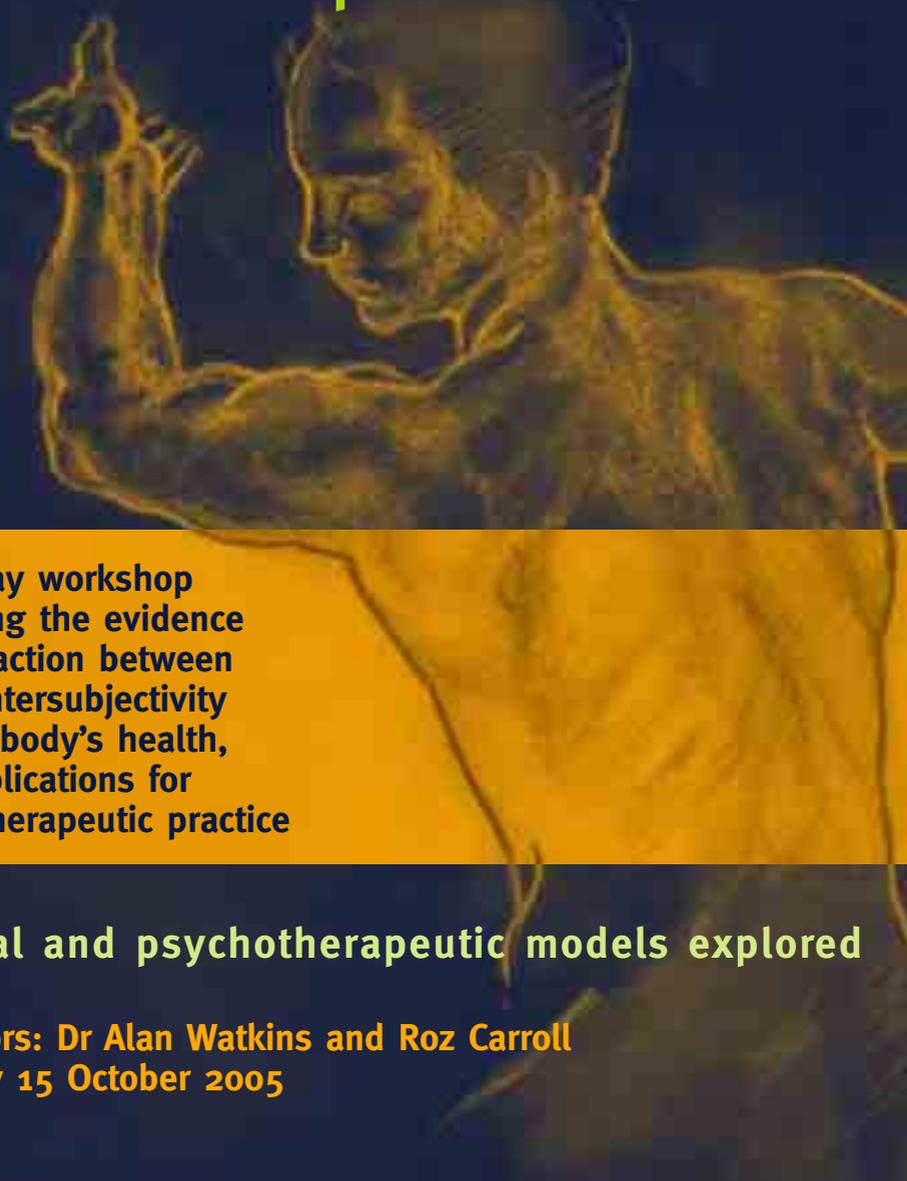


CONFER

presents

Psychotherapy and Physical Health – the relationship unravelled



**A one-day workshop
examining the evidence
for interaction between
affect, intersubjectivity
and the body's health,
with implications for
psychotherapeutic practice**

Medical and psychotherapeutic models explored

**Facilitators: Dr Alan Watkins and Roz Carroll
Saturday 15 October 2005
London**

Introduction

While genetic and environmental factors are central to both the onset of disease and prognosis, it is also understood that emotion, particularly emotion which is rooted in disrupted attachments or other forms of trauma, can place persistent pressure on the systems of the body. These pressures can lead to disregulation - a lack of co-operation between the systems of the body which results in a reduced buffer-zone against illness. In contrast, good relationships and positive feelings generate “happy hormones”, which are known to enhance well-being.

This workshop will bring together medical and psychotherapeutic perspectives to examine the evidence that both positive and negative relational experiences impact on physiological functioning, to consider the role that psychotherapy can play in enhancing physical health, and the mechanics of those processes.

