

Continuing Professional Development



Jack Nathan

Formerly a Social Work Manager and Lecturer at the Institute of Psychiatry, Jack Nathan trained as a psychoanalytic psychotherapist at the London Centre for Psychotherapy (now amalgamated in the BPF). He has also recently gone on to qualify as a TFP Psychotherapist, Supervisor and Trainer.

Jack works private practice and as a Consultant Psychotherapist in Lambeth and at the Self-Harm Out-Patients Service (SHOPS). He is also Psychotherapy Advisor at the South London & Maudsley NHS Trust.

Working with the Borderline Patient using Benign Authority & Transference-Focused Psychotherapy (TFP)

Jack is particularly interested in how to work with self-harming patients with severe borderline conditions. They are a group once considered 'untreatable' and openly referred to, as 'the patients psychiatrists dislike'.

The workshop will explore the meaning attached to their self-destructive behaviours and especially at the countertransference difficulties they arouse in practitioners. He will focus on how to work with this patient group using 'benign authority', an idea he has developed and written about in 'Treatment of Personality: Limit Setting and the use of Benign Authority' (2007 co-authored with Mclean) and 'The use of Benign Authority with severe borderline patients: a psychoanalytic paradigm' (2018).

He will then introduce the ideas and techniques associated with Kernberg's Transference-Focused Psychotherapy (TFP), a modified form of psychodynamic treatment specifically designed for work with severe borderline patients.

Participants will be asked to draw on their own experiences and bring cases to discuss and use in role plays during the day.

Target group: All students with sufficient clinical experience that will help support their work

Some of the MHFP Learning Outcomes for this workshop can be found overleaf.

MHFP

Wednesday 19th June 2019

Time: 9:30am —5:30pm

Venue: Metanoia Institute, 13 North Common Road,
Ealing W5 2QB

Metanoia Members: £70

Non-Members: £90

For further details contact: Cathy Simeon at CPD@metanoia.ac.uk

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This workshop will cover some of the following MHFP Learning Outcomes

Knowledge of and the ability to work within a wider system of care where necessary.

Learning in this area should enable you to:

- Be able to recognise clients with more complex, significant, enduring or exceptional needs
- Know how and when to refer on to appropriate professional agencies
- Understand how to offer, when necessary, psychotherapy as part of an appropriate package of care
- Understand the different professional and personal roles in care for people with complex or enduring needs.

Understand the 'borderline experience', the difficulties practitioners will confront in working with this patient group and how to respond in ways that facilitate growth rather than repeat collusive enactments.

Knowledge and awareness of diagnosis and treatment in the context of UK mental health care services

Psychotherapists will gain some appreciation of how other mental health services in the field operate so that they are equipped to work alongside them, if their client work necessitates this. Learning in this area should give you an understanding of the following:

- The basic structure of the MH services in the UK
- Diagnosis and classification of mental illness within the medical model including a working knowledge of the DSM V and a capacity to evaluate its use as a system of assessment
- The types of interventions and treatments used, their rationale and side effects.