

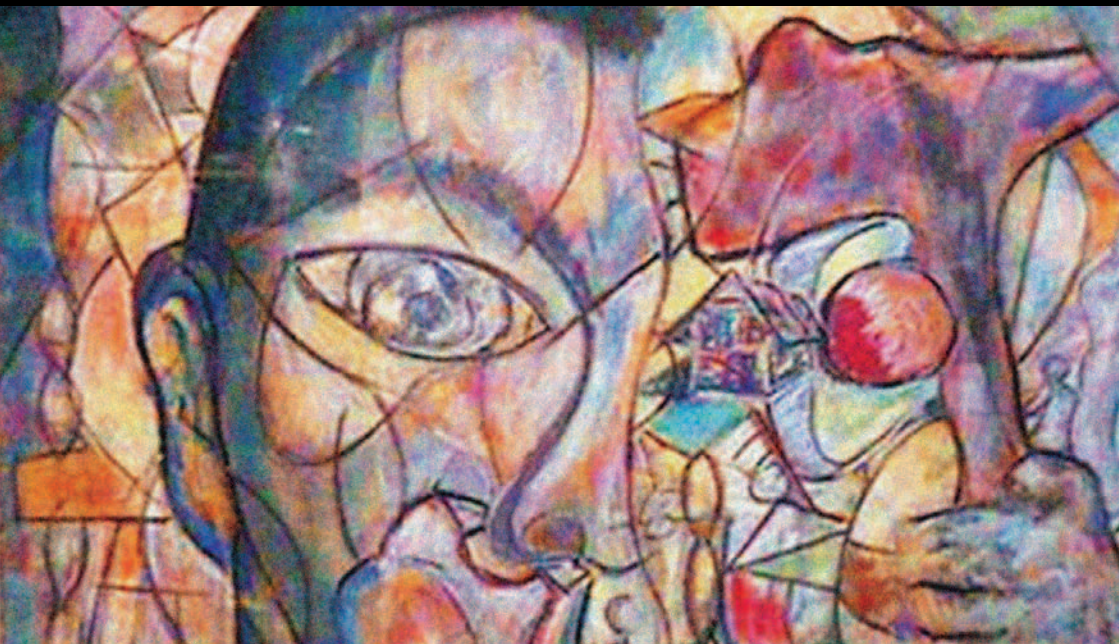
CONFER

presents

Effective Psychotherapeutic Work with Rage, Hatred and Violence

Forensic psychotherapists discuss clinical issues

- Aetiology, assessment and creating a secure base
- Female violence and aggression
- The dangerous enclaves in the minds of non-forensic patients



3 short conferences

Wednesday evenings

February 15th, March 1st and 22nd 2006

Introduction

Further information

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★ Thanks to Dr James Gilligan for the basis of the introductory text

Leaflet design by Gilbert Courbanally and Simon Loxley.

In recent years psychoanalysts and related mental health professionals have devoted an unprecedented degree of time and attention to the attempt to understand and treat people who engage in violent behaviour. Previously regarded by many as untreatable and hence suitable only for punishment from the criminal justice and penal systems or containment within psychiatric units, this population – and with it our understanding of the causes and prevention of violence – has begun to benefit from deeper psychoanalytic understanding of the impact of trauma, shame, attachment, loss, narcissism and self-esteem issues. Psychotherapeutic approaches that include empathy, object-relations and the multiple interactions between psyche, soma and society have a profound impact on psychological functioning that is impaired by rage and murderous impulses. The purpose of these 3 brief conferences will be to survey and summarise recent research and theory that casts light on the causes, treatment and prevention of violent behaviour, not only in the context of forensic psychotherapy with violent individuals but in psychotherapeutic relationships with those in the neurotic or less traumatised population who have violent fantasies or desires.*



15 February 2006: Chairperson Brett Kahr

Aetiology and assessment of the violent or potentially violent patient and establishment of a secure base for psychotherapy

19.30

Introduction

19.35

Dr Felicity de Zulueta

Violence and its roots in trauma

This paper will propose that violence is a distinct form aggression, and attempt to trace its origins, highlighting the polarisation between those who believe mankind to be innately violent and those who see violence as the outcome of life experiences. We will consider the extent to which violence is linked to the effects of childhood and adult trauma, which appear to be far more widespread than has hitherto been acknowledged, both in psychiatric patients and in the general population. These findings are relevant to understanding why 'normal' people can become violent in certain conditions. We will look at the overview of what is currently known about the traumatic origins of violence and how this can valuably inform the assessment process and treatment options.

