



SCHOOL OF PSYCHOTHERAPY  
& COUNSELLING PSYCHOLOGY

## Universities Psychotherapy and Counselling Association Conference 2010

(In association with The School of Psychotherapy & Counselling Psychology  
(SPCP), Regents College)

International Conference:

*"Are therapists too attached to  
theory?"*

A multi-modality perspective

Saturday, 13<sup>th</sup> November 2010  
10.45am to 4.30pm  
Registration 10.00am

Regent's College, Inner Circle,  
Regent's Park, London

Speakers:  
Jeremy Holmes, Chris Brannigan,  
Morris Nitsun

**UPCA/SPCP members £70.00; non-UPCA/SPCP participants £85.00;  
UPCA/SPCP student members £45.00; non-UPCA/SPCP student participants £55.00  
(Bookings received before October 14<sup>th</sup> get a £10 discount)**

Booking forms from:  
The Administrator, UPCA, P.O. Box 142,  
St. Leonards-on-Sea, TN38 1DN ([upca@hotmail.co.uk](mailto:upca@hotmail.co.uk))

**(NB: Attendance counts as 6hrs C.P.D. requirement met)**

## ***ARE THERAPISTS TOO ATTACHED TO THEORY? A MULTI-MODALITY PERSPECTIVE***

This conference will start by presenting attachment theory, acknowledging the prominent place it has both in psychotherapy and counselling practice but also within our understanding of cultural practices in general. Attachment theory offers therapists the opportunity to comprehend some of the difficult stories that confront them when working with their patients/clients. Theory is taught to trainees as a way of developing their ability to help the people they work with and also to allow them the opportunity to develop their thinking and approach to practice.

But should theory have such a prominent position in terms of psychotherapy and counselling practice?. What are the consequences of emphasising the importance of theory in the professional development of trainees?. Does the investment in a particular theory inhibit the possibility of a 'real' relationship with the 'other' in a therapeutic relationship?. The intimacy of Buber's 'I-thou' relationship, the possibility of a real equality in the relationship described by Levinas might be said to be constrained if the 'I', the therapist, is over reliant on a theory to interpret what is happening in the therapeutic relationship.

So this conference intends to celebrate theory but also to challenge its potential to be oppressive and destructive and perhaps explore a balance where humanity and thoughtfulness emerge as the basis of psychotherapy and counselling practice.

# PROGRAMME

**10am - 10.45am**    **Registration and refreshments**

**10.45am - 11am**    **Welcome by Stan Brennan (Vice-Chair of UPCA),  
Dr Maria Luca (SPC Regent's College) and  
Conference Chair, Dr Dennis Greenwood (Chair of UPCA)**

**1<sup>st</sup> Session (11am - 1pm) Professor Michael Jacobs (Chair)**

**11am - 1pm**        *Attachment Theory and Practice*

**Professor Jeremy Holmes:** *Maps and territories: Attachment as a meta-theory in psychoanalytic work*

**Professor Chris Brannigan:** *Is there a place for Attachment Theory in CBP?*

**1pm - 2.15pm**      **Lunch**

**2<sup>nd</sup> Session (2.15pm - 3.15pm) Pam Howard (Chair)**

**2.15pm - 3.15pm**    *Challenging the relationship between theory and practice*

**Dr Morris Nitsun:** *Uses and abuses of theory - a group-analytic perspective?*

**3.15pm - 3.45pm**    **Coffee**

**3.45pm - 4.30pm**    **Plenary Panel Discussion – Sheila Haugh (Chair),  
Professor Jeremy Holmes, Professor Chris Brannigan,  
Dr Morris Nitsun, Dr Dennis Greenwood**

**4.30pm - 5.30pm**    **UPCA AGM**

## Biographies

**Professor Chris Brannigan** started doing research in the Psychiatry Department at Birmingham University in 1965 as an ethologist, working with rats as well as researching and writing on human non-verbal communication. When the West Midlands' Regional Child Psychiatry Unit opened they tried to integrate knowledge of behaviour with something new, behaviour modification. They 'successfully' developed a behaviour therapy for autistic children and later went on to work with so called maladjusted children in the clinic, residential homes, their own homes and schools using behaviour therapy. Most of Chris's working life has been spent teaching - early on as part of a Rogerian Counselling Course and teaching child development, even attachment theory. Currently he is Director of the Applied Mental Health Research Group at Derby University, runs a Doctorate of Practice in CBT and supervises numerous PhDs, as well as acting as Programme Lead for Masters' degrees in Gestalt Therapy and Gestalt in Organisations in Scandinavia.

**Stan Brennan** is Vice Chair of UPCA. After a career in music he trained in Humanistic Psychotherapy and later, following a growing interest in Analytic theory, trained as a Group Analytic Psychotherapist at Goldsmiths College. He also completed the M.A. in Group and Intercultural Therapy there. Stan is a member of the UKCP Psychotherapy Council and served for a time as a member of that organisation's Registration Board. He has worked in private practice as a Psychotherapist with groups, individuals and couples for twenty years and also offers clinical supervision. His particular interest is in the manifestations of overlong therapeutic relationships and dual roles, and their potential to create cultic aspects in both groups, one to one therapy, and in training institutes. Stan maintains his love of music through avid record collecting and occasional outings as a DJ at benefit concerts.

**Dr Dennis Greenwood** is Principal Lecturer at Roehampton University, and is currently Chair of the Universities Psychotherapy and Counselling Association and member of the Board of Trustees for the United Kingdom Council of Psychotherapy. His research interests have focused on working with people suffering with dementia and exploring the works of continental philosophers such as Emmanuel Levinas. His doctoral research was on the possibility of psychotherapy with a person diagnosed with dementia and his work has been published in a wide range of professional journals.

