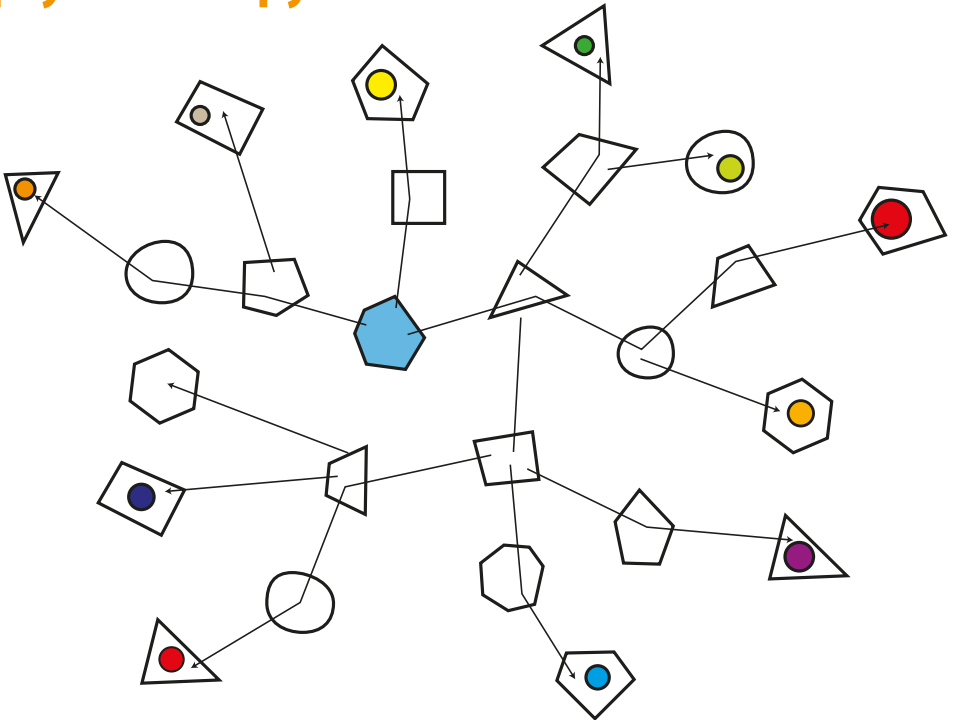


The Big Idea

Bold proposals, visionary **ideas** and
inspiring **concepts** for the next decade of
psychotherapy



**A conference designed to encourage, illuminate
and energise**

Chairpersons Brett Kahr and Jane Ryan

Friday 5 (evening) and Saturday 6 March 2010

London

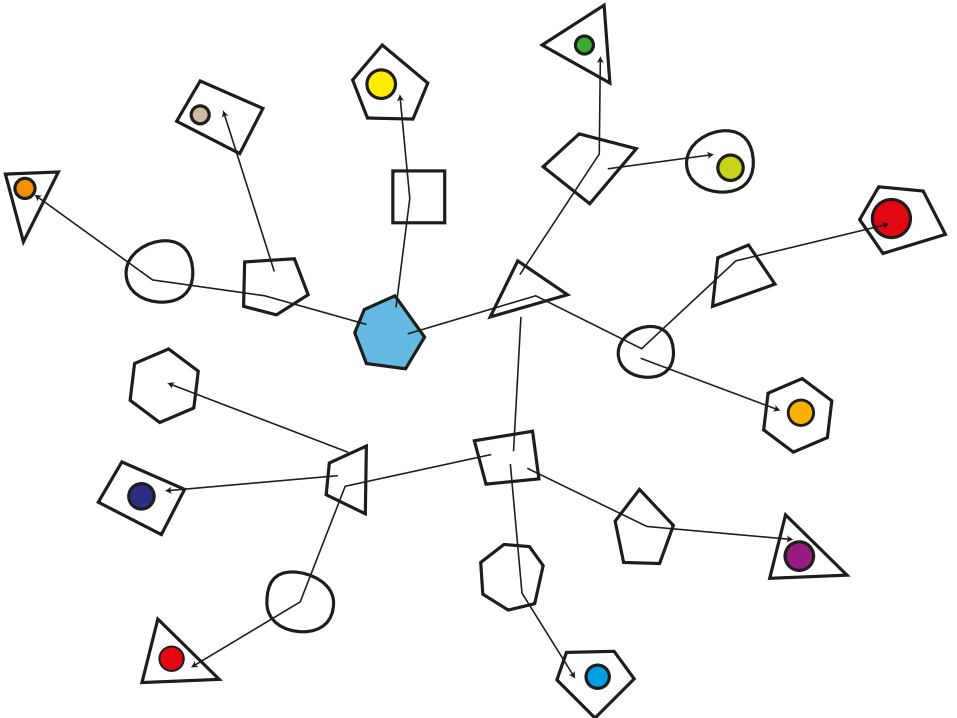
What will psychotherapy look like in 2020?

