

Information

Venue

5th Floor Lecture Theatre,
120 Belsize Lane,
London NW3 5BA

Dates

Wednesdays,
January 14 – March 24, 2004

Time

7.30 pm prompt – 9.00 pm

Prices

- Any 5 lectures (£120 +VAT) **£141**
- All 10 lectures (£170 +VAT) **£199.75**

Members of Confer and Student Concessions

- Any 5 lectures (£100 +VAT) **£117.50**
- All 10 lectures (£144 +VAT) **£169.20**

Funded by an organisation

- Any 5 lectures (£150 +VAT) **£176.25**
 - Any 10 lectures (£220 +VAT) **£258.50**
- For invoicing please add £20*

Single lecture **£25**

Certificates of Attendance are available on request

Further Information

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Confer

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

Project Consultant

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Advisors to Confer

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Director of Confer

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Booking Conditions

We regret we cannot give refunds

Your ticket is for your own use only

Credit cannot be transferred to another programme

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

Insurance against cancellation

In the event of illness or bereavement you may need to cancel your place. Cover costs £9 and can be applied for when you book. Full details on

www.confercpd.com



Speakers

Thaddeus Birchard

The Reverend Canon Thaddeus Birchard came to England in 1966 having studied for a degree in sociology at the University of New Orleans. He then studied theology at the University of Nottingham and subsequently worked in parish and pastoral ministry, during which time he developed a particular interest in addiction. He went on to train at the Whittington Hospital as a psychosexual psychotherapist, which he combined with an MSc at the South Bank University in 1997. He works in private practice in central London as a psychotherapist and psychosexual psychotherapist, mostly with individuals with sexual problems, especially compulsivity, and with couples with marriage and relationship issues. He has founded and currently runs a non-residential programme for the treatment of addictive compulsive patterns of sexual behaviour. He is Associate Priest at St Marylebone Parish Church.

Roz Carroll

No theme is closer to my heart than the vicissitudes of love – a lifetime of my own and others' experiences are the bread and butter of psychotherapy. I trained and now teach at the Chiron Centre for Body Psychotherapy and am a member of the Society of Neuro-psychoanalysis. I am interested in how neuroscience can become relevant and stimulating to contemporary psychotherapy. This is explored in my seminar series for Confer, *Emotion & Embodiment*. Many of my articles including '*Love in a Scientific climate*' are on www.thinkbody.co.uk

Jocelyn Chaplin

Jocelyn Chaplin is a psychotherapist who has been in private practice for 22 yrs. She co-founded the Serpent Institute, training psychotherapists and counsellors in Humanistic and Psychodynamic theory and practice within a framework of natural spirituality. Jocelyn has written several books, including *Feminist Counselling in Action* (Sage. 1988 and 1999) and *Love in an Age of Uncertainty* (Harper Collins. 1994).

Nathan Field

Nathan Field originally trained with the British Association of Psychotherapy. He is now retired after 40 years of private practice as an analytical psychotherapist but continues with writing, lecturing and supervising. His book, *Breakdown and Breakthrough* was published in 1996 by Routledge.

Suzanne Keys

Suzanne Keys works as a person-centred counsellor in a Sixth Form College in East London and as a therapist and supervisor in private practice. She is a BACP Registered Associate (British Association for Counselling and Psychotherapy) and a participant in an IPN group (Independent Practitioners' Network). She has delivered papers on her work at international conferences and has written about her experience of counselling training, the counsellor as a human rights agent and widening participation in counselling in education. She has recently edited a book, *Idiosyncratic Person-Centred Therapy: from the personal to the universal* (PCCS Books, 2003). She has lived in Haiti, Northern Ireland, Italy, France and the Ivory Coast. She

studied modern languages at Emmanuel College, Cambridge and taught English as a foreign language before training as a person-centred therapist at the University of East Anglia. Her work as a counsellor has included setting up a counselling service in a drop-in for homeless people and working in a women's centre.

