

CONFER

presents

Psychotherapeutic Techniques for Affect Regulation

energetic therapies
psycho-physiology of feelings
managing emotional distress
self regulation
recovery from trauma
mind-body
mindfulness
psychodynamic approaches
containment
breathing
secure attachment
psycho-physiology of feelings

10 Presentation-workshops: 7.15-9.45pm - Monday evenings

Venue: The Royal College of GPs, London SW7

September 18th and 25th • October 2nd and 16th

November 6th, 13th, 20th and 27th 2006 • January 22nd and 29th 2007

Programme

18th Sept 2006 **Dr David Beales**

The use of breath awareness as both signal and treatment in disturbed affect regulation

Clients with panic disorder have been found to have asymmetrical metabolism in the hippocampus region of the brain. We know that over-breathing induces slow brain wave activity and cerebral hypoxia. In this presentation we will look together at the physiological basis for effects on affect regulation and the practical use of breathing awareness for therapist and client, including summary of research and key statistics. I will give an overview of essential breathing physiology and impact on affect regulation. We will see why over-breathing induces slow brain wave activity and cerebral hypoxia in the context of case studies. We will explore the principles and general process of breath coaching and consider how and where it may be a valuable addition to your existing work – in part as a method of managing uncomfortable countertransference responses to the client.

David Beales is the Medical Director of Better Physiology and Co-Director of Mindful Physiology. He is a practicing physician, general practitioner, educator and researcher. His focus is on promoting the benefits of behavioural physiology in health care. His aim is to integrate research findings from physiology, education, medicine and social science into a holistic framework that is applied in clinical practice. He would like the client to understand how increased arousal may induce over-breathing with psychoneurobiological disturbance and then restore self regulation.

25th Sept 2006 **Dr Alan Watkins**

The psycho-physiology and management of affect

We now understand that the mind and body are integrated systems that cannot be separated, and that the individual's affective state can be intentionally regulated via conscious influencing of the body. In order to do so we need to understand the physiological pathways through which this is achievable - the nervous, endocrine, respiratory and cardio-vascular systems. I will begin this workshop by summarising these processes. We will look at recent advances in neuroscience, cardiology, medical technology and systems theory to demonstrate that it is possible to learn to regulate a number of key physiological signals, moment to moment, in order to restore homeostasis. We will explore how we can not only learn to regulate negative affect but induce positive feelings as well.

* This session will be of particular interest to people who are interested in our upcoming training in psycho-physiological counselling.

Dr Alan Watkins is a Senior Lecturer in Neuroscience and Psychological Medicine at Imperial College London, and a former honorary research fellow at the department of medicine at Southampton University. He is a recognised international expert on the biological basis of affect regulation and immune functioning. In addition to his medical degree he has a first class degree in psychology, and a PhD in immunology. He is a founder and director of Cardiac-Coherence an organisation which specialises in assisting organisations to promote the ethos of a healthy work force by training people to manage their psycho-physiological functioning. He has personally trained over 10,000 people in over 20 countries during the last 10 years to manage their feelings in order to perform and work at a higher level. He is the author-editor of *Mind Body Medicine: the clinician's guide to psychoneuroimmunology* (Churchill Livingstone, 1997).

2nd Oct 2006

Roz Carroll

Thinking through the body: affect regulation and body-oriented interventions

Affect regulation depends on creating conditions where the client's right and left cortex are activated together – feeling and thought, experience and insight, imagination and analysis. Body-oriented interventions - such as working with movement, voice, touch, Gestalt dialogue, sensation and imagery - ..are directed at engaging the right brain. This invitation to embody affect is containing in itself, and opens the way to exploring the relational context and meaning of the feelings through words (left brain). Following a formal presentation we will consider and practise 'Gestalt dialogue', a technique for supporting the completion of an interrupted cycle which can bring insight, resolution and empowerment. It offers a structure for exploring many levels of the client's unconscious strategies for blocking, dispersing and displacing affect. This includes paying attention to breathing, body language and differentiation of parts which helps the client ground intense feelings.

