

Workshops

1 Chris Clulow Shared Internal Objects

Edward Albee's play 'Who's Afraid of Virginia Woolf?' is a classic study of an abusive marriage. Using the play as case study, the workshop will invite discussion of patterns of male behaviour in same-sex and other-sex relationships, and consider the role of shared internal objects and past trauma in the genesis of abusive patterns of relating.

2 Guy Gladstone Male Body Image

Due, perhaps, to its mercurial nature, body image (the mental picture of the body) is often overlooked by counsellors and psychotherapists. If men are experiencing a collective identity crisis, this will be represented in the most fluid aspect of the bodily self. In constant subliminal metamorphosis, body image belies the fixity of body structure and even the habitus of body language. This workshop, for men only, will be an invitation to encounter your body image.

3 Jeff Hearn Men and Ageing: Older Men's Memory Group

Memory work is an approach to exploring the social construction of gender (or indeed other aspects of the way we are) by using structured writing on focused memories of specific relevant times, events or experiences in the past. In this workshop we introduce our way of working and invite participants to take part in a practical exercise for themselves as part of the workshop. Some preliminary work will be necessary before the workshop. Open to men and women.

4 Adam Jukes Growing Up

This workshop provides an opportunity to unpack the hurdles facing men in the process of ceasing to be boys, and becoming fathers and parents. This is widely recognised as a potentially traumatic transition in the life of men of all ages. Adam will present his own perspective on men's attempts to make this transition.

5 Andrew Samuels The Father's Body

We'll explore the role of the father's body in his direct relationships with daughter and son. Using Andrew's ideas of 'erotic playback' and 'aggressive playback', we'll discover both good-enough and very bad dimensions of fathering. We will also talk about the experiences of lone mothers. Finally, we will be looking at 'being-a-father' as well as 'having-a-father' - fatherhood as a developmental stage for men.

6 Chris Robertson Broken Wings

Sometimes a man stands up during supper and walks outdoors, and keeps on walking, because of a church that stands somewhere over in the East. Rilke

Using the archetype of the *Puer* and his pathology, we will explore what the challenges are for men who seek to mend their broken wings and fly again without the consequent inflation and superiority.

7 Lennox Thomas Raising Boys: Wanting our sons to be better persons than ourselves

The wish and ability to raise our sons to be happy and well-adjusted will, in the large part, be determined by how we ourselves were brought up. Each generation appears to pose a challenge to males and, at the same time, raise questions about what masculinity is. This workshop explores the constituents of parenting which enable boys to grow into men with less conflict and more confidence of identity.

Speakers

Michael Bryant

Michael Bryant is a Senior Consultant for the Sainsbury Centre for Mental Health. He is also a qualified psychodynamic counsellor with a private practice in South London. Michael has extensive experience as a mental health professional in both the USA and the UK. Originally trained as a social worker in the USA, he has established several innovative African / African-Caribbean mental health projects in London. He has published articles in *The Guardian*, *Social Work Today* and various mental health journals.

Bea Campbell

Beatrix Campbell is a writer and broadcaster. Her books include *Wigan Pier Revisited*, a polemic about George Orwell, poverty and politics, winner of the prestigious Cheltenham Festival Literary Prize in 1984, and *Goliath - Britain's Dangerous Places*, a study of gender, community, crime and riots. It was adapted by Bryony Lavery into a one-woman play which toured Britain in the 1990s. She is co-writer, with Judith Jones, of the acclaimed play *And All the Children Cried*, which has recently finished its third run at Battersea Arts Centre. Beatrix Campbell is a regular contributor to *The Guardian*, *The Independent*, *Question Time* and *Any Questions*.

Christopher Clulow

Christopher Clulow is Director of The Tavistock Marital Studies Institute. He is a couple psychotherapist, trainer and researcher who has published extensively in the field of marriage, partnerships and couple work.

