

Information

Venue

London Voluntary Sector
Resource Centre,
356 Holloway Road,
London N7

Refreshments

Tea or coffee on arrival and
during coffee break.
Please bring a picnic lunch.

Booking Conditions

Your place is for your own
use only.

Refunds of 50% will be given
if a written request is received
not later than 3 weeks before
the date of the workshop.

Refunds cannot be given after
that date.

We reserve the right to change
the programme if a speaker is
unable to attend.

Total CPD: 11hrs

Further Information:

0207 254 2323
www.confercpd.com
ryan@confer.demon.co.uk

To book

Please complete the
booking form and return with
payment to:

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

To join Confer

Please request an application
form or download one from
www.confercpd.com

Feedback from a participant who
attended our workshop

“The complexity of making money in private practice”

(29 November 2003)

“I am still savoring the goodies
provided by your course last Saturday
on the complexity of making money in
private practice and I already want to
share how much it has helped me to see
money and my profession in a much
more positive way. I have started already
polishing my adverts, therapy room and
strategies for the future and will certainly
ring my “buddy” in 2 weeks time as you
suggested!

One suggestion: How would it be for you
to organise a follow-up course for extra
support or new questions? I would
absolutely love it and would certainly
book in advance and be first on your list
if you were to offer it!

Many thank to both facilitators, who I
found handled the group in fantastic
ways. From my subjective perception
(being a teacher when I am not a
therapist) I think you did it in admirable
ways. WELL DONE!”

Sylvia Battle, Psychotherapist

Introduction

Psychotherapy is one of the most emotionally and intellectually demanding occupations, and practitioners need to be as free as possible from concerns about their own well-being. These 3 workshops are designed to strengthen our confidence and resources in three areas of life that underpin our capacity to work effectively and securely:

• Organisational Support

We need to know that we are supported and valued by our colleagues, and to feel understood and empowered as a member of our training organisation or professional association. Negative organisational dynamics can be excessively preoccupying, draining of emotional resources and energy. Our first workshop is an opportunity for you to unravel the conflicts, projections or insecurities that you face in your organisation - to gain confidence in your position, and greater understanding of the complexities of the organisation's culture.

• Making a Living

Having invested, on average, £20,000 on psychotherapy training, each practitioner needs to be able to make a decent living. Yet many psychotherapists are failing to get enough well-paid contact time. This workshop is about examining your own issues around charging, understanding how personal beliefs may be limiting your income, and developing strategies for strengthening your portfolio of work and earnings capacity within an ethical framework.

• Staying Well

Using the insights of new, integrated approaches to medicine - as well as an understanding of the importance of raw emotion in the psychotherapeutic process - this workshop is designed to give you a clear understanding of the physiological mechanisms that can become strained by long-term work with emotionally challenging dynamics. We will cover basic facts about the mind-body interaction and show how these can be managed to reduce the strain on your immune system and to maintain your health.

Individual Consultations

For those unable to attend but wishing to explore any of these issues on one-to-one basis with one of the workshop facilitators, individual consultations are available. Fees are individually negotiated.

Contact details are:

David Beales:	dbeales@heartsandminds.fsnet.co.uk
Roz Carroll:	thinkbody@lineone.net
Richard Hawkes:	richardhawkes@btopenworld.com
Jane Ryan:	ryan@confer.demon.co.uk

The Facilitators



Dr David Beales, FRCP(UK) MRCGP

is a doctor with 29 years experience in general practice. He has a particular interest in the whole-person approach to the understanding and treatment of disease, and specialises in working with psychosomatic and unexplained symptoms, integrating an understanding of the way that the body normally self-regulates and how the immune defence systems protects us. He teaches practical ways to help clients enhance their immune function. He writes, lectures in the UK and abroad and is conducting research supported by the Scientific Foundation Board of the Royal College of General Practitioners.



Roz Carroll

studied English at the Universities of Cambridge and Yale, going on to develop an interest in massage and body psychotherapy. She is currently a psychotherapist, supervisor and trainer at Chiron, and an author. She speaks widely on the application of neuroscience to psychotherapy, a subject on which she is one the UK's foremost thinkers. She runs the Embodiment and Emotion programme for Confer. More information about her work and writings can be found at www.thinkbody.co.uk.