James Pollard

James Pollard is a psychotherapist in private practice in Cambridge and London. He is a training therapist and supervisor for the Centre for Attachment-based Psychoanalytic Psychotherapy (CAPP) in London and is an Associate Member of the Cambridge Society for Psychotherapy. He has taught on various courses for the CAPP training and was Chair of the Centre for three years. He has given a wide range of lectures on attachment theory, psychoanalysis and clinical practice. James is currently Chair of the UKCP (United Kingdom Council for Psychotherapy).

Janet Sayers

Janet Sayers is Professor of Psychoanalytic Psychology at the University of Kent in Canterbury, an author and part-time psychotherapist with the British Association of Psychotherapists. Her books include *Mothering Psychoanalysis* (Penguin 1992), *Freudian Tales: About Imagined Men* (Vintage, 1997), *Boy Crazy: Remembering Adolescence, Therapies and Dreams* (Routledge, 1998) and, most recently, *Divine Therapy: Love, Mysticism and Psychoanalysis* (Oxford University Press, 2003).

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*.

Maggie Turp

Maggie Turp began her career in psychology and social work and studied psychoanalysis at the Tavistock Centre and the Institute of Psychotherapy and Social Studies. She is a practicing psychotherapist and supervisor and teaches on the MSc in Psychodynamic Counselling with Children and Adolescents at Birkbeck College, London. Her publications include numerous journal papers and two books, the most recent of which is *Hidden Self-Harm: narratives from psychotherapy* (Jessica Kingsley). She welcomes correspondence at maggieturp@aol.com

Peter Wells

Peter Wells is an Anglican priest who is employed as the Senior Chaplain to the NHS Trust in Brighton. He is an accredited sex and relationship psychotherapist with a private practice. He chairs the national Association of Hospice and Palliative Care Chaplains. He has written and lectured on the issues of sexuality and spirituality in palliative care.



CONFERR

Where does

LOVE

**fit into the
psychotherapeutic
relationship?**

**Wednesday evenings
January – March 2004**

London

Booking Form

Please note the booking conditions

Name _____

Additional name(s) _____

Address _____

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Telephone _____

Email _____

Occupation _____

Orientation _____

I wish to be insured against cancellation and enclose an additional £9 for this purpose

I wish to be invoiced

I am a member of Confer

I am applying for a student concession

I am booking for the following lectures:

Jan 14 Feb 4 March 3

Jan 21 Feb 11 March 10

Jan 28 Feb 25 March 17

March 24

I enclose £ _____

Cheques are made payable to Confer

Please deduct £ _____ from card number

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Introduction

In this unique series of lectures, psychotherapists look at an issue that is rarely discussed, theorised or integrated into our understanding of the act of psychotherapy: Love – perhaps the ultimate desire and need of all human beings. The absence of explicit attention to this subject is all the more striking because we are living in a culture which is obsessed with love, and yet where unmet emotional need is so very evident.

Coming from a range of approaches – humanistic, psychoanalytic and theological – the presenters will unravel the conflicts, joys or vulnerabilities that may be aroused when someone experiences loving or being loved in the therapeutic relationship. The series will explore what it means to open the psyche fully to the humanity of another person. Reviewing the nature of the therapeutic attachment from various perspectives, we will ask is this a state of emotion, regression, idealisation, transference, or will? Is there a special kind of therapeutic love?

One of the central paradoxes of psychotherapy is that it both nurtures the experience of love because of its frame but limits the expression of love because of that very same frame. We will consider how this tension can be worked with in the intricacies of therapeutic relatedness. We will look at the cautious approach to tenderness that has characterised some psychotherapeutic orientations, and the challenge to both psychotherapist and client/patient of undefended compassion.

Participants are invited to bring their own experiences and thoughts for discussion after each presentation.

“Is love an art? Then it requires knowledge and effort. Or is love a pleasant sensation, which to experience is a matter of chance, something one ‘falls into’ if one is lucky?”

Eric Fromm

Programme

Jan 14

Thaddeus Birchard

The Cure of Souls

This presentation will explore the concept of love in the western theological and intellectual tradition and the relationship of that tradition to the development and practice of psychotherapy. It will further explore the practice of counselling and psychotherapy as an act of mercy and compassion and the goals of psychotherapy as orientated towards liberation, integration and wholeness.