This first decade of the 2000s has heralded an unmistakable shift of influence towards the body, neuroscience, and mind-body integration. On the foundations of intersubjectivity, relational and attachment theories, revisions in the way we view the therapeutic relationship have been widely discussed. Flourishing in the wings, newer discourses such as mindfulness, eco-psychology and Queer theory are making a gradual impact on the mainstream. On centre stage, mentalisation, CBT and trauma work, have become some of the most significant theoretical pathways.

But which big ideas are going to become the next generation of theories we need to take us forward through the challenging 2010s?

Combining proposals from leading thinkers and doers in psychotherapy, this conference will provide you with both inspiration and a chance to locate your own practice in new thinking.

Each speaking slot is just 20 minutes so be prepared for a shower of bold ideas.



Programme

FRIDAY 5 March 2010

18.30 Registration

19.0 **Jon Blend and Dr Claire Asherson Bartram**

Families are changing fast and psychotherapy needs to catch up

19.20 **Dr Bernard Ratigan**

Reasserting Freud's radical universal bisexuality and polymorphous perversity as a renewed theory of sexuality for the future

19.50 **Paul Maiteny**

Psychotherapy is an eco-systemic activity and we urgently need to recognise it as such

20.10 **Your hopes for the profession of psychotherapy**

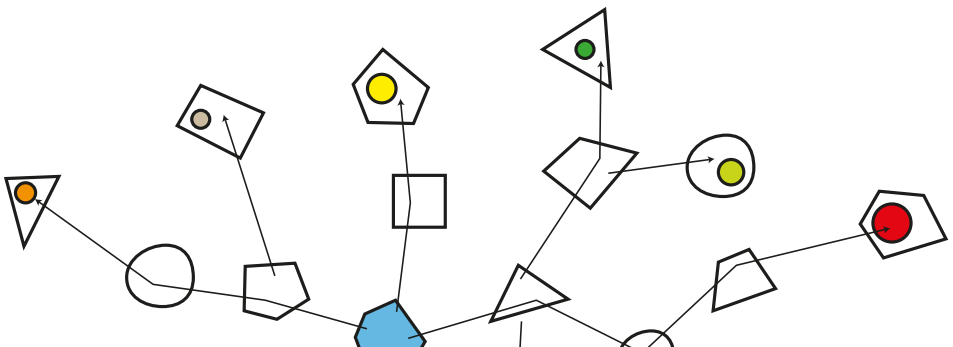
20.40 **Nick Totton**

Wild Therapy: an approach which supports spontaneity, embodiment, heart focus, and relatedness with the human, other-than-human and more-than-human

21.0 **Laurie Slade**

Dreaming the future – emergent thinking in the face of the unknown

21.20 DRINKS RECEPTION



SATURDAY 6 March 2010

09.0 Registration

9.30 **Dr Brian Martindale**

Rediscovering Psychosis: the chance for psychotherapists to make an impact within the national early intervention in psychosis framework

