



Ukapi Conference 2010

Loss and Grief: Nurturing Resilience

June 12, 2010

National Council for Voluntary Organisation London N1 9RL

Programme

10.00am	Welcome
	Dr Linda Machin, Loss and Grief: Nurturing Resilience Theoretical Introduction
10.50am	Coffee
11.20am	Dr Linda Machin, Loss and Grief: Nurturing Resilience Practical Application (This will include small and large group discussion)
1.00pm	Lunch
2.00–3.15pm	Workshop 1
3.15pm	Tea
3.45–5.00pm	Workshop 3
5.00pm	Reception and UKAPI AGM

Workshop 1 (2.00–3.15pm)

Suicidal Crisis: Loss and Grief in the Absence of Nurturing Resilience with Gerard Payrhuber
Room 8, 1st floor, Main building

Sibling Loss in Adulthood with Tamar Posner
Room 5, 1st floor, Main building

Writing together as Clients & Therapists: resilience as an intersubjective process with Helen Rowlands
Room 6, 1st floor, Main building

Mindfulness as Resilience Training (Max 15 participants) with Anna Sorensen
Room 7, ground floor, across the courtyard



Workshop 2 (3.45–5.00pm)

Creative Supervision Experience with Philippa McInerney

Room 6, 1st floor Main Building

Suicidal Crisis: Loss and Grief in the Absence of Nurturing Resilience with Gerhard Payrhuber

Room 8, 1st building, Main Building

Power and Resilience: finding the capacity for self-forgiveness, reconciliation & changing one's world view with Cynthia Ransley

Room 5, 1st floor, Main Building

Mindfulness as Resilience Training (Max 15 participants) with Anna Sorensen

Room 7, ground floor, across the courtyard

Loss and Resilience: Creative Supervision Experience with Philippa McInerney

Have you been thinking of one of your clients as the day has progressed? Would you be interested in being part of a supervision group? Philippa plans to offer a range of creative supervisory techniques to explore participants' concerns on loss and resilience.

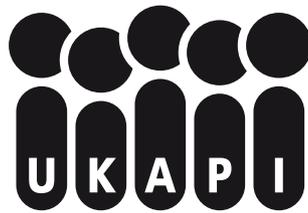
Philippa has a wide range of experience as a psychotherapist, supervisor and trainer in Ireland and in England. She is particularly interested in working with trauma and sexual abuse and currently works with an international aid agency as a therapist and trainer. She has also trained in creative therapies, including psychodrama and sand tray therapy, and incorporates these into her work.

Suicidal Crisis: Loss and Grief in the Absence of Nurturing Resilience with Gerard Payrhuber

In this workshop Gerard will explore how the suicidal self has developed and what has shown to be useful interventions when working with people in a suicidal crisis. Our own feelings and reactions play an important role when our clients struggle with suicidal feelings and thoughts and we will explore how our own reactions might hinder or deepen the therapeutic process.

Gerhard (www.gerhardpayrhuber.com) is a director of Maytree (www.maytree.org.uk) a sanctuary for people in a suicidal crisis. Maytree has offered over 800 people a short stay in a residential setting where relational concepts such as befriending and relational psychotherapy are the driving forces in supporting people through a suicidal crisis.

He works as a psychotherapist at St Thomas' Hospital and has a private practice in Clapham Common. He is a relational psychotherapist and holds a strong interest in socio-political and psychological processes.



Sibling Loss in Adulthood with Tamar Posner

Drawing on dissertation research carried out for an MA in Integrative Psychotherapy and Counselling, the workshop will explore some distinctive features that present in the aftermath of sibling death in adulthood and distinguish this occurrence from other experiences of familial loss.

Tamar is a UKCP registered integrative psychotherapist with experience of working in the NHS in general practice and with people suffering severe and enduring mental health issues. She has a private practice in North West London, www.queensparkandmarylebonetherapy.co.uk

Power and Resilience: finding the capacity for self-forgiveness, reconciliation and changing one's world view with Cynthia Ransley

Cynthia will draw on her research with people bereaved, they believe, by medical error. Crucial was the feeling of impotency. In this workshop she will link this to difficulties in self forgiveness, reconciling with the actions of others and in both an existential and practical sense, changing one's view of the world. She will encourage participants to explore the sense of stuckness and impasse loss can bring and how we may help others develop a greater sense of power.

Cynthia is a Psychotherapist and Supervisor in West London. She is an Integrative Psychotherapy tutor at the Metanoia Institute. She was one of the founders of Action vs Medical Accident and co-edited *Forgiveness and the Healing Process*, Routledge, [2004]

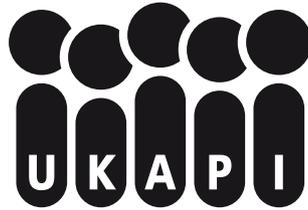
Writing together as Clients & Therapists: resilience as an intersubjective process with Helen Rowlands

Writing is often a private activity, which we can then choose to make public. Writing shared narratives invites us, to engage in collaborative space, to produce co-created objects thus challenging existing structures of power and authority. Helen believes that therapeutic processes can help find and honour the authoritative voice which is a key component of self-support. However she believes that resilience can be an intersubjective process, rather than an individual capacity, demanding a willingness to surrender the individual voice to engender collective environmental support. This workshop experientially explores these ideas in practice.

Helen is a UKCP Registered Integrative Psychotherapist. She is co-director of the Welsh Psychotherapy Partnership, offering psychotherapy, training, supervision and consultancy. Her research interests are in cultural narrative, the transitions between private& public space and understandings of authority.

Mindfulness as Resilience Training with Anna Sorensen

This workshop is experiential and collaborative, and picks up on the theme of recognising 'reactive' thinking and making the shift towards a 'proactive' stance. Mindfulness meditation is presented as a



method of returning to awareness, listening to the body. From this 'anchor' we can maintain a steady awareness in the face of on-going mental pressures to revert to old schemas. When empathy leads to hyper-arousal we can return to sufficient calm. These skills need practice – 'neurons that fire together wire together'. Vigilant self-care and attention to underlying 'felt sense' enable us not only to survive but also to thrive.

Anna Sorensen is a medical doctor, a BACP accredited counsellor and supervisor, and UKCP registered integrative psychotherapist. Anna is also a trained Mindfulness meditation teacher and facilitates workshops around aspects of integrating mindfulness practice into life and work.