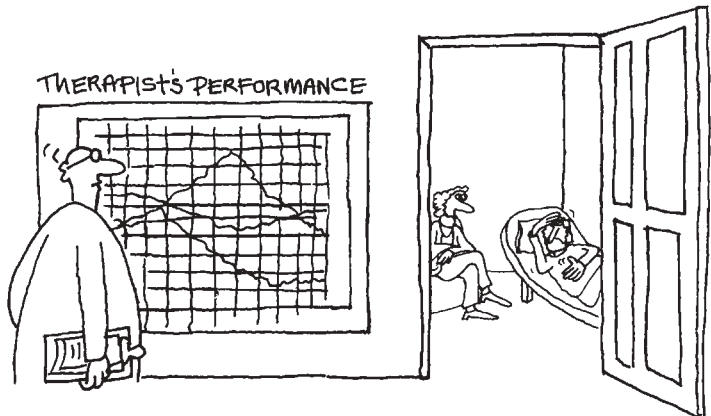
We know that psychotherapy does work – intuitively from our own experiences, and statistically from research. But no one can easily answer the basic question of *how* psychotherapy works.

The results of several studies suggest that the basic ingredients of successful therapy are common to all therapeutic approaches, and that that possibly all models share the significant features that make the relationship effective. These are thought to include the existence of the special relationship, the use of a method or theoretical model, the therapeutic value of hope and expectation, as well as the client's own commitment to the process. Some research programmes have claimed to identify a pattern of behaviour in the work of successful therapists, as well as a way of measuring positive changes in the client.

These findings, while offering some reassuring indicators, also raise interesting questions. If the model is found to be of significance, won't some models be more useful than others? If the quality of the relationship is crucial, what exactly are the qualities that make it so? And what kind of measurements can be used to provide this evidence?

Confer set some senior psychotherapists the challenge of explaining how psychotherapy works, asking them to identify what goes on in therapeutic interaction that might account for the patient/client's progress and what might be difficult about knowing this.

Please join us in what is certain to be a fascinating dialogue.



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

Roz  
Carroll

**Roz Carroll** is a body psychotherapist and member of the Society for Neuro-psychoanalysis. She teaches at the Chiron Centre for Body Psychotherapy and is running a seminar series for Confer on 'Emotion and Embodiment'. Her recent work and writing is focused on the implications of neuroscience for contemporary psychotherapy. [www.thinkbody.co.uk](http://www.thinkbody.co.uk)

Peter  
Fonagy

**Peter Fonagy**, *PhD FBA* is Freud Memorial Professor of Psychoanalysis and Director of the Sub-Department of Clinical Health Psychology at University College London. He is Director of the Child and Family Centre at the Menninger Foundation, Kansas. He is also Director of Research at the Anna Freud Centre, London. He is a clinical psychologist and a training and supervising analyst in the British Psycho-Analytical Society in child and adult analysis. His clinical interests centre around issues of borderline psychopathology, violence and early attachment relationships. His work attempts to integrate empirical research with psychoanalytic theory. He holds a number of important positions, which include Chairing the Research Committee of the International Psychoanalytic Association, and Fellowship of the British Academy. He has published over 200 chapters and articles and has authored or edited several books. His most recent include *Attachment Theory and Psychoanalysis* (Other Press, 2001), *What Works For Whom? A Critical Review of Treatments for Children and Adolescents* (with M. Target, D. Cottrell, J. Phillips & Z. Kurtz; 2002, Guilford), *Affect Regulation, Mentalization, Attachment and the Development of the Self* (with G. Gergely, E. Jurist and M. Target 2002, Other Press) and *Psychoanalytic Theories: Perspectives from Developmental Psychopathology* (with M. Target, Whurr Publications 2003).

Philip  
Hill

**Philip Hill** is a registered psychoanalyst in private practice, a Member of the Centre for Freudian Analysis and Research and has worked for the NHS, charities and schools. He is the author of *Lacan for Beginners* (Writer and Readers Inc.), *Using Lacanian Technique, an introduction* (Press for the Habilitation of Psychoanalysis, 2002), and is currently writing two books: *Structure in the Clinic and Psychoanalysis: Freud and Lacan's contribution to psychoneuroimmunology* and *Psychoanalysis as a History of Science and Ideas: feminine sexuality as essentially indeterminate*.

Brett  
Kahr

**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 is a Trustee of the Institute of Psychotherapy and Disability, a Patron of the Squiggle Foundation and the Media Advisor to the United Kingdom Council for Psychotherapy. His forthcoming book is entitled *Spitting on the Couch: a psychoanalytical approach to profound disability* (Karnac Books/Other Press).