Jan 21

Joseph Schwartz

Love in the Consulting Room: Problems and Prospects

The origin of the taboo on tenderness in British psychoanalysis. Making a start on love.

Jan 28

Peter Wells

Can I really be loved? The cost to the client and the therapist

Clients so often come expressing the desire to feel and be loved. Yet so often because of their psychopathology what they want they cannot have. The therapist needs to work carefully and with skill to enable and empower the client to achieve their ultimate goal. The cost to the client is the loss of a negative script, the cost to the therapist is the loss of a client, the cost to both is that they can get consumed in a vacuum that was not anticipated.

Feb 4

Janet Sayers

Empathy, Love, and Being at One

Poets note the illuminating insights of oneness with another in love. So too do many others, including psychotherapists. Once wary of talking about love, psychotherapists and psychoanalysts are again talking about it in seeking to animate or reanimate the psyche of their patients through the oneness of love. My latest book, *Divine Therapy: Love, Mysticism and Psychoanalysis* is about this self-same oneness, akin to love. But what is oneness? Or empathy? In this talk I will consider two forms of empathic counter-transference: Immediate or intuitive love or empathy, and projective empathy or love involving psychoanalysts and psychotherapists putting themselves, as it were, into the shoes of those they treat.

Feb 11

Suzanne Keys

Unconditional Positive Regard: nice and unrealistic

Firstly, I will review the concept of 'unconditional positive regard' (UPR) as an important component of person-centred theory and consider some modern approaches to it and some criticisms of it. Secondly, adopting a heuristic research attitude, I will explore what UPR means to me as a therapist and as a client. As part of the process I am going to discuss what the concept means in practice to some of the young people where I work. I will examine how challenging it can be both to receive and to offer UPR. I will also review the relationship between UPR and love within the therapeutic relationship from a person-centred perspective. In addition, I hope participants will find it useful to examine personal values and attitudes towards UPR from their own theoretical backgrounds.

Feb 18

HALF TERM

Feb 25

James Pollard

The Sick Rose

The loving aspects of the psychotherapeutic relationship can sometimes become very obscure. Is it possible to find them - again?

March 3

Nathan Field

Intimacy in the Analytic Encounter

The therapeutic relationship has a range of specific characteristics that are difficult to encompass in a single definition. It has been compared to the doctor-patient relationship, parent-child, mother-baby, guru-student, priest-penitent, love partners and even lover and mistress. The advantages and dangers of these analogous relationships will be discussed with the aid of clinical abstracts.

March 10

Jocelyn Chaplin

Love and Will

Compassion is an act of will. Is psychotherapy a training for love under will? Can love be taught? The Buddhists have a technique called the Metta meditation using visualisations to practice sending loving feelings to friends, neutral and difficult people. Can this be of value to psychotherapists? Can we stay related and loving even when working with extremely hostile patients? What approaches might help us? We will explore some examples of the personal struggles many of us have keeping our hearts open in difficult clinical situations.

March 17

Roz Carroll

The poetics of neurobiology: new perspectives on love

Falling in and out of love; the look of love and looking for love; need, passion and devotion; devouring obsessional love; sexual love; enduring love; affairs, marriage and psychotherapy. Love is one of our most cherished human experiences. It is the subject of endless thought, speculation and imaginative elaboration. Can neurobiology add to centuries of insight on the subject? I think it can – particularly in refining our understanding of the spectrum of instincts refracted into different forms of love. I will focus mainly on the dynamics of kinds of loving as a way of understanding what goes wrong and what goes right in relationships, both inside and outside the consulting room.

March 24

Maggie Turp

The Good Internal Object and the Capacity for Love

At times, we may feel unloved or insufficiently loved by others. This is a painful experience. At times, we may experience ourselves as devoid of a capacity to love and care about others. To look within and see an internal world devoid of generous and loving feelings and filled instead with destructive feelings - cynicism, envy, contempt, greed – is a potentially devastating experience. These matters will be discussed with reference to Klein's writing on the good internal object, clinical material and extracts from infant observation studies.