Chris Robertson

Chris Robertson is a psychotherapist and has been a supervisor and a trainer since 1978. He is the training director of Re•Vision, a psychosynthesis psychotherapy training centre which aims to ground spiritual vision with clinical excellence. In addition to psychosynthesis, he has studied meditation, child psychotherapy and family therapy. He is the co-author of the recent book *Emotions and Needs (OUP)*.

Dominic Davies

Dominic Davies is Director of Pink Therapy Services, the UK's largest private therapy service specialising in working with sexual minority clients. He is a BACP Senior Registered Practitioner with two decades of experience of therapy work in a range of settings. In addition to working as a therapist, he is a supervisor, trainer and writer on sexuality and therapy issues. Dominic co-edited (with Charles Neal) three volumes of textbooks on *sexual minority therapy - Pink Therapy* published by Open University Press, 1996-2000. His website www.pinktherapy.com hosts the UK's Directory of Pink Therapists - over 200 therapists throughout the UK who work in a non-pathologising way with sexual minority clients.

Guy Gladstone

Guy Gladstone is an analytical body psychotherapist who has been working in London for 20 years with ongoing and weekend groups at The Open Centre. His programme, Body Space, includes a theme workshop, *Body Image, Discovery and Change*. He has been supervisor of several projects concerned with men managing their anger and abusive or violent behaviours.

Jeff Hearn

Jeff Hearn has been involved in activism, research and writing on men for 25 years. His books include *Men in the Public Eye* (Routledge, 1992), *'Sex' at 'Work'* (Harvester Wheatsheaf / Prentice Hall, 1987/1995), *The Violences of Men* (Sage, 1998), *Gender, Sexuality and Violence in Organisations* (Sage, 2001) He is Academy Fellow and Professor, Swedish School of Economics, Helsinki, and Research Professor, University of Huddersfield. He is currently researching men, gender relations and transnational organising.

Adam Jukes

Adam Jukes is an individual psychotherapist and group analyst. He is co-ordinator of The Men's Centre - Europe's first treatment centre for abusive men. He has helped to establish similar centres in numerous locations in Europe. He is also co-ordinator of Fathers Figured, offering group work to prospective or established fathers to prepare them for fatherhood, and to pre-empt the abuse and violence which are so often precipitated by the birth of children. He is author of many papers about psychotherapy and men, including *Why Men Hate Women* (Free Association Books, 1993), *Men Who Batter Women* (Routledge, 1999), *Working with Men - a Psychodynamic Approach* (MacMillan, forthcoming).

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 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 3 years. He has given a wide range of lectures on attachment theory, psychoanalysis and clinical practice. He is currently Chair of the United Kingdom Council for Psychotherapy (UKCP).

Bernard Ratigan

Bernard Ratigan PhD is a psychoanalytic psychotherapist who, until recently, was consultant adult psychotherapist in the Nottingham NHS Psychotherapy Unit and a clinical teacher in the University of Nottingham Medical School, Division of Psychiatry and Behavioural Science. A gay man, he has clinical, academic and personal interests in the relationship between psychoanalysis (and other 'religions'), homosexuality and gender. He is now in private practice in Loughborough but continues working in the NHS Gender Identity Clinics in Nottingham and Leeds.

John Rowan

John Rowan is the author of a number of books, including *Subpersonalities* (Routledge 1990), *Healing the Male Psyche: Therapy as Initiation* (Routledge 1997), (Routledge 1998), and *The Transpersonal: Psychotherapy and Counselling* (Routledge 2002). He has co-edited, with Mick Cooper, *The Plural Self: Multiplicity in Everyday Life* (Sage 1999) and co-authored, with Michael Jacobs, *The Therapist's Use of Self* (Open University Press 2002). He is a Fellow of the British Psychological Society, where he is also a chartered counselling psychologist and on the Register of Psychologists Specialising in Psychotherapy. He is an individual and group psychotherapist (UKAHP and UKCP), an accredited counsellor and supervisor (BACP) and a member of the Couples Counselling Network. He is a Fellow of the British Association for Counselling and Psychotherapy, and edits the BACP North London Magazine. He teaches and supervises at the Minster Centre in North-West London.

