



Conference Programme

Saturday 4 February 2017

The Heart of Integrative Psychotherapy: putting theory into practice

9.30 Registration and Coffee

10.00 Welcome and Introductions

Panel

Dr Lorraine Price - Sherwood Institute, *Theory at the Heart of Integration*.

Prof John Nuttall - Regent's University, *Critical Issues and Developments in Psychotherapy Integration*.

Dr Heward Wilkinson - SCPTI, *Why Literature fits better than Science as a Paradigm for psychotherapy*.

Tree Staunton - BCPC, *A psychobiographical approach to research and practice*.

Lissie Wright - The Minster Centre, *How we 'embody' integration*.

Dr Iggy Moon - Roehampton University, *Listening to the other: questions of difference and diversity*.

Prof Maria Gilbert - Metanoia, *Developing a reflective stance integrating the personal and the professional*.

Panel Chair - Cynthia Ransley, UKAPI

11:15 Coffee Break

11:45 Small group discussion
Plenary: audience and panel questions and debate

1:00 Lunch

2:00 Choice of Workshops

Richard Davis, *Praxis, Perplexity and Perfection: students' perspectives on the challenge of developing an integrative frame*.

Mark Gullidge and Sue Daniels, *Disintegrating World: what can integrative therapy offer practitioners and clients in 2017?*

Dr Maria Luca, *Working with the erotic and sexual attraction in therapy – issues and professional considerations*.

Dr Jean O'Callaghan and Dr Iggy Moon, *Integrating Intersectionality: Difference and Diversity*.

Helen Jane Ridgeway, *Integrating Soul Work and the Expressive Arts into the Therapeutic Frame*.

3:15 Tea Break

3:45 Choice of Workshops

Mark Gullidge and Sue Daniels, *Disintegrating World: what can integrative therapy offer practitioners and clients in 2017?*

Dr Jane Hunt, *Religion in the Psychotherapeutic Space: the new taboo*.

Gerhard Payrhuber, *What's real about the real relationship? And what role does it play in an integrative frame?*

Tree Staunton, *Body process in integrative psychotherapy*.

Dr Heward Wilkinson, *The Therapeutic Muse: enactment; the poetic foundations of psychotherapy; and using and not using literature in our work*.

5:00 Plenary panel discussion

5:30 Drinks reception and UKAPI Annual General Meeting



Richard Davis

Praxis, Perplexity and Perfection: students' perspectives on the challenge of developing an integrative frame

Becoming an integrative self-reflective practitioner is a complex and difficult process. Students are required to adapt to a way of learning that involves knowledge-based understanding - ethical, theoretical, contextual and research-based - with experiential learning based on their own personal development and clinical practice. Praxis is the notion of converting this theoretical and experiential process into action; or the trials and tribulations of what trainee therapists do to become ethical and competent practitioners.

In this workshop I will present some qualitative outcomes on this complex process based on a student focus group. By outlining various points associated with this learning process i.e. learning as an environmental factor, the facilitation of learning, epistemology/ knowing/ realisation, the interdependence between group & individual and ontological process tensions, I will present some of the challenges trainees face as they seek to develop an authentic integrative frame. Participants will be asked to reflect on their own learning experiences and to explore commonalities and differences. The workshop will end with some thoughts on the teaching of integrative therapy from the perspective of 'subtle' teaching, encounters at the psychospiritual and transference countertransference levels.

I hope to link up with other trainers who would be interested in engaging in developing research of the students' experiences in the future.

Richard Davis is a UKCP integrative psychotherapist. He is currently senior lecturer in counselling/psychotherapy at the University of Central Lancashire where he is the course leader for the MA in counselling / psychotherapy. He works as an independent practitioner and supervisor from a GP practice in Carlisle.

Mark Gullidge and Sue Daniels

Disintegrating World: what can integrative therapy offer practitioners and clients in 2017?

The world for us as practitioners and for our clients is shifting. Political division, consensus crumbling, social networks reconfiguring, the climate changing. This workshop will explore what integrative therapy may have to offer in the face of the likes of Brexit, the rise of the far right and populism, the influence of the algorithm and ecological crisis. Sue and Mark suggest that such issues cannot but enter our practices and our relationships with clients and will bring their separate insights into working in these shifting sands. The workshop is an opportunity to think about this for you personally and professionally and what you might be doing and what you might do as a therapist.

Sue Daniels and Mark Gullidge are integrative psychotherapists working at the Minster Centre and in private practice in North and West London respectively. Both have an abiding interest in how social, political and cultural factors integrate in the person and practice of psychotherapists.