Roz Carroll is a body psychotherapist specialising in exploring the relevance of affective neuroscience to contemporary psychotherapy practice. She teaches at the Minster Centre, the Chiron Centre, The Centre for Attachment-based Psychoanalytic Psychotherapy and Terapia. Her recent publications include chapters in *How Does Psychotherapy Work?* (Ed. Ryan), *New Dimensions in Body Psychotherapy* (Ed. Totton) and *About a Body: working with the embodied mind in psychotherapy* (Ed. Corrigan, Payne & Wilkinson). Her articles and workshop details can be found on www.thinkbody.co.uk.

16th Oct 2006

Dr Nicola Diamond

A psychodynamic approach to affect regulation: countertransference, bodily communication and attachment-related strategies

This presentation will focus on a clinical case where the client has no words to express distress and only the body speaks. These somatic states (bodily enactments) are taken as a communication on which the transference-countertransference is based. It is crucial for the therapist to engage with patient's procedural experience (bodily memory) to facilitate affective regulation, to help her make links between emotional states and attachment history and to enable the process that has been termed 'mentalisation'. We will then consider how to work with the body in the psychodynamic setting with a focus on developing practical therapeutic skills. There will be a combination of large group discussion and small group work including experiential exercises.

Dr Nicola Diamond PhD, is a psychoanalytic psychotherapist with the British Association of Psychotherapists (BAP). She is a Staff Psychotherapist at the Women's Therapy Centre and in private practice. She teaches at The University of Notre Dame (London) and on the MSc course The Psychodynamics of Human Development, (BAP and Birkbeck College). Her recent publications include *Attachment and Intersubjectivity* (2003), 'When Thought is not Enough' in *How Does Psychotherapy Work* (Ed. Ryan 2005), and 'Between Touches' in *Dialogues on Touch in the Psychoanalytic Space* (2006).

containing
psychodynamic approaches
mind-body
attachment
mindfulness
physiology of feelings
trauma

Programme (cont...)

6th Nov 2006

Dr Felicity de Zulueta

Why the need for affect regulation?

I will be presenting research regarding attachment behaviour and its underlying psychobiological system and how it is affected by both early and later traumatisation. We will consider why psychotherapists need to include techniques to deal with problems relating to affect modulation in patients suffering from complex or developmental trauma. Following a formal presentation, I will invite people to present cases illustrating problems relating to affect modulation and dissociation. I will also focus on the need for therapists to use similar techniques in order to avoid secondary traumatisation and re-enactment with their patients.

Dr Felicity de Zulueta is a Consultant Psychiatrist and lead clinician of the Traumatic Stress Service at the Maudsley Hospital. She is also Honorary Senior Lecturer at King's College London, a Group Analyst, Systemic Therapist and Psychoanalytic Psychotherapist. She is Founder member of the International Attachment Network and author of numerous papers and lectures on Attachment, PTSD and the origins of violence. She outlined the case for PTSD as an attachment disorder in her book *From Pain to Violence, the traumatic origins of destructiveness* published in 1993. An updated 2nd edition is to be published in March 2006 by Wiley and Son. She also has a degree in biology and is interested in the study of bilingualism and cross cultural psychology and psychiatry.

13th Nov 2006

Emerald Jane Turner

Affect regulation techniques for trauma work

A somatic approach to trauma offers useful techniques for awareness of and modulation of affect. I will introduce this approach, based on body-centred approaches developed by Peter Levine, Babette Rothschild and Pat Ogden, and then go on to present the successful application of these techniques to groups of traumatised people following the London bombings in my work for London Underground. We teach traumatised clients techniques to recognise and deal with dissociation and/or high states of arousal and in this workshop we will learn and practice skills that facilitate affect awareness and modulation. These techniques are suitable for individual work as well as for groups.