Andrew Samuels

Andrew Samuels is a psychotherapist, university professor and prize-winning author who has been developing ideas about men, masculinity, fathers, gender and sexuality in clinical, cultural and political contexts for many years. Relevant books include *The Father* (1985), *The Plural Psyche: Personality, Morality and the Father* (1989), *The Political Psyche* (1993) and *Politics on the Couch: Citizenship and the Internal Life* (2001).

Joseph Schwartz

Joseph Schwartz is a psychoanalytic psychotherapist at the Centre for Attachment-based Psychoanalytic Psychotherapy in London. Trained originally as an experimental physicist at Berkeley, he worked for many years in mental health research before becoming a clinician. His interests include the history of psychoanalysis, neuropsychology, intersubjectivity and the psychology of men. He has been a consultant on fatherhood to the Institute of Public Policy Research in London. His latest book is *Cassandra's Daughter: A History of Psychoanalysis in Europe and America*.

Lynne Segal

Lynne Segal is Anniversary Professor of Psychology and Gender Studies at Birkbeck College, London University. Her books include *Is the Future Female? Troubled Thoughts on Contemporary Feminism*; *Slow Motion: Changing Masculinities, Changing Men*; *Straight Sex: The Politics of Pleasure*; *Why Feminism? Gender, Psychology, Politics*. She is currently writing *Sparks of Hope: Political Journeys*.

Lennox Thomas

Lennox Thomas is a child and family psychoanalytic psychotherapist. He was previously co-leader of the Intercultural Psychotherapy MSc at University College London, and former director of NAFSIYAT, the intercultural therapy centre. He is particularly interested in ethnicity and difference and has published extensively on race, culture and organisational behaviour. Much of his work is focused on working with fathers and sons. Born in the Caribbean and brought up in rural Derbyshire, he is married and the father of two daughters and one son.



CONFERENCE

Understanding Men

Conference: 9 & 10 July 2004

Chairperson: Andrew Samuels

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Understanding Men

Masculinities, identities, conflicts: clinical and cultural perspectives

Chair of Conference: Andrew Samuels

It is widely claimed that men are in a state of profound identity crisis – uncertain of their value or status and confused about what constitutes masculinity. This major interdisciplinary conference brings together psychotherapists, cultural critics and sociologists of gender to unravel the current state of masculinity in Western societies. The event is designed to explore the conflicts and predicaments currently experienced by men. Male subjectivities and internal conflicts will be placed in a macro context of cultural, social and economic forces.

From the multiplicity of possible themes, we have chosen four overall topics of profound concern to men and women alike:

- How can we understand the current anxieties expressed by men about their role? What are the social, cultural and psychological underpinnings of this unease? Could men become more secure with the many forms of masculinity in circulation today? Can men change?
- What are our current understandings of the role of the father - in the life of a man, in his relationships with daughter and son, in partnership with a mother, parenting alone, or with another man?
- How can we address the phenomenon of male violence against women and children, and of male violence in general? How (if at all) can psychotherapy intercept with its understandings of fear, hatred and power?
- Is there another side to men that is easier to celebrate? Are men powerful? How can we reconcile overall male economic and political power with the immense sense of vulnerability that is also present in today's masculinities?



Programme

Friday evening, 9 July:

7.15 Registration

7.30 Crisis or Transition?

Mike Bryant

Considering the particular vulnerabilities and tensions faced by Black men in our society, what can we learn from the issues around shame and the collective shadow that men bring to counselling, psychotherapy and mental health services? What light might this work cast on the search for self-acceptance and belonging that is central to the process of transformation?