9.50 **Suzette Clough**

Visual Medicine and the creative mind – an innovative paradigm for exploring the unconscious

10.10 **Isabel Clarke**

Bringing psychosis in out of the cold: we need to re-conceptualise our understandings of madness

10.30 **Dr Phil Mollon**

Energy psychotherapy connects to the deep energetic structure that links psyche and, if embraced, offers equally deep potential for healing our patients

10.50 Discussion time followed by COFFEE

11.40 **Dr Joseph Schwartz**

How long does a paradigm shift take?

12.0 **Dr Jean Knox**

Mirror neurons and intersubjectivity: how neuroscience is contributing to a new theory of self-agency in psychotherapy

12.20 **Dr Ruth Lanius (BY VIDEO LINK)**

Brain imaging and psychotherapy: the next decade of research

12.40 **Dr Ellert Nijenhuis**

Dissociation of the personality and other substitute actions: a unifying theory on dissociation in trauma

13.0 LUNCH

14.0 **Adah Sachs**

A proposal for a new attachment classification, its relevance to dissociative disorders and radical implications for therapy

14.20 Dr Isha Mckenzie-Mavinga

The myth of post-racism and my hope for transcultural therapy

14.40 Discussion time followed by tea

15.30 Gabrielle Rifkind

Psycho-politics and international conflict: what can we learn from psychodynamic theory as a key contribution to resolving international disputes?

15.50 Dr Felicity de Zulueta

Intergenerational trauma needs to become a mainstream theoretical axis for understanding the patient's suffering and that of traumatised communities

16.10 Dr Jeremy Holmes

Cross bearing, connectedness and consciousness: an integrative model for 21st century psychotherapy, bringing present unconscious and past unconscious into focus

16.30 Discussion time

 **17.0 END**

Biographies

Claire Asherson Bartram is an integrative psychotherapist. Her own stepfamily inspired her to write and run groups on stepfamily issues. For her doctorate she explored the narratives of mothers in stepfamily situations and founded the organisation StepIn ASAP.

Jon Blend is a gestalt psychotherapist, author and musician who has worked extensively with children, adolescents and families using creative arts approaches. He teaches at The Gestalt Centre (www.gestaltcentre.co.uk) and Terapia Institute and enjoys being a stepparent.

Isabel Clarke is a consultant clinical psychologist working in an acute mental service in the NHS. She is particularly interested in the psychology of spirituality, mysticism and its intriguing interface with psychosis. Her books include *Madness, Mystery* and *the Survival of God* (2008).

Suzette Clough originally trained in Australia as a painter and later qualified as a body-orientated psychotherapist at the Chiron Centre. She originated and teaches the Visual Medicine painting and develops programmes for Cleanbreak, an educational theatre trust that works with women who have experienced the criminal justice and mental health system.

Dr Jeremy Holmes is a psychoanalytic psychotherapist, and formerly a consultant psychiatrist and senior lecturer in psychiatry at University College London. He is author of 14 books in the field of psychotherapy, most recently, *Exploring in Security* (2009) which explores attachment therapy, mentalisation, the therapeutic relationship, and meaning-making from both attachment and psychoanalytic perspectives.

Dr Jean Knox is a psychiatrist, Training Analyst of the Society of Analytical Psychology, Senior Member of the British Association of Psychotherapists, Consultant Editor of the *Journal of Analytical Psychology* and Honorary Senior Lecturer at the University of Kent.

Dr Ruth Lanius is an Associate Professor in the Department of Psychiatry at the University of Western Ontario, where she established and directs the Traumatic Stress Service, specialising in the treatment and research of Posttraumatic Stress Disorder (PTSD) and related comorbid disorders. Her research interests focus on studying the neural correlates of PTSD using neuroimaging and treatment outcome.