Richard Hawkes

having previously been a scientific researcher into finding a vaccine for HIV and AIDS, Richard Hawkes went on to focus his career on the psychosocial issues surrounding the illness. He is currently Organisational Development Manager for Slough Borough Council, has extensive experience as a coach and trainer on organisational and personal fulfillment issues. Last year he climbed to the North Col of Mt. Everest.



Jane Ryan

worked for 15 years in community work and developed 3 organisations before training as an attachment-based psychoanalytic psychotherapist in the early 1990s. She founded and runs Confer, which provides cutting-edge educational projects for psychotherapists and doctors, as well as extending psychoanalytic theory into the wider culture through an association with the ICA. She has extensive experience in the field of coaching and motivational training. She is currently editing a new book, *How Does Psychotherapy Work?* to be published by Karnac in 2005.

The word "CONFER" is written in a stylized, hand-drawn font. Each letter is composed of multiple parallel lines, giving it a textured, 3D appearance. The letters are dark blue. The word is surrounded by scattered, colorful confetti pieces in shades of yellow, pink, blue, and orange.

presents

Practice Development Workshops

Saturday 8th May 2004
*Handling Organisational
Conflict*

Saturday 22nd May 2004
*Resolving the Complexity of Making
Money in Private Practice*

Saturday 19th June 2004
*Protecting your Immune System
in Clinical Practice*

Booking Form

Name _____

Address _____

_____ Postcode _____

Telephone _____

Email _____

Occupation _____

Orientation (if psychotherapist) _____

I am booking for the following workshop(s). Please tick:

	Members of Confer	If funded by yourself	If funded by an organisation
1 8 May Handling Organisational Conflict	<input type="checkbox"/> £55	<input type="checkbox"/> £75	<input type="checkbox"/> £100
2 22 May The Complexity of Money	<input type="checkbox"/> £45	<input type="checkbox"/> £65	<input type="checkbox"/> £100
3 19 June Protecting your immune system	<input type="checkbox"/> £55	<input type="checkbox"/> £75	<input type="checkbox"/> £100

I am a member of Confer Membership No. _____

I am enclosing £ _____

(Cheques should be made payable to Confer)

Please debit card no:

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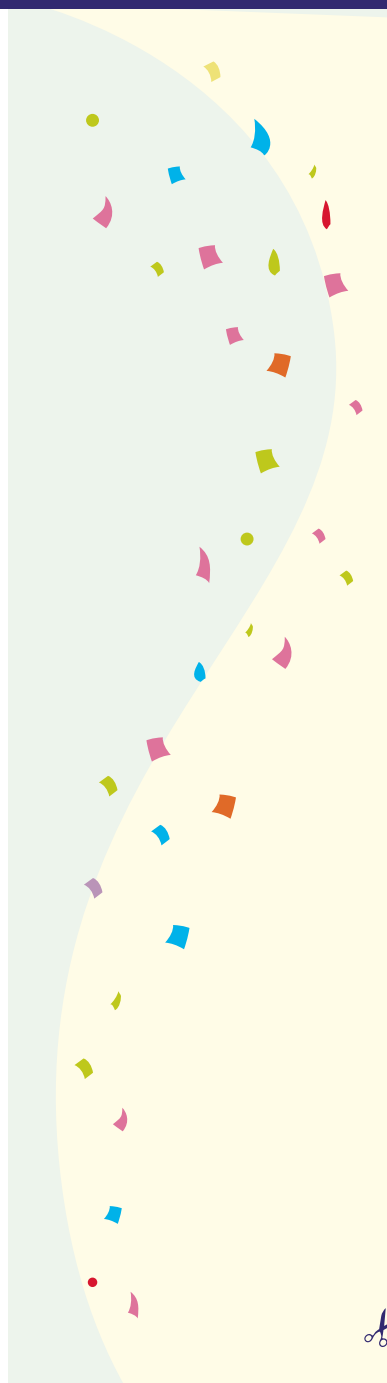
Mastercard Visa Switch

Valid From ___/___ Expiry Date ___/___ Issue number

Vat Reg No: 823594025

Please return with payment to:

Confer, 36a Mildmay Road, London N1 4NG



Saturday 8th May 2004

Time: 10am to 4pm (with one hour lunch break)

Handling Organisational Conflict

Facilitators: Richard Hawkes and Jane Ryan

Using methodology derived from motivational training, organisational development and psychodynamic theory, this workshop will provide a contained framework for psychotherapists and counsellors to explore what is most challenging about being a member of an organisation.