20.20

Dr Gwen Adshead

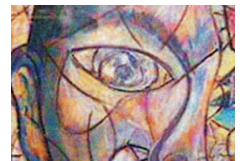
Challenges in creating a secure base for the patient

In this paper, I will outline how the forensic psychotherapeutic space can become both secure and insecure in work with offender patients. I will draw on my work with both individuals and groups to explore the technical difficulties of working with highly disorganised patients, who have both severe personality disorders and mental illnesses, and are defended against interpersonal attachments. I will draw on the work of Allan Schore (2004) to set out how forensic psychotherapeutic spaces might become secure bases for psychological development.

21.20

Panel Discussion and contributions from participants

21.40 **End**



Working with female violence and aggression

19.30

Introduction

19.35

Dr Estela Welldon

The body, its symbols, violence and motherhood

I believe that violence and the prediction of future violence are different for both genders. Body and violence are inevitably intertwined and physical, biological and anatomical attributes are in the making of violent acts with a plethora of symbolisms and affects which are times shared by men and women but at other times they are clearly distinct. It is basic to understand all violent processes as part of a three generational approach in which a cycle of violence and abuse has been created at least two generations back. This process is more clearly seen in women with their potential for motherhood. I'll be presenting relevant clinical vignettes demonstrating these views, as well as addressing specific problems of transference and counter-transference of a woman in therapy with a female therapist.

20.20

Anna Motz

Murderousness and Self-Harm in Women

In this talk I explore the roots of severe psychopathology in women who enact extreme violence against themselves and others. I describe the inner world of such women and the development of their capacity to act out violent, murderous fantasies. I outline the motivations for the drive to harm others, particularly children, and explore the possibilities for therapeutic work with women presenting with this level of profound disturbance. The sadistic treatment of children is explored in relation to these women's own victimisation and experience of perversions of parental care. I present clinical case material exploring the experience of a woman who fantasises about killing children and whose wish is to be a 'murdered child', describing my attempt to work psychotherapeutically without either forming unhealthy alliances with her murderous aspects or becoming persecutory in the attempt to manage her dangerousness.

21.20

Panel Discussion and contributions from participants

21.45 **End**



22nd March 2006: Chairperson Dr Estela Welldon

Working with the dangerous enclaves in the minds of neurotic and non-forensic patients/clients

19.30

Introduction

19.35

Dr Earl Hopper

Encapsulation, trauma and aggression

Encapsulation is a typical defence against the fears of annihilation that follow from traumatic experience, as a result of which they become unavailable to conscious memory. Encapsulations are like planets within the internal solar system; they are closed off, have a dynamic life of their own, and are able to influence mental processes in general. They characterise people who evince the 'trauma syndrome', which involves tendencies towards addictions, risk taking, somatisation and sexualisation of violent impulses. Hence, analysis of encapsulations is essential for people who present with aggression. We will consider useful psychotherapeutic work with violence and violent impulses in the light of this theory.

20.20

Dr Cleo Van Velsen

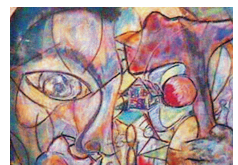
Destructiveness, projections, and the death instinct

Defining the forensic patient as dangerous allows us all to project aspects of destructiveness onto them, reflected on a macro level by society, which locates and therefore hopes to control danger in institutions such as prisons or special hospitals. I argue that destructiveness is a psychologically universal characteristic of human minds. I will explore this topic using clinical examples and various theoretical debates, including that over the 'Death Instinct.' I will also address the issue of gender.