Dianne  
Lefevre

**Dr Dianne Lefevre** worked previously as a physician, a Consultant Psychiatrist and is now as Consultant Psychiatrist in Psychotherapy. She runs a psychotherapy unit at Basildon Hospital where they specialise in the treatment of severe mental illness. In collaboration with Anglia Polytechnic University, she runs an MSc in the Psychodynamics of the Psychoses. She believes that the integration of psychotherapy (including family work), pharmacotherapy, social therapy, educational and nutritional therapies is desirable in the treatment of severe mental illness.

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 was co-founder of the Women's Therapy Centre (London) and the Women's Therapy Centre Institute (New York) and is currently Visiting Professor in the Gender Studies Institute at the London School of Economics. Her recent books are *The Impossibility of Sex*, *Towards Emotional Literacy* (Virago) and *On Eating* (Penguin).

James  
Pollard

**James Pollard** is a psychotherapist in private practice in London and Cambridge. He is a psychotherapist, supervisor and teacher and is the Chair of the UKCP. He was previously the Chair of the Centre for Attachment-based Psychoanalytic Psychotherapy which is a leading training organisation developing approaches to psychotherapy drawn from attachment theory. He is an Associate Member of the Cambridge Society for Psychotherapy.

Joy  
Schaverien

**Joy Schaverien**, PhD is a Professional member of the Society of Analytical Psychology in private practice in Rutland. She is Professor Associate in Art Psychotherapy at the University of Sheffield and a teacher for the C.G Jung Institute of Copenhagen. Her many publications include: *Desire and the Female Therapist: Engendered Gazes in Psychotherapy and Art Therapy* (1995) and *The Dying Patient in Psychotherapy: Desire, Dreams and Individuation* (Palgrave/ Macmillan 2002).

Joseph  
Schwartz

**Joseph Schwartz**, PhD is a psychoanalytic psychotherapist at the Centre for Attachment-based Psychoanalytic Psychotherapy. His books include *Einstein for Beginners*, *The Creative Moment* and *Cassandra's Daughter: A History of Psychoanalysis in Europe and America*.

Robert  
Young

**Robert M. Young** is Visiting Professor of Psychotherapy and Psychoanalytic Studies at the University of Sheffield, and is a psychotherapist and supervisor in private practice in London. He is a Full Member of the Lincoln Clinic and of the Forum for Independent Psychotherapists. He is Editor of *Free Associations*, Associate Editor of *Psychoanalytic Studies*, Editor of the *Human-Nature.com* web site, where most of his writings are on-line, and moderator of various email forums. His books include *Mental Space* and *The Culture of British Psychoanalysis*.

# 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)

Brett Kahr 29 April

Joseph Schwartz 6 May

Susie Orbach 13 May

Robert Young 20 May

Roz Carroll 3 June

Peter Fonagy 10 June

Joy Schaverien 17 June

Philip Hill 24 June

James Pollard 1 July

Dianne Lefevre 8 July

I enclose a cheque for £  made payable to Confer

Please deduct £  from card number

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** 29 April – 8 July 2003

**Registration** 7.30pm – 8.00pm

**Start Time** 8.00pm prompt

**End Time** 9.30 - 9.45pm approx

**Fees** All 10 events **£160**  
Any one event **£20**  
A minimum of 5 can be  
booked in advance

**Drop in Ticket** Subject to availability **£25**  
Call Confer 24 hours before  
to check there are places

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

**Tube** Swiss Cottage (Jubilee line)

**To Book** Please complete the booking form  
and return it with payment to  
**Confer, 36a Mildmay Road,  
London N1 4NG**  
A receipt will be sent to you to  
confirm your place

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

It cannot be transferred to another  
person or event.

Regrettably, refunds cannot be given  
in any circumstances.

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

**Further Information** Confer: Tel: 0207 254 323

Email: ryan@confer.demon.co.uk

www.confercpd.com

Copies of the flyer can be downloaded  
from this website

**Programme Director** Jane Ryan

**Advisors to Confer** Brett Kahr  
Jo Robertson  
Elizabeth Scott



# T H E P R O G R A M M E

29 April

## The 15 key ingredients of good psychotherapy

*Brett Kahr*

I will propose that good psychotherapy cannot be reduced to a specific element, but includes a combination of key ingredients. These include the importance of confession; the reliability of the therapist meeting the dependency of the patient; an interest in the smallest details of the patient's life; working towards insight; creating a template for structuring other significant relationships in the patient's life; a quality in the psychotherapist's tonal features (facial expression, form of greeting, timbre of voice and posture); a genuine concern, conveyed when all these features are in place and, not least, a desire and capacity on the patient's part to use the psychotherapy. We will consider how it may be possible to combine all these features in one professional relationship.