Emerald-Jane Turner has trained as an occupational therapist, psychotherapist and trauma therapist. She has taught psychotherapists in Europe and South Africa, has contributed articles for journals and contributed to the book *Trauma, A Guide for Counsellors (Routledge)*. In the aftermath of the London bombings she was instrumental in supporting the recovery of staff affected by providing group support and critical incident first aid. She continues to develop this work with organisations.



20th Nov 2006

Alexandra (Sandi) Richman

Affect regulation with EMDR

EMDR (eye movement desensitization and reprocessing) is an active, multi-dimensional, empirically validated psychological treatment for resolving the emotional sequelae of traumatic events and for treating anxiety-based disorders caused by trauma, both major as well as minor traumatic events. The presentation will outline the eight phases of EMDR treatment and examine how affect regulation is addressed in each phase of the EMDR protocol. I will demonstrate some affect regulation techniques used within the preparation phase of EMDR and participants will be invited to practice these techniques. The remainder of the workshop will be focused on participants identifying patients whose affect regulation is a problem and examining whether these patients may benefit from EMDR treatment.

Alexandra Richman is a Clinical Psychologist specialising in the treatment of victims of acute trauma and personal injury, adult survivors of childhood abuse and dissociative disorders. In addition to conducting a private practice, Alexandra is a Consultant Psychologist with the Traumatic Stress Service at the Maudsley Hospital in London, where she heads up an EMDR service within the TSS. Alexandra has been a Facilitator with the EMDR Institute for 13 years and has assisted in many Institute trainings in several countries in Europe as well as the United Kingdom and Ireland. She is Past-President of the EMDR UK & Ireland Association, an Approved Consultant and Trainer in EMDR with the EMDR International Organisation (EMDRIA), as well as with EMDR Europe Association and her EMDR trainings are accredited by both these organisations.

27th Nov 2006

Dr Phil Mollon

Using energy psychology methods for affect regulation

'Energy Psychology' is a family of methods, dating back almost 30 years, combining a focus on thoughts and emotions with simultaneous attention to the subtle energy system. This powerful synergistic combination brings about rapid, gentle and deep change – much faster than by using verbal methods alone. The essence of energy psychology is the principle that the thoughts, emotions, traumas and psychodynamics of the mind are also encoded in the body's energy field. By tapping or pressing on particular points in the energy system, in the correct encoded sequence, the dysfunctional information that generates the emotional distress is rapidly cleared. Simple versions of this method are very easy for clients to learn, thus providing an excellent and empowering personal tool of affect regulation. In this lecture and workshop, the use of Thought Field Therapy and its derivatives will be described, with explanations of how the work evolves in clinical practice as layers of anxiety, trauma and associated core beliefs are addressed and resolved.

Phil Mollon is a psychoanalyst, psychotherapist and clinical psychologist. He is the author of a number of books on trauma, dissociation, shame, and self psychology. In recent years his focus has been upon integrating the emerging field of energy psychology with more traditional psychoanalytic understanding – developing an approach he terms Psychoanalytic Energy Psychotherapy. He is a Diplomate Practitioner and Consultant with the Association for Comprehensive Energy Psychology.

22nd Jan 2007

Dr Willem Kuyken

Mindfulness-based cognitive therapy as a treatment for affective disorders

Mindfulness practices for experiencing happiness and transforming suffering have a long lineage. They have been taught systematically in medical and psychiatric settings since 1979 to help people with chronic health problems. Mindfulness-based Cognitive Therapy (MBCT) has been developed as an innovative approach that combines mindfulness and cognitive-behavioural approaches. It includes a brief group programme in which people learn skills to support their sustained recovery from depression. Early evidence suggests that among people with recurrent depression MBCT halves the rates of relapse.

This presentation will outline the science and practice of mindfulness approaches, including the background, illustrating what is learned by participants and outlining some of the key research and clinical issues. Participants will then be able to explore several mindfulness practices for themselves.