21.20

Panel Discussion and contributions from participants

21.45 **End**



Speakers

Dr Gwen Adshead

Gwen Adshead is a forensic psychiatrist and forensic psychotherapist. She trained as a group analyst, and also has a long-standing interest in attachment theory. Gwen divides her work time between her therapeutic work in Broadmoor and her research work interests, which include the attachment histories of abusive mothers, and moral reasoning in antisocial men. She also has an interest in psychiatric ethics and is currently Chair of the Royal College of Psychiatrists Ethics Committee. She is the joint editor of three books: *Munchausen's Syndrome by Proxy* (2001, Imperial Press: with Dr Deborah Brooke); *Ethical issues in Forensic Mental Health Research* (2003, Jessica Kingsley Press: with Dr Christine Brown) and *A Matter of Security: Attachment theory in forensic psychiatry and forensic psychotherapy* (2004, Jessica Kingsley: with Professor Friedemann Pfafflin). When not working, Gwen is mother to two small boys, which has taught her all she knows about psychopathy.

Dr Earl Hopper

Earl Hopper, PhD, is a psychoanalyst 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. He is also a past President of the International Association of Group Psychotherapy. He is the author of many books and articles and has a special interest in social issues and the social unconscious.

Brett Kahr

Brett Kahr is Senior Clinical Research Fellow in Psychotherapy and Mental Health at the Centre for Child Mental Health in London, and the Winnicott Clinic Senior Research Fellow in Psychotherapy. He is also Visiting Clinician at the Tavistock Centre for Couple Relationships, and Senior Lecturer in Psychotherapy in the School of Psychotherapy and Counselling at Regent's College, London. He is author of several books including *D.W. Winnicott: A biographical portrait*, which won the Gradiva Award for Biography. He is a frequent broadcaster and commentator on television and radio.

Anna Motz

Anna Motz is a Consultant Clinical and Forensic Psychologist working within Oxfordshire Mental Healthcare NHS Trust. She is the author of *The Psychology of Female Violence: Crimes Against the Body* (Brunner-Routledge Hove: 2001) and President of the International Association for Forensic Psychotherapy. She has extensive experience of working psychotherapeutically with violent women.

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, has taught on various courses for the CAPP training and was Chair of the Centre for 3 years. He then went on to be Chair of the UKCP for 3 years. He has lectured widely on attachment theory, psychotherapy and clinical practice and contributed a chapter 'The value of attachment theory in understanding how psychotherapy works' in *How Does Psychotherapy Work?* (Ed. Jane Ryan, Karnac 2005).

Dr Cleo Van Velsen

Dr Van Velsen is a Consultant Psychiatrist in Forensic Psychotherapy in the Forensic Services of the Hackney and Community NHS Services Trust. She is medically qualified with post graduate membership of the Royal College of Psychiatrists. She underwent her higher specialist training as a psychotherapist and was Consultant Psychotherapist at the Maudsley Hospital for five years, where she is an Honorary Consultant at Great Ormond Street Hospital. She worked for one year full time with the Medical Foundation for the care of victims of torture, leading to published research on post traumatic stress disorder. She has expertise in the assessment and treatment of disordered personality in the context of forensic psychiatry.

Dr Estela Welldon

Dr Estela Welldon works in private practice as a psychoanalytic psychotherapist. She is an Honorary Consultant Psychiatrist in Psychotherapy at the Tavistock Portman NHS Clinic, Founder and Honorary Elected President for Life of the International Association for Forensic Psychotherapy, a Member of the British Association for Psychotherapy and a tutor at the Institute of Group Analysis. She was awarded an Honorary Doctor of Science at the Oxford Brookes University in 1997 for her contribution to the field of forensic psychotherapy. She is the author of many publications in this field, including, as principal editor with Cleo Van Velsen, *A Practical Guide to Forensic Psychotherapy* (Jessica Kingsley, 1997).

Dr Felicity de Zulueta

Felicity de Zulueta is a consultant psychiatrist in psychotherapy heading the Traumatic Stress Service in the Maudsley Hospital, London and Honorary Senior Clinical Lecturer in Traumatic Studies at the Institute of Psychiatry. She studied biology at the University of East Anglia prior to doing medicine at Cambridge University. She was a consultant psychotherapist in Charing Cross Hospital. Dr de Zulueta is a Group Analyst and a Systemic Family Therapist whose main interests lie in the study of attachment, psychological trauma as well as bilingualism. She is author of *From Pain to Violence, the Traumatic Roots of Destructiveness* (Whurr: London 1993 and 2006) and many chapters on the subject. She is also a founding member of the International Attachment Network.

