

What is Relational Psychotherapy for us? How do we navigate the Relational Unconscious?

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National Council for Voluntary Organisations London N1 9RL

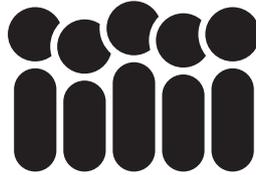
Relational psychotherapy inevitably involves us. Thus who we are and our insight into ourselves, our theories and our societies will influence our practice. Accepting that relational psychotherapy is inherently integrative and influenced by both humanistic and psychoanalytic traditions, this workshop explores key concepts elaborated by relational analysts which have roots in both traditions. These concepts include transparency to self, the delicate art of therapeutic self-disclosure, and the navigation of otherness.

The workshop explores the transference/countertransference matrix as an emergent property of the dyad rather than conceptualising transference and countertransference as properties of two pre-given subjectivities. Its emphasis is on the space between, the third, the relational unconscious.

The relational unconscious has points of resistance and defence as each party in the dyad contributes not only to creativity and openness but also to stasis and stuckness. These resistances are shaped by personal history and broader social contexts. The workshop explores contributions of client, therapist and context to the relational unconscious (Zeddies 2000) and anti-analytic thirds (Straker 2006).

The workshop will use clinical examples, experiential exercises, personal reflections and supervision opportunities to hone our capacities to be transparent to our own ways of shaping the relational unconscious and to be transparent about our sense of the client's and societies' contributions. Transparency frequently implicates self-disclosure. But what is self-disclosure and when is it likely to be helpful and when not? How do we negotiate self-disclosure when it exposes feelings of difference and how do we navigate these feelings when exposing them or discussing them feels too hard? In the spirit of relational psychotherapy the workshop aims to explore these questions by expanding thought and curiosity and encouraging spontaneous and playful enquiry rather than providing hard and fast answers.

Gillian Straker Phd is a Clinical Professor of Psychology and Psychiatry, University of Sydney. She was appointed a Mellon Foundation Distinguished Scholar. She is a visiting professor, University of the Witwatersrand. She is a supervisor and trainer on the advanced psychotherapy training course for psychiatrists, Sydney and the training program for New South Wales Institute for Psychoanalysis and teaches on the DPsych program, (U Syd). She is a registered Integrative Psychotherapist and a member of the BPS as well as the International Association of Relational Psychoanalytic Psychotherapy. She is practicing Lacanian analyst. She is involved in the Apartheid Archives Project in South Africa and has a long-standing interest in how personal and social histories influence therapists practice and in advocacy for human rights. She is widely published in the area of psychotherapy, racism, self-harm, and child abuse and has presented papers and workshops in South Africa, Zimbabwe, Mozambique, USA, Canada, UK, Australia and Chile.



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Application Form

Please print clearly.

Name:

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Address:

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Postcode:

Telephone Number:

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E-mail Address:

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Dietary requirements:

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Other requirements:

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Please send me details of access

Registration Fees: Inclusive of lunch and coffee/tea. Please tick **one** option.

Early Booking Fee (Before February 25th)

Ukapi Members: £95 Non-Members: £110

Standard Booking Fee

Ukapi Members: £105 Non-Members: £120

Application forms & cheques made payable to UKAPI should be sent to:

Cynthia Ransley, 3 Binden Road, London W12 9RJ.

Please email enquiries@ukapi.com if you have any queries.