Dr Willem Kuyken is a clinical psychologist specialising in recurrent depression. His clinical work, research and training with people with mood disorders spans more than a fifteen years. He has published extensively on processes involved in and therapeutic approaches to mood disorders. He is currently directing an MRC-funded randomized controlled trial of MBCT in real world health care settings. He is the Co-Director of the Mood Disorders Centre, a research, clinical and training center in Exeter, England.

29th Jan 2007

Sue Gerhardt

A developmental approach to affect regulation

Allan Schore and Peter Fonagy have opened up new ways of understanding the psychotherapeutic process. They have made us more aware of the importance of early development, in particular of early brain development in the processes of affect regulation and mentalisation. I will outline these approaches, and ask how best we can facilitate new learning in the right brain implicit systems of our adult patients within psychodynamic psychotherapy. Can therapy change the brain itself or is it too late? Do we need to rethink past psychotherapeutic practice? Is affect regulation a spontaneous consequence of a reparative attachment relationship in which emotions are experienced, contained and processed with another person? I will present some case material from my own clinical practice to illustrate the struggle to turn new theories into practice. I will then invite participants to reflect on their own case material in small groups, and to think about how we might integrate new awareness with what has gone before.

Sue Gerhardt is a psychoanalytic psychotherapist working in private practice in Oxford. In 1998, she co-founded the Oxford Parent Infant Project (OXPIP) and works for it part-time as a consultant clinician in parent-infant psychotherapy. She is also a committee member of the Association of Infant Mental Health. Her book *Why Love Matters: how affection shapes a baby's brain* (Brunner Routledge, 2004) is a popular account of neuroscience and early development. She has taught courses at the University of Oxford and has lectured widely on early development.

Booking form

Name _____

Address _____

Postcode _____

Telephone Number _____

Email _____

Occupation _____

Clinical orientation _____

I would like to register for the following events: (please tick)

- 18th Sept 06 Dr David Beales
 25th Sept 06 Dr Alan Watkins
 2nd Oct 06 Roz Carroll
 16th Oct 06 Dr Nicola Diamond
 6th Nov 06 Dr Felicity de Zulueta
 13th Nov 06 Emerald Jane Turner
 20th Nov 06 Alexandra (Sandi) Richman
 27th Nov 06 Dr Phil Mollon
 22nd Jan 07 Dr Willem Kuyken
 29th Jan 07 Sue Gerhardt

I enclose a cheque for £_____ (made payable to Confer Ltd)

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Confer, 36a Mildmay Road, London N1 4NG

Information

Venue: Royal College of GPs, 14 Princes Gate, London SW7

Dates: Sept 18th and 25th, Oct 2nd and 16th, Nov 6th, 13th, 20th and 27th 2006, 22nd and 29th Jan 2007

Tea and sandwiches: 6.30pm

Registration: from 6.45pm Start: 7.15 End: 9.45

Fees (all inc VAT)

If paying for yourself

Complete series	£200	(£20 per workshop)
Set of 5	£150	(£30 per workshop)
Single workshop	£40	(£40 per workshop)

If you are being funded

Complete series	£350	(£35 per workshop)
Set of 5	£225	(£45 per workshop)
Single workshop	£50	(£50 per workshop)

Concessions (full time student or over 65)

Complete series	£180	(£18 per workshop)
Set of 5	£110	(£22 per workshop)
Single workshop	£25	(£25 per workshop)

(Please attach photocopied evidence of status)

Invoicing

If you are being funded and need to have your organisation invoiced please supply a purchase order number with your booking if required by your finance department

CPD: Complete series 25 hours

Certificates of Attendance are available at the workshop

Further info:

ryan@confer.uk.com, Tel: 01728 689090, www.confer.uk.com

Booking Conditions:

Refunds of 50% will be given if you cancel your pre-paid place at least 21 days before the workshop. Notice must be given in writing, either by post or email. Your place is for your own use only and cannot be passed on to another person except by prior agreement with Confer.

To book:

Please complete the attached booking form and return with payment to: Confer, 36a Mildmay Road, London N1 4NG

Please note: Cheques are made payable to Confer Ltd

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