

Council for Psychoanalysis and Jungian Analysis

ACCESSING OUR PSYCHOTHERAPY

14 APRIL 2018

9.30am - 2.30pm

Resource for London

356 Holloway Road

London N7 6PA

Conference hosted by the Council for Psychoanalysis and Jungian Analysis

9 30 Registration

10.00 Introduction by Andy Cottom, Chair of CPJA

10. 10 **Clare Gerada, former Chair of the Council of the Royal College of General Practitioners**
Keynote Speech: Why do doctors become unwell?

For the last decade, I have been leading a service providing services to doctors with mental health problems. Doctors have higher rates of mental illness compared to the general population and other professionals. As well as the usual risk factors (over work, demanding job, working close to death and disability) there are a host of factors related to how doctors are trained and during this training the defences they develop. This is particularly around denying their own needs for the sake of their patients, and presenting a coping front at all times. Clearly as humans, given enough stressors, doctors defences will and do break down. This doctor will discuss these issues.

11.00 Coffee Break

11 20 **Niki Reeves: Are the streets too dangerous? Counselling the homeless where they live.**
Working on the streets of Southampton gave the opportunity to examine and question the boundaries that are the tenets of our work.

11.40 **Dorothee Bonnigal-Katz: Psychosis Therapy Project: A Psychoanalytic Project in the Community.** The Psychosis Therapy Project (PTP) was founded in 2013 with a view to offering long term psychoanalytic therapy to people with an experience of psychosis. Since then, the PTP has been operating at Islington Mind and a pilot was launched in South London in early 2017 under the auspices of Lambeth & Southwark Mind. This presentation offers to discuss the benefits and the challenges of running a specialist psychoanalytic project in the community in the current economic and political climate.

- 12.00 **Katrina Ashton: The challenges of delivering psychodynamic psychotherapy in a secure setting.** This session looks at two aspects of the work in a forensic setting, firstly the relationship to the service users and secondly the relationship to the institution. Though some clinical material will be used this is an examination of the organisational defenses against the delivery of psychodynamically informed work.
- 12.30 Lunch
1. 30 - 2 30 Plenary Session: opportunity for discussion and debate with the speakers
- End of Conference
- 2 45 - 3 00 Refreshments and Arrival of Delegates
- 3.00 – 4.00 CPJA AGM

Tickets for this event cost £40 (£30 for students) - please remit this amount to A/c 00029325; Sort code 40 52 40, with your name as a reference. Please email cpjacollege@gmail.com, to advise payment has been made with details of any dietary or other requirements to enable you to participate fully in the event.

Brief Biographies of Speakers

DR CLARE GERADA MBE FRCP FRCGP FRCPSych

Clare studied medicine at University College London, qualifying in 1982. She trained in medicine, then psychiatry and then followed her father's footsteps and became a general practitioner in South London, where she has stayed ever since, just about to celebrate her 25th anniversary at the practice.

Dr Gerada has held a number of national roles, including, Senior Policy Advisor Department of Health, Drugs and Alcohol. Director of RCGP Substance Misuse Use Unit & was Chair of RCGP National Expert Group on Substance Misuse. In both of these roles, Dr Gerada provided national leadership in substance misuse, developing the RCGP Certificate in Substance Misuse and supporting the creation of shared care working across England

Dr Gerada is the NHS Practitioner Health Programme and NHS GP Health Medical Director and established PHP. In 2008, she won the contract to run the Practitioner Health Programme (www.php.nhs.uk), which is a pioneering, award winning, free and confidential NHS service for doctors and dentists with issues relating to a mental or physical health concern or addiction problem, in particular where these might affect their work. The PHP service operates in central London, led by Dr Gerada, and both she and the PHP team have expertise in treating health professionals with addiction and mental health problems. The service has seen and treated thousands of practitioner patients from across the UK. The NHS GP Health Service is commissioned to see GPs and GP trainees in England. GPH is provided by health professionals who have additional expertise in addressing the issues concerning doctors. These clinicians are available in various locations across England.

Katrina Ashton is a psychoanalytic/ psychodynamic psychotherapist (UKCP/ CPJA) and a registered midwife (NMC). She works in the NHS as a specialist midwife for maternal mental health (SMMMh) at Medway NHS

FT, where she provides assessment of personal and family needs and signposting to appropriate services for mothers with psychological difficulties. She provides a time limited integrated and integrating intervention in pregnancy for mothers with general anxiety disorder (GAD) called PRANX, aiming to help women develop skills to manage their anxiety and assimilate their sometimes defended, divided selves in preparation for the baby. She works as a psychotherapist in an NHS medium secure forensic service and in private practice. with young person's with complex needs in an offending institution for males 15-18 years.

Dorothee Bonnigal-Katz is a psychoanalyst and a translator. She is a member of the Site for Contemporary Psychoanalysis, UKCP, CPJA and CP–UK. She is the founder and clinical lead of the *Psychosis Therapy Project*, a specialist psychoanalytic therapy project for people experiencing psychosis. Her work as a translator includes a number of psychoanalytic texts such as Dominique Scarfone's *Laplanche: An Introduction* (2015) and *The Unpast: The Actual Unconscious* (2016). Her latest translation, Laurence Kahn's *Apathy, Psychoanalysis and the Postmodern Patient* is due to come out later this year in the New Library of Psychoanalysis series (Routledge).

Niki Reeves: After 10 years as a Behavioural Scientist in industry, Niki began a career in clinical practice. Niki trained as a Psychodynamic Counsellor in the early 90's and then as an Attachment Based Psychoanalytic Psychotherapist at The Bowlby Centre in London.

Niki has been in clinical practice for more than 20 years and has a full private practice working in Southampton, is a qualified Supervisor, and is a senior lecturer in counselling at Basingstoke College. In addition Niki runs workshops on Attachment Theory and Practice across the UK.

With experience as a member of the Ethics Committees of both the Bowlby Centre, and the UKCP Niki enjoys being part of the organisations that form the foundation of the psychotherapeutic community.

Following a term as 'Head of Counselling' at Southampton Counselling, Niki began writing for publication, having her first piece published in 2014.