Paul Maiteny is an integrative and transpersonal psychotherapist, anthropologist and ecologist with a research interest in the psycho-emotional and cultural dimensions of ecological breakdown. He has been designing and teaching courses for the MSc in Education for Sustainability at London South Bank University since 1996 and has published his work in a range of psychotherapy and ecology journals.

Dr Brian Martindale is a consultant psychiatrist, psychoanalyst, and specialist in early intervention in the treatment of psychosis. He has written extensively on the importance of putting psychotherapies at the centre of treatment of psychosis. His most recent publication (as co-editor) is *Past, Present and Future of Psychotherapeutic Approaches to Schizophrenic Psychoses* (2009). He is winner of BCP NOW award for Outstanding Leadership 2009.

Dr Isha McKenzie-Mavinga has been teaching transcultural workshops at Goldsmiths College, University of London for twenty years. She is a Senior Lecturer at London Metropolitan University and has a private practice offering clinical supervision for individuals and groups. Her book *Black issues in the Therapeutic Process*, was published in 2009.

Dr Phil Mollon is a psychoanalyst, psychotherapist and clinical psychologist. Psychoanalytic Energy Psychotherapy is his own approach to combining the insights of the psychoanalytic tradition with an understanding of how emotional distress and dysfunctional patterns are encoded in the body-mind-energy system. He has published 10 books, most recently *Psychoanalytic Energy Psychotherapy* (2008).

Dr Ellert Nijenhuis is a clinical psychologist and psychotherapist in the Department of Psychiatry in Assen, Holland. His work centres on the diagnosis and treatment of severely traumatised patients and he has received numerous awards for his research, writings and clinical work. His books include *Somatoform Dissociation* (2004) and (as co-editor) *The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization* (2006).

Dr Bernard Ratigan works as a psychotherapist and independent scholar in Leicester. His interests are in the space between psychoanalysis, the (homo-) sexualities, the arts and religious praxis. For many decades he has been pondering Freud's ideas about sex and gender.

Gabrielle Rifkind directs the Middle East Human Security Programme for the Oxford Research Group. A group analyst and a psychotherapist, she is also a political entrepreneur who has spent the last decade working to integrate psychology, politics, international diplomacy and conflict resolution.

Adah Sachs is an Attachment-based Psychoanalytic Psychotherapist, and has worked for many years as a psychotherapist in psychiatric hospitals, with adults and adolescents. She is a consultant psychotherapist at the Clinic for Dissociative Studies, and a training supervisor and visiting lecturer at the John Bowlby Centre and at the Centre for Child Mental Health. She lectures widely on trauma and dissociation, and maintains a small private practice. Her co-edited book *Forensic Aspects of Dissociative Identity Disorder* was published by Karnac in 2008.

Dr Joseph Schwartz used to be a physicist. His books include the award-winning *Einstein for Beginners* and *Cassandra's Daughter: A History of Psychoanalysis in Europe and America*.

Laurie Slade is a psychoanalytic psychotherapist in private practice in West London. He is a member of the Guild of Psychotherapists, the International Neuro-Psychoanalysis Society and the Confederation for Analytical Psychology. He has been involved in social dreaming since 2001, hosting sessions in a variety of settings in the UK and internationally.

Nick Totton is a therapist and trainer with over twenty five years experience who practices and teaches Embodied-Relational Therapy. He offers workshops and talks on ecopsychology and embodiment, most recently exploring the concept of 'Wild Mind'. He has written several books, including *Body Psychotherapy: An Introduction*; *Psychotherapy and Politics*; and *Press When Illuminated: New and Selected Poems*.

Felicity de Zulueta is a consultant psychiatrist in psychotherapy heading the Traumatic Stress Service in the Maudsley Hospital, London and an Honorary Senior Clinical Lecturer in Traumatic Studies at the Institute of Psychiatry. She is also 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*, (1993) and many chapters on the subject. She is also a founding member of the International Attachment Network.