We will also consider:

- the efficacy of psychotherapeutic intervention in cases of severe illness
- the psychotherapist’s capacity to be aware of the bodily states and emotional cycles that the patient is likely to experience in the course of a therapeutic relationship
- specific psychotherapeutic skills that help the client manage their states of arousal and move towards healthy self-regulation



**Medical and
psychotherapeutic
models explored.**



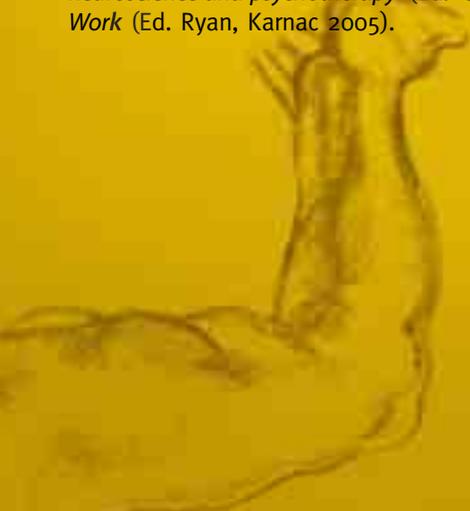
Speakers

Dr Alan Watkins

Dr Alan Watkins is a leading theorist and medical practitioner in the field of integrated medicine – a revised medical model that offers a theory of an integrated mind-body process. He initially trained as a doctor at the University of London, where he also gained a first class degree in psychology, and then went on to complete a PhD in Immunopharmacology in the Department of Medicine at the University of Southampton. He is currently Honorary Senior Lecture in the Department of Neuroscience and Psychological Behaviour at Imperial College, London, Director of Cardiac Coherence, a training and research consultancy founded to enable people to develop systemic longer-term sustainable solutions to the challenges they face in their lives, and President of the autism charity *Peach*. He is author of numerous scientific papers and Editor and contributor to the book *Mind Body Medicine: The Clinicians Guide to Psychoneuroimmunology* (Churchill Livingstone, 1997).

Roz Carroll

Roz Carroll M.A. Cantab, A.Ch.PO, A.H.B.M.T. graduated from Cambridge with first class honours and went on to study at Yale. She is a UKCP registered body psychotherapist, a Member of the Society of Neuro-Psychoanalysis, a trainer and supervisor at the Minster Centre and at Chiron Centre for Body Psychotherapy. She has specialised in exploring the relevance of affective neuroscience to contemporary psychotherapy practice, drawing on a wide range of psychotherapy models, from object relations to relational psychoanalysis and body psychotherapy. She supervises psychotherapists who work in primary care, massage therapists, and therapists from various backgrounds who are interested in psychosomatic illness. She has given presentations to doctors and arts, movement, and music therapists working in the NHS. Her recent publications include chapters in *Advances in Body Psychotherapy* (Ed. Staunton), *Revolutionary Connections: a new relationship between neuroscience and psychotherapy* (Ed. Corrigan and Wilkinson) and *How Does Psychotherapy Work* (Ed. Ryan, Karnac 2005).



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with implications for
clinical practice.**

Programme

- 10 am **Alan Watkins: new medical models for the brain-mind-body relationship**
How does inter-subjectivity impact upon the systems of the body? We shall explore the physiological structures involved in interactions between emotions and physiological processes and consider the various meanings attributed to the term 'psychosomatic'.
- 11.0 Coffee
- 11.30 **Alan Watkins: emotion and immunity**
Evidence for the interaction between emotion and immunity will be explored. We will also examine the placebo effect and what we can learn from this about the mind's capacity to influence the body, with implications for psychotherapy. The efficacy of cognitive behavioural treatment of patients with specific illnesses will be assessed.
- 12.0 **Alan Watkins: what is a balanced body?**
How do we measure health? How do we know if the body is chemically balanced?
- 12.30 **Roz Carroll: the link between affect regulation and health**
Drawing on Schore's understanding of attunement and Panksepp's model of specific emotional operating systems, we will look at the factors influencing health, and how these can be facilitated in psychotherapy. We will consider the virtues of both auto-regulation (self-healing strategies) and interactive regulation (affect regulation in the therapeutic relationship)
- 13.15 Lunch
- 14.0 **Roz Carroll: Engaging with the elements – process and pro-active therapy**
This talk proposes that we need to go beyond the complex and fundamental work of 'holding' the client to a more differentiated active engagement with hidden, log-jammed or overwhelming affect. Addressing fear, meeting rage, responding to suffering and enhancing joy, desire and healthy self-assertion involves many complex relational skills. I will look at specific interventions which depend on differentiating. By encouraging the completion of emotional cycles through movement, imagery, and micro-processing of bodily information, the therapist can support the spontaneous self- and interactive regulation of the client which is at the foundation of health.
- 14.45 **Alan Watkins: bodily self-regulation**
This session will offer a medical view on how affective states can be moderated/mediated, including techniques for maintaining well-being. We will consider how the therapist can identify what is occurring in the client's body (and their own) in order to protect them from harmful levels of over-arousal or dissociative states.
- 15.30 Tea
- 16.00 **Working in pairs on case or personal material**
- 16.30 **Discussion**
What is the evidence that psychotherapy can improve physical health?
- 17.0 End