6 May

## What is an appropriate way to understand how effective psychotherapy works?

*Joseph Schwartz*

The question 'How does psychotherapy work?' occurs in a definite social context. At present psychotherapy is exposed to hostile challenges from insurance companies, funding agencies and neighbouring disciplines to prove that it works. Simultaneously, as individual therapists, we need to feel secure that our methods are sound. By examining episodes from the history of psychiatry I want to show by comparison that psychotherapy is unique in the way it has been challenged to prove that it works. I will argue that so-called objective scientific research is not the way to find out how and when it works, and will discuss more appropriate methods of evaluation, which can be used both in the consulting room during the course of a therapy, and in response to society's scrutiny.

13 May

## From Fragments to Self?

*Susie Orbach*

People come to therapy with confusions, fears, a distrust of self and their capacities and either a set of symptoms or circumstances that has made their ways of being untenable. The lecture looks at those aspects of the therapy relationship that enable the individual to enter into and inhabit their own life.

20 May

## **Containment: The Technical and the Tacit in Successful Psychotherapy**

*Robert Young*

There are technical prerequisites for successful psychotherapy, for example, the elements of boundary maintenance that make up the analytic frame, a concept I will explore in some detail. I will also discuss various theories of how psychotherapy works. I will juxtapose these approaches with my own clinical experience and conclude that, in addition to the fundamental role of the frame, much of the success in psychotherapy is due to tacit, nuanced and tonal factors. Together these provide the constituents of containment.

27 May

## **Half Term**

3 June

## **Deep re-organisation of the self is nourished by psychotherapy**

*Roz Carroll*

Despite the wide variations in theory and technique, which characterise the field of psychotherapy today, therapy in general seems to offer a particular opportunity for intensifying the ordinary self-organising process of life. Its formal structure sets limits of one kind in order that other limits, – such as the constraints of normal social discourse, – can be suspended. It radically increases feedback to the system (the client) in a multiplicity of ways. It provides a stable, empathic, bounded space and carefully dosed experiences of novelty and difference. As such, psychotherapy becomes the container for meaningful crises and transitions to a more complex and differentiated sense of self.

10 June

## **Common psychological processes in psychotherapy: An attachment theory based proposal**

*Peter Fonagy*

There are many more therapies than there are therapeutic processes. Many of those working at the forefront of establishing evidence-based therapies have come to recognize that the development of treatments, without engaging in the understanding of effective treatment processes, will lead to an uncontrollable proliferation of effective treatments each with slightly different indications. Thus the identification of social and psychological processes that underpin the effectiveness of a number of therapies has become increasingly important. The paper will indicate one such candidate process: attachment related mentalization, arguing that the identification of key psychological processes underlying effective psychological treatment should be given higher priority in treatment research and the development of new treatment modalities.

17 June

## From Desire to Individuation

*Joy Schaverien*

Starting with a consideration of countertransference, this talk will include attention to pictures and the erotic transference in clinical practice, as a way of encouraging discussion about the transformative nature of psychotherapy. The talk will focus on gender and on the meaning and purpose of desire within the transference and countertransference dynamic. We will see, through pictures made in psychotherapy, how the transformative power of eros sets psyche in motion, shedding the light of consciousness on the previously unconscious state and so evoking individuation.

24 June

## Why did Lacan claim that analyst's desire must be for the patient's desire?

*Philip Hill*

Lacan argued that it is vital for the analyst to desire the patient's desire. Within the Lacanian framework 'desire' is a radical ethical practice, different from the ethics of any other school, and motivates every interpretation. Lacan claimed that the patient's desire emerges by working through his or her demands. We will take a look at how this manifests in the clinic.

1 July

## Is the key to good therapy the creation of secure attachment? If so, with whom?

*James Pollard*

We will consider what attachment theory has to contribute to an understanding of successful outcomes in psychotherapy. How might the aims of psychotherapy be understood in attachment terms? What is the place and meaning of the secure base in the therapeutic couple? How can we work with the idea of styles of attachment and what does the therapist's attachment style bring to the therapeutic encounter?

8 July

## Is the psychotherapist's authenticity a crucial key to therapeutic change?

*Dianne Lefevre*

The capacity for compassion (love that does not seek to change the object), courage to face what will be revealed and, above all, authenticity (for to practice compassion and courage one needs to know oneself) are some of the processes upon which good therapy depends. But how do we develop this authenticity and how does one's own self enter the therapeutic space?