We will begin by considering some of the complexity of organisational structures - hierarchies, power play, conflict, values, difference – and consider how these may be affecting you. We will look at how current conflicts or tensions might be shifted and confidence gained in dealing with similar dynamics.

We will move on to examine what you personally need from your home organisation, as well as the unique contribution you have to make and how to utilise this should you wish to do so. Finally, each of you will be given the opportunity to join a structured, on-going peer group that will provide support in applying the insights gained.

The workshop will be run as a structured enquiry, with opportunity for participants to both work privately and, if wished, in the larger group.

- Resolving tensions
- Managing hierarchies and power relations
- Training institutes: a particularly onerous challenge?
- Understanding scapegoating and damaging projections
- Identifying what you need from the organisation
- Knowing what you can contribute to the organisation
- On-going support for putting this into practice

Fees

£55 Members of Confer

£75 if funded by yourself

£100 if funded by an organisation

Saturday 22th May 2004

Time: 10am to 1.00pm

Resolving the Complexity of Making Money in Private Practice

Facilitators: Richard Hawkes and Jane Ryan

Again using methodology derived from motivational training, organisational development and psychodynamic theory, this workshop is designed to provide a structure for psychotherapists and counsellors in which to examine the strengths and vulnerabilities of their current work portfolio with a specific focus on earning a living.

The morning will begin with an introduction to some of the conflicts and inhibitions you may face about fees, and the needs of the client in relation to our own. We will then work with you to unravel some of the obstacles you may face in achieving a viable income within an ethical framework and look at ways of managing the marketplace environment for your work.

Our aim is that each participant will leave the workshop with a support structure in place for achieving an enriched portfolio and a clearer sense of the financial framework for their work. Participants may work privately or participate in the group, as they wish.

- Are you working as a psychotherapist for reasons other than earning a living?
- Are you stuck with ethical issues around earning money from this work?
- Are you earning an adequate income? If not what is limiting your earnings? What would increase these, and how might that be achievable without disrupting your values?
- Do you have the range of clients you need? If not, what might be getting in the way of achieving this? How might you shift that obstacle, and what would be the consequences in your life of doing so?
- Are you receiving enough professional support? Do you have a structure in place for sufficient supervision, peer support and networking? What would your ideal support scenario look like? How might this be achievable?

Fees

£45 Members of Confer

£65 if funded by yourself

£100 if funded by an organisation

Saturday 19th June 2004

Time: 10am to 3pm (with one hour lunch break)

Protecting your Immune System in Clinical Practice

Facilitators: Dr David Beales, Roz Carroll and Jane Ryan

Recent studies in psychoneuroimmunology demonstrate that caring for others takes considerable toll on the immune system. In a recent straw poll survey of psychotherapists' health we found that a surprising number had experienced serious or chronic illness during their clinical career. Even if we do remain well, working within psychotherapeutic relationships can be a stressful and draining occupation unless we take very good care of ourselves. But how do we process strong feelings – the raw materials of psychotherapy – and still maintain self-regulation, the key to good health?

This workshop will provide an opportunity for each participant to explore what psychotherapeutic dynamics you find most challenging, how feelings are processed, and where vulnerabilities may show up in your health. Information will be given on how mind and body interact through such mechanisms as, for example, over-breathing, disturbed sleep, the release of the stress hormone cortisol in the fight-flight process regulated by the hypothalamic-pituitary-adrenal axis.

Taking the centrality of the relationship between client and therapist, we will examine how self-regulation can be maintained, the buffer-zone against disease strengthened and energy levels restored. Exercises will be taught which are simple and known to be effective interventions both in protecting the immune systems and avoiding burn-out. We will discuss why fitness and exercise are important, and you will have the opportunity to design your own well-being routine. We will conclude the day by setting up on-going peer support groups for those who wish to work with others on maintaining their health.

Fees

£55 Members of Confer

£75 if funded by yourself

£100 if funded by an organisation