Dr Jane Hunt

Religion in the Psychotherapeutic Space: the new taboo

In the light of Freud's perceived criticisms of religion, the relationship between religion and psychotherapy has been characterised by tension. Recent research in the US and Europe, for example, has shown that therapists and psychologists on the whole tend to be less religious or spiritual than their clients (Bergin 1990; Delaney et al. 2007). Nevertheless, research indicates that therapists – whether themselves religious or not – would like more input around religion and spirituality during their training, and often feel ill-equipped to work with religious clients (Hofman & Walach 2011).

This workshop is an invitation to think about religion in the therapeutic space, and to discuss as practitioners how we view and work with religion with our clients. What experiences do we have of religious clients, or clients wanting to explore religious issues in the therapeutic relationship? How do we or should we work with such clients? Do we perceive religion as illusionary or fictional, and if so how does this come to impact upon the therapeutic relationship? At the beginning of this workshop there will be input with regard to current theory and research that explores the relationship between religion and therapy, followed by opportunity to discuss and explore these themes together.

Dr. Jane Hunt is a Senior Lecturer on the M.A. Integrative Counselling and Psychotherapy at the University of Roehampton. She was previously Director of Counselling Studies at the University of Keele, and Lecturer in Counselling at Salford University. She is an integrative counsellor and CAT practitioner and has worked as an individual and couple counsellor in a range of settings including FE, HE, NHS and the voluntary sector. Jane's research is in trans and non-binary genders. She is currently completing an MA in the Psychology of Religion.

Dr Maria Luca

Working with the erotic and sexual attraction in therapy – issues and professional considerations

The workshop will explore ideas of the erotic in therapy and through therapy vignettes from participants, explore how therapists identify sexual attraction and how they react. Appropriate responses and interventions will be discussed, especially principles of appropriate handling of sexual attraction, client to therapist, therapist to client and mutual.

Dr Maria Luca is Senior Research Fellow at the School of Psychotherapy & Psychology, Regent's University London. She is Reader in Psychotherapy & Counselling Psychology, Head of the Regent's Reflections Research Centre and Editor of the Journal of Psychotherapy & Counselling Psychology Reflections.

She worked in the National Health Service for 12 years and currently has a small private practice in London. She has given papers widely, both nationally and internationally and run workshops on the handling sexual attraction in therapy. Included in her publications are: Luca, M. (2014) *Sexual Attraction in Therapy: Clinical Perspectives on Moving Beyond the Taboo - A Guide for Training and Practice* London: Wiley. Luca, M. (2004) 'The Therapeutic Frame in the Clinical Context – Integrative Perspectives', London: Brunner-Routledge. Luca, M. (2002) 'Containment of the Sexualized and Erotized Transference', In *Journal Of Clinical Psychoanalysis, Vol. 11 No. 4 Fall 2002. International Universities Press*.

Dr Lyndsey Moon and Dr Jean O'Callaghan
Working integratively with social issues of difference

This workshop invites practitioners to critically reflect on some of the ways they think about clients presenting for integrative therapy as 'other' or different. Intersectional and post-structuralist epistemologies will be considered and the workshop exercise will explore when these diverse frames are most appropriately employed in an integrative way of working.

Jean O'Callaghan has worked at Roehampton for 25 years and did her integrative psychotherapy training at Metanoia in the 1990s. She currently convenes the MA Integrative Counselling and Psychotherapy at Roehampton and has research interests in students' discursive constructions of academic procrastination and post-structuralist perspectives on integrative therapeutic practice.

Lyndsey (Iggi) Moon is a senior lecturer at Roehampton and a Counselling Psychologist with research interests in trans and non-binary gender research and activism. She is also involved in researching the social meaning of emotions and sexuality. Currently she is a member of the Memorandum of Understanding against conversion therapy for LGB people, including protection for trans and non-binary people.

Gerhard Payrhuber

What's real about the real relationship? And what role does it play in an integrative frame'

If we look into the history of psychotherapy and counselling one is struck by the huge amount of literature written about transference-countertransference, the person-to-person relationship, the working alliance and about the transpersonal dimension of psychotherapy.

But what about the real relationship? Why is it often neglected and forgotten? Does it play a role in our work and in an integrative frame? The real or reality as such has been critiqued as a tool of oppression (M. Foucault) and postmodern thinkers claim it does not exist at all. Is it really true that everything is constructed, co-constructed or imagined and only an apparition of our perceptions and social context? What is the real relationship and how important is it in integrative theory practice? Does it play a role in the change process and in transformations?

