

# CONFERR

presents

## Working with Addiction

A multi-discipline series of presentations  
on psychotherapeutic work with people  
suffering from addiction



Tuesday evenings  
12 April to 21 June 2005

London

## Information

### Venue

120 Belsize Lane, London NW3  
(corner of Fitzjohns Avenue and Belsize Lane)

### Dates

12 April – 21 June 2005

### Times

8.0pm – 9.30pm

### Fees

#### If you are paying for yourself

Complete series: .....£150

Selection of 5 lectures: .....£110

Single ticket: .....£25

#### If your place is funded by an organisation

Complete series: .....£210

Selection of 5 lectures: .....£150

Please note that a minimum of 5 can be booked in advance but that you are welcome to come and pay on the night without pre-booking.

### Further information

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**Director of Confer** Jane Ryan

**Academic Advisor** Brett Kahr

**Programme Manager** Barry Christie

**Organisational Consultant** Elizabeth Scott

### Booking Conditions

Refunds of 50% will be given if notice is sent in writing 14 days before the first seminar you have booked. We regret that your place is non-transferable and cannot be passed on to another person unless Confer is informed 7 days before the event.

Confer Ltd Company No. 4962966

## Introduction

In putting together this series of fascinating papers on addiction treatment, we have been struck by the diversity of effective approaches. Perhaps this diversity reflects the predominance of three distinct views on the origins of addiction: that it is a biologically-based disease; that it is an adaptive response to intolerable feelings (an attempt at affect regulation); that it is a search for the resolution to an object relational injury.

In the field of addiction treatment, an emphasis on evidence-based cognitive behavioural work has tended to dominate government funded treatments. However, other effective and important approaches are also providing leading-edge work. This series thus reflects that broad range of contemporary psychotherapeutic approaches, including psychoanalytic (both group and individual), motivational interviewing, cognitive behavioural, and a psychodynamic evaluation of the 12 Step movement abstinence model. Both individual and group work (in private and public health settings) are represented.

We have considered it highly relevant for addiction to be seen in a social context, and two of the presenters (Elizabeth Ettorre and Roz Carroll) will be considering addictive behaviour as part of a wider social issue.

This series is highly recommended to any practitioner working with people suffering from addictive behaviour.

## Programme

12 April 2005

### **Sexuality and Addiction**

**Dr Thaddeus Birchard**

Sexual addiction is the term that has come to be given to a pattern of sexual behaviour that has the following characteristics: it is experienced as pre-occupative and 'out of control'; people find that they cannot stop the behaviour or that they cannot reliably stay stopped; the behaviour brings with it real and/or potentially harmful consequences, and it is a behaviour arising as a response to narcissistic damage that is used to anaesthetise unwanted negative feeling states. The behaviour is thought to be a response to narcissistic damage set up in the family of origin, normally where that damage is accompanied by sexualisation. An appropriate psychotherapeutic response will be outlined that utilises the relationship with the therapist alongside a series of cognitive behavioural and psycho-educational interventions. The concept of sexual addiction is not without its critics and this seminar will seek to point out the limitations of the model and at the same time critique the critiques.

19 April 2005

### **Wrestling with Wild Beasts: the struggle for self-regulation in a changing, challenging world**

**Roz Carroll**

This talk will explore the nature of self-regulation, how it breaks down and the negating and/or creative process of trying to re-establish equilibrium. In my work I am aware of the relationship between the macro-level of social-ecological breakdown and the micro-level of individual neurobiological disregulation. Drawing on neuroscience, attachment theory and body psychotherapy I will consider the body and the brain in structural, emotional and relational processes at the heart of addiction and compulsive behaviours. Case examples will be wide-ranging.

26 April 2005

### **Motivational Interviewing with Adolescent Drug-abuse: looking for better methods, looking for better impact**

**Professor John Strang**

"Prevention is better than cure".... This is only true if the preventive intervention actually prevents. Despite substantial international funding for school-based and other educational drug prevention programmes, there is very little evidence of significant change in the subsequent behaviour of those to whom these programmes are administered. Recent work with adolescent drug users has focused on face-to-face single session motivational interviewing methods, with person-centred facilitated examination of the interviewee's own drug use. Surprisingly encouraging results have been obtained in a previously bleak territory. Results will be presented, and the wider implications will be discussed.