Information

Venue

Royal College of General Practitioners,
14 Princes Gate, Hyde Park,
London SW7

Dates

Saturday 15 October 2005

Time

10.0 – 17.0

Registration and Coffee

From 9.30

Fees

If you are paying for yourself:£65

If you are funded by an organisation:£120

CPD

5.5 hours

Certificates of Attendance will be given

Refreshments

An optional lunch can be booked for £12
Teas and coffees are included in the fee.

For further information

Call 01728 689090

info@confer.demon.co.uk

www.confer.uk.com

To Book

Please complete the attached booking form
and return to

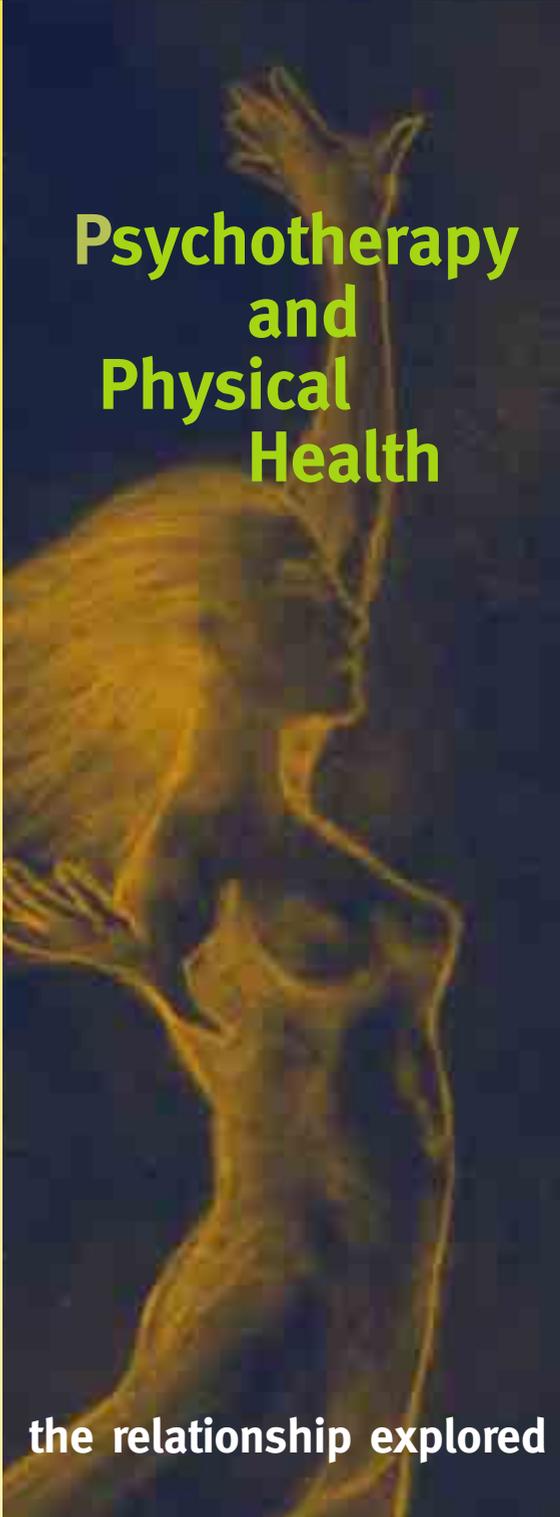
Confer, 36a Mildmay Road, London N1 4NG

Booking Conditions

Your place is for your own use only.

Fees must be paid in full by the date of the
event

A 50% refund will be given if you cancel in
writing before 15 September 2005



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