James Pollard

What does the clinical experience of the psychotherapy encounter tell us about the man's struggle to work with the profound phantasies that place conflictual demands upon his sense of self and masculine identities? And how can this struggle be resolved?

Lynne Segal

How should we respond to the explosion of concern about men? We should respond by remaining attentive to the contradictions and silences in the literature. The meanings and fantasies equating men and power are largely undisturbed. But for men to live more happily with their conflicted identities, they have to be able to question and complicate the notion of 'masculinity' itself.

Chris Robertson

Modern man may be in search of soul but does this exclude the experience of being lost? Is being lost a post-modern malaise or an initiation? The effort to find oneself is already a heroic project, and may reflect a positive masculine intellectual and spiritual position, but is it part of the problem rather than its solution?

9.15 Drinks Reception

10.0 Close

Saturday, 10 July

9.30 Registration and Coffee

10.00 Fatherhood

Lennox Thomas

The images evoked by the word fatherhood are varied in our western multi-cultural urban society, perhaps reflecting the mixed collection of fathering free-styles that is predicated on the changing roles for men. I am interested in what psychoanalytic writers such as Donald Winnicott, Ralph Layland, and Andrew Samuels have to say about the role of men as fathers and will consider what constitutes a good model for the father, reflecting upon my clinical experience of working psychoanalytically with perplexed sons and daughters.

Dominic Davies

Parenting is a common therapeutic conversation for many gay men, whether it's about the loss and impossibility of it as some might see it, or the practical 'how do I?'. The options are wide and varied, and the path not always easy to choosing the most appropriate course to parenthood (co-parenting, fostering, sperm donating). Lack of support and disclosure are also common topics for gay fathers. This presentation will discuss some of these themes and their psychological implications, and point the way to resources.

Joseph Schwartz

The paucity of parental provision in the UK symbolises social arrangements that limit the father's availability for parenting. I will trace the historical development of capitalism that wrenched men away from their families. Then I will discuss the psychological significance for boys of being brought up by a single parent of the opposite sex and how this impacts on the acquisition of emotional and parenting skills by the next generation. Finally, I will explore the role of fathers who are present rather than absent, asking if there really are gender differences in parenting style.

11.30 Coffee

12.00 Fear and Hatred of Women

Christopher Clulow

What prompts men to attack and sometimes destroy the women they love? In adopting a zero tolerance attitude towards unacceptable behaviour, do we sacrifice thinking at the altars of victim protection and perpetrator control? This presentation will introduce some thoughts about men's violence in domestic partnerships and the challenge it poses for therapists

John Rowan

If it is true that large numbers of men hate and fear women, what can be done about that? A case study and some other materials will be presented, showing that this is not a hopeless case.

Adam Jukes

This presentation will offer a brief survey of the origins of men's hatred of women, the ways in which men manifest this hatred in relationships, and basic therapeutic techniques for its containment and for the development of psychic muscle.

1.30 Lunch Break

2.30 Workshops

3.30 Tea

4.00 Vulnerability and Power

Beatrix Campbell

This session will reflect on the emergence of masculinity as a discourse, and in particular the social strategies of vulnerable masculinity, expressed as mastery, chaos and spatial domination.

Bernard Ratigan

The impact of the narcissistic wounds caused by the experience of 'difference' on the developing ego structures of gay children and how they are managed in adult life will provide the basis for the paper. Thought will be given to how intrapsychic processes affect the expression of vulnerability and power in adult gay men especially in relation to the management of conflict. Gay men's use of language and wit as defence and attack will receive particular attention. The paper will also explore the potentially creative and liberating aspect of early vulnerability and 'difference'.

Jeff Hearn

This session focuses on men's power and men's vulnerability in both war and "peace", and in both institutional and interpersonal contexts. These are examined in relation to four positions for men: "peaceful" men leading others into war; soldiers and heroes in war; violent men in "peacetime"; and peaceful men in "peacetime". I argue against violent forms of heroism and for men having the courage to change.

5.30 End of Conference