**3 May 2005**  
**BREAK**

10 May 2005

## **Revisoning Women and Drug Use: gender sensitivity, embodiment and reducing harm**

**Professor Elizabeth Ettorre**

This presentation revisons our approach to women's use of drugs. Women use a variety of substances for a range of reasons, including pleasure. Yet, women who experience problems are left feeling stigmatised, marginalised and demoralised. This lecture will include three inter-related discussions about the development of a gender-sensitive perspective. The contention is that while harm reduction philosophies are admirable, these need to be gender sensitive in order to be effective. A multi-levelled, 'gender sensitive' view of harm reduction is put forward and is examined at the subjective, treatment, relationship, occupational and leisure levels.

17 May 2005

## **Cognitive Behavioural Approaches to Treating Substance Use Disorders**

**Dr John Marsden**

Cognitive Behavioural Therapy is one of the most effective ways of helping people who have substance use problems. It is based on social learning theory and focuses on classical and operant conditioning and reward processes that influence the development and extinction of drug seeking behaviours. Therapists use functional analysis, motivational enhancement, skills training and relapse prevention techniques to help patients recognise, avoid and cope with urges to use drugs. This presentation reviews the theoretical underpinnings, clinical procedures and supporting research evidence base for CBT and discusses its practical application.

24 May 2005

## **The Skill of Empathy: a psychodynamic approach to substance misusers**

**Martin Weegmann**

I will outline a psychotherapeutic approach to drug users and drinkers that takes account of their fears and readiness to change and that addresses different 'stages' of recovery. I explore the potential for working interpretively from the beginning and by utilising insights from self-psychology (Kohut and others) and suggest how we might engage substance misusers in facing change. I will use illustrations from individual psychotherapy and from interventions with substance misuse professionals, supporting them in their work.

**31 May 2005**  
**HALF TERM**

7 June 2005

## **A-diction**

### **Rik Loose**

In this seminar I will explore Freud's theoretical and clinical relationship to addiction in order to arrive at a definition of addiction that can function within the ethics of Freudian practice. Then I will argue for the establishment of a differential diagnosis of addiction and, via the mechanism of administration (a new concept I propose and hope to explain), addiction will be related to the three clinical structures of the subject - neurosis, psychosis and perversion. Within this context I will propose a second (Lacanian) definition of addiction that has relevance for the clinic of addiction treatment of today.

14 June 2005

## **Addiction, Abstinence and the 12 Step Model**

### **John Beveridge**

Using the theoretical underpinning of attachment theory, object relations, family systems theory and cognitive therapy, I want to discuss the clinical experience and difficulties of working with people who are in recovery from chemical, alcohol and sexual addiction, considering the relationship between addiction, rage and shame and unravelling the concept of co-dependency. I will also examine the origins and psychodynamics of the 12 Step recovery movement and ask why some psychotherapists are prejudiced against the abstinence model.

21 June 2005

## **On Feeding Rats and Quenching Thirst of Witches**

### **Dr Earl Hopper**

The addiction syndrome consists of trauma, risk taking and perversion. In any particular case and in any particular social system, the syndrome is over determined. Drug addiction involves ritualised enactments of guilt and shame-laden, central masturbation fantasies. Such fantasies are coded and phased narratives of catastrophic trauma. These hypotheses will be illustrated with clinical data from the long psychoanalytical treatment of men and women who have been addicted to marijuana, cocaine, heroin and alcohol.

## Speakers

### John Beveridge

John Beveridge is an attachment-based, psychoanalytic psychotherapist working in private practice in north London. He teaches psychotherapists-in-training in various institutes in the areas of object relations, dissociation, trauma, sexuality and gender. In 2003 he joined the London Psychosexual Consultancy to run therapy groups for sexually compulsive men and has a particular interest in beneficial aspects of interpersonal group therapy for people in recovery from addiction. He recently contributed a chapter on the clinical issues surrounding boundaries in psychotherapeutic work in the book *The Therapeutic Frame in the Clinical Context* (Ed. Maria Luca, Brunner Routledge 2004).

