

Continuing Professional Development



Maggie Turp

is a psychodynamic psychotherapist and supervisor in private practice and a chartered psychologist. Her academic career has included lectureships at the University of Reading and at Birkbeck College, London. Since retiring from mainstream academic life, she has been an external examiner and visiting lecturer at the Tavistock and Portman NHS Trust.

For the past decade, Maggie's educational work has included the provision of CPD training workshops for regionally based associations of counsellors and psychotherapists. These reflect her longstanding interest in the emergence of psychological distress in the physical realm and the enduring nature of early, body-centred modes of relating. The clinical themes addressed in the workshops include self-harm, depression, psychosomatic illness, and the aftermath of trauma. An emerging area of interest is in thinking through and managing the balance between psychodynamic and narrative dimensions of the therapeutic encounter

Maggie is a member of the Editorial Boards of the journals 'Psychodynamic Practice' and 'Infant Observation' Her publications include several journal papers and two books, 'Psychosomatic Health: the body and the word' (2001 Palgrave) and 'Hidden Self-Harm: narratives from psychotherapy' (2003 Jessica Kingsley). She is currently working on a novel and on a third psychotherapy book: 'What brings you? Encounters in psychotherapy'. She welcomes correspondence at maggieturnp@googlemail.com

Self-Harm, Self-Care and the Way Between

Practitioners often find self-harming behaviour difficult to understand and may not feel well equipped to work with clients who self-harm. Drawing on service user testimony and clinical experience we will explore many aspects of self-harming behaviour, including its relationship with suicidal behaviour, the aetiology and function of the behaviour in its various forms and the ways in which clients themselves conceptualise their actions. In an endeavour to address the polarisation that can occur between 'we' who do not self-harm and 'they' who do self-harm, participants will be invited to reflect on sub-clinical manifestations of self-harming tendencies that they may recognise in themselves and others.

Self-harm can manifest in a number of different ways, all of which testify to a damaged or impoverished capacity for self-care. Drawing on extracts from infant observation studies, we will consider the building blocks of a functioning capacity for self-care. Particular attention will be paid to the development of what Esther Bick calls the 'psychic skin boundary' around the self, - a boundary that needs to be sufficiently permeable to allow for emotional connection yet not so permeable as to invite the invasion of chaos. Parallels will be drawn between psychodynamic understandings and neurobiology findings relating to arousal levels, affect regulation and problems with interdependency.

The focus in the afternoon is on clinical practice. We will draw on DVD clips and clinical material provided by the presenter and space will be available for thinking about some of the clinical dilemmas currently being experienced by participants. Particular attention will be paid to countertransference issues, with their potential for eroding empathy and impeding thoughtfulness. We will consider how we can best foster the development of a capacity for self-care in the consulting room, with the focus on common pitfalls and issues that need to be taken into account and a range of potentially helpful therapeutic strategies.

TARGET GROUPS: 2nd Years and above
and Graduates.

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

Thursday 18th July 2019

MHFP

9:30am —5:30pm

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

Metanoia Members: £70

Non-Members: £90

For further details please go to www.metanoia.ac.uk
Or contact: Cathy Simeon at CPD@metanoia.ac.uk

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This workshop will cover some of the following MHFP Learning Outcomes