This workshop is designed to instigate an inquiry into our theory and clinical practice with the real relationship in mind. Participants are encouraged to bring clinical and personal experience alike

Gerhard Payrhuber has been an integrative psychotherapist and has worked in primary healthcare provision, charities, suicide prevention and in private practice for over 12 years in Central and South London. He further is a supervisor and works with trauma in both individual and group settings.

Gerhard studied philosophy with Karl Popper and drama in Vienna before he studied integrative psychotherapy at the Metanoia Institute in London.

Helen-Jane Ridgeway

Integrating Soul Work and the Expressive Arts into the Therapeutic frame

In this workshop, we will explore and experience some of the principles and techniques of the Life/Art process as developed by Anna & Daria Halprin. Working with body metaphor, movement, creative writing and drawing, whilst referring to current neuroscience research, we will explore meaning making and how the creative process can be a container for the soul's growth and unfolding, thereby facilitating a depth of processing, transformational change and giving an opportunity to revisit our inherent creativity.

I will draw on various Integrative approaches, sensorimotor and body psychotherapy and the expressive arts, to access the innate wisdom of the body, offering this integration as a 'bridge' to support the wellbeing of our client's and our individual health. You will be encouraged to move - I believe 'the body is the container for one's entire life experience and the arts are potentially transformational'. The workshop will be predominantly experiential.

Helen-Jane Ridgeway is a UKCP accredited Integrative and Certified Sensorimotor Psychotherapist and coach. Her previous professional career in dance, performing arts, choreography and dance education in the UK and internationally, has afforded her a special interest & deep understanding of the mind/body relationship.

Currently she is studying life art process and expressive arts therapy with Anna Halprin in California and this has involved bringing the arts to people serving life sentences in prison and supporting those within the social justice system. Her private practice is based in South West London where she specializes in Trauma. She teaches psychotherapy and body practices and breath work internationally.

Tree Staunton

Body process in integrative psychotherapy

Developments in neuroscience over the last decade have increased interest in the relevance of somatic processes in relationship and development. Integrative trainings have always included the body in training and practice. Some trainings have focused on 'Body Psychotherapy' as a specialism, where all theory and practice refers to somatic psychology frameworks. Using my background as a body psychotherapist I have designed and delivered a unit on BCPC's MA for the last 10 years, introducing this thinking and expertise into the 'integrative mix' in order to help trainees find their own integration of the body in practice.

In this workshop I will share some of the ways practitioners can

- Develop their own embodied presence
- Encourage somatic processing in their clients
- Use somatic resonance and attunement as a relational tool

Tree Staunton (Director, MA Programme Leader, Link Tutor Middlesex University London) BA, MA HIP, UKCP Reg. Tree is a UKCP registered Body Psychotherapist, trainer and supervisor, editor of *Body Psychotherapy, Advancing Theory in Therapy* (2002) published by Brunner-Routledge. She teaches a formal taught unit on the BCPC Psychotherapy MA Programme on *Integrating Body Process in Psychotherapy*. Tree has a special interest in the integration of Politics and Psychotherapy and has been closely involved with PCSR (Psychotherapists and Counsellors for Social Responsibility) and the CPA (Climate Psychology Alliance). She offers consultancy in Body Psychotherapy for practitioners.

Dr Heward Wilkinson

The Therapeutic Muse: enactment; the poetic foundations of psychotherapy; and using and not using literature in our work.

Reflexivity, - or mentalisation, - in psychotherapeutic work, is a form of enactment, a living and non-reductive reorganisation as a whole of the self, in its relations, for which poetic modes are the most comprehensive paradigm. Enactment understood as a poetic mode is a far wider concept and realisation than the reductive understanding of it within psychoanalysis and its offshoots. This does not lead to a direct and programmatic use of literature in our work, but it can open the way to its contextual use in the heat of the living moment. This workshop will, mainly experientially, explore these dimensions of our work.

Dr Heward Wilkinson, UKCP Fellow, Integrative Psychotherapist, is now trainer with Scarborough Counselling and Psychotherapy Training Institute, an MO of UKCP, and Guest Faculty Member with the Living Institute, Toronto, Canada. He is author of *The Muse as Therapist: A New Poetic Paradigm for Psychotherapy*, Co-Editor of two UKCP book series books, and Senior Editor of International Journal of Psychotherapy, from 1994-2004. He is Vice President of the European Association for Integrative Psychotherapy (EAIP). Editor of the Leavis Society Newsletter. His current field of enquiry is the understanding of Historicity/Historical Consciousness as primary paradigms for human existence.