### Thaddeus Birchard

Thaddeus Birchard, PhD has a Masters degree in Psychosexual Therapy and a Doctorate in Psychotherapy. He is accredited by the British Association for Sexual and Relationship Therapy and is a UKCP registered psychotherapist. Dr Birchard founded the London Psychosexual Consultancy, a psychotherapy practice in that specialises in the application of psychological therapies to help solve individual sexual problems and to work with marriage and relationships. He has also founded and developed a group treatment programme for men with addictive compulsive patterns of sexual behaviour.

### Roz Carroll

Roz Carroll is a body psychotherapist, trainer and supervisor at Chiron and the Minster Centre. She has specialised in understanding the implications of neuroscience for psychotherapy, especially with reference to the body, attachment and trauma. Her Confer seminar series, *Emotion and Embodiment*, has attracted participants from across the spectrum of clinical practice and explores the potential contribution of neuroscience to the theory and practice of contemporary psychotherapy

### Professor Elizabeth Ettore

Professor Elizabeth Ettore is Professor of Sociology and Associate Dean (Research and Enterprise), Faculty of Social Science and Business at Plymouth. She holds honorary academic posts in Finland, USA and UK. She has had a consistent research interest in women, substance use, gender and health and has published widely. Besides numerous journal articles, her books include: *Lesbians, Women and Society* (1980); *Women and Substance Use* (1992); *Gendered Moods* (1995); *Women and alcohol: a private pleasure or a public problem?* (1997); *Reproductive genetics, gender and the body* (2002); *Before Birth* (2001) and *Revisoning Women and Drug Use* (forthcoming).

### Earl Hopper

Earl Hopper, PhD is a psycho-analyst and group-analyst practising in London, where he is a member of the British Psychoanalytical Society, the British Association of Psychotherapists, the Group Analytic Society and the Institute of Group Analysis. He is a Training Analyst for the British Association of Psychotherapists and the Institute of Group Analysis. Dr Hopper is also a past President of the International Association of Group Psychotherapy and a past Chairman of The Group of Independent Psychoanalysts of The British Psychoanalytical Society. He is the author of many books and articles and has special interests in the study of social issues and the social unconscious.

## Rik Loose

Rik Loose is Head of the Unit of Psychoanalysis in DBS School of Arts in Dublin. He is a clinical psychologist who works psychoanalytically in private practice. He is a member of the Association for Psychoanalysis and Psychotherapy in Ireland and a member of the London Society of the New Lacanian School. He is also a member of the editorial board of the *Journal for Lacanian Studies*, *The Letter and Psychoanalytische Perspektieven*.

## John Marsden

John Marsden, Ph.D is Senior Lecturer in Addictive Behaviour at the Division of Psychological Medicine, Institute of Psychiatry, King's College London. He is a clinical and research psychologist with a focus on the development, application and evaluation of psychological treatments. He is Regional Editor for the scientific journal *Addiction*.

## Professor John Strang

Professor John Strang is Director of the National Addiction Centre (Institute of Psychiatry, King's College London) and has worked in the addictions field for 25 years. He is also Clinical Director of the Drug, Alcohol and Smoking Cessation Services of the South London and Maudsley NHS Trust and heads the training activity at the National Addiction Centre. Professor Strang has published more than 200 research reports and other articles in scientific journals and book chapters in the addictions field.

## Martin Weegmann

Martin Weegmann is a consultant clinical psychologist and group analyst. He has worked at St. Bernard's Hospital in west London for 19 years, specialising in substance misuse and psychotherapy. In 2005 he joined the Hederson Outreach Service, specialising in personality disorders. He has published widely and co-edited two books: *Psychodynamics of Addiction* (Whurr, 2002) and *Group Psychotherapy and Addiction* (Whurr 2004). His current interest is on the links between philosophy and psychoanalysis and group analysis.





# Booking Form

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

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Occupation \_\_\_\_\_

Clinical Orientation (if psychotherapist) \_\_\_\_\_

I would like to receive Confer's bulletin by email

### I am booking for:

The complete series

Or

A selection of sessions

A minimum of five can be pre-booked. You can buy a single ticket on the night.

12 April Thaddeus Birchard

19 April Roz Carroll

26 April John Strang

10 May Elizabeth Ettorre

17 May John Marsden

24 May Martin Weegmann

7 June Rik Loose

14 June John Beveridge

21 June Earl Hopper

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