**Sheila Haugh** is a senior lecturer in psychotherapy at Leeds Metropolitan University. She is a board member for the World Association for Person Centred and Experiential Psychotherapy and Counselling and a former Convenor for the British Association for the Person Centred Approach. She has published a number of articles on the person-centred approach and most recently co-edited a publication on the therapeutic relationship. Her interests include the impact of the so-called new sciences (quantum and complexity theories) on the development of theory and practice in psychotherapy. Her current research interests include the impact on practice of reflective opportunities for child psychotherapists.

**Professor Jeremy Holmes MD FRCPsych BPC** is a psychiatrist and psychoanalytic psychotherapist. For 35 years he worked as Consultant Psychiatrist and Psychotherapist in the NHS, providing a district psychotherapy service in North Devon, focusing especially on people with Borderline Personality Disorder. He was Chair of the Psychotherapy Faculty of the Royal College of Psychiatrists 1998-2002. Now partially retired, he has a small private practice set up and co-runs a Masters and now Doctoral psychoanalytic psychotherapy training programme at Exeter University, where he is visiting Professor, and lectures nationally and internationally. He has written 120+ papers and book chapters in the field of Attachment Theory and Psychoanalysis, and 15 books including *John Bowlby and Attachment Theory* (1992), and *Oxford Textbook of Psychotherapy* (2005, co-edited with Glen Gabbard and Judy Beck). His latest is *Exploring In Security: Towards an Attachment-informed Psychoanalytic Psychotherapy* (Routledge 2010). He was recipient of the 2009 New York Attachment Consortium Bowlby-Ainsworth Founders Award.

**Pam Howard** is Senior Lecturer in Counselling and Psychotherapy at Brighton University. She is a past Chair of the Universities Psychotherapy and Counselling Association and was previously the Chief Executive of the UK Council for Psychotherapy. She is Course Leader of the MA Psychotherapeutic Counselling and UKCP registered Psychoanalytic Psychotherapist. She has published on aspects of the psychoanalytic psychotherapeutic relationship and her forthcoming publication *The Therapeutic Relationship: a Cross-modality Model of Process*, co-authored with David Bott, will be published by Sage Publications.

**Professor Michael Jacobs**, formerly of Leicester University, is Visiting Professor at Bournemouth University, and a psychodynamic and integrative psychotherapist registered with UKCP in independent practice in Swanage, Dorset. His books on psychodynamic counselling and therapy are used as key texts on many training courses - notably *The Presenting Past* (2006, 3rd edition, Open University Press), *Psychodynamic Counselling in Action* (2004, 3rd edition, Sage). Other publications include *The Therapist's Use of Self*, written with John Rowan (2002 - Open University Press), and his latest published in March 2008 is *Shakespeare on the Couch* (Karnac). He is a Fellow of the British Association for Counselling and Psychotherapy.

**Dr Maria Luca** is a Senior Research Fellow at the School of Psychotherapy & Counselling Psychology at Regent's College and past Head of SPCP. Her research interests include migrant counselling, conceptual and clinical psychotherapy models, relational research, alexithymia and Unexplained medical symptoms phenomena. Her doctoral research was on the concepts and practices of psychodynamic and cognitive behavioural therapists with clients presenting with medically unexplained symptoms. Among other published works are her edited book: *The Therapeutic Frame in the Clinical Context – Integrative Perspectives* (published 2004 by Brunner-Routledge, Taylor & Francis Group); Luca, M. (2009) *A Therapist's Portrait of a Clinical Encounter with a Somatizer*. Chapter. In *Relational Centred Research for Psychotherapists: Exploring Meanings and Experience*. Editors: Linda Finlay and Ken Evans. London: Blackwells.

**Dr Morris Nitsun** is a consultant clinical psychologist in Camden and Islington NHS Foundation Trust, a training group analyst at the Institute of Group Analysis in London and in private practice at the Fitzrovia Psychotherapy Practice in London, a new practice he has started with colleagues from the Institute of Group Analysis. He has written extensively on groups and group process in a variety of settings, psychotherapeutic and organizational. His best known publications are *The Anti-group: destructive forces in the group and their creative potential* (1996) and *The Group as an Object of Desire* (2006). Both books have been described as "classics in the field". He lectures and runs workshops nationally and internationally and he was the Foulkes Lecturer in 2009 on the theme of authority and leadership in groups. He is also a professional artist whose next exhibition of paintings is scheduled for Spring 2011.

**UPCA Conference**  
**Saturday, 13<sup>th</sup> November 2010**

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**International Conference:**

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**Regent’s College, Inner Circle,  
Regent’s Park, London, NW1 4NS**

Name .....

Email address .....

Mailing address .....

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UPCA/SPCP: ...Member  .....Student: ......(please tick. ID card must be shown)

Tel. no. ....

I would like to apply for a place on the conference and enclose a cheque payable to ‘UPCA’:

UPCA/SPCP Member:	£70	(£60 if received by UPCA before October 14 <sup>th</sup> )
UPCA/SPCP Student Member:	£45	(£35 if received by UPCA before October 14 <sup>th</sup> )
Non-UPCA/SPCP:	£85	(£75 if received by UPCA before October 14 <sup>th</sup> )
Non-UPCA/SPCP Student:	£55	(£45 if received by UPCA before October 14 <sup>th</sup> )

*Lunch is provided within the cost of the Conference*

**Please Note:** Once a place has been booked a refund will not be given after the 1<sup>st</sup> October if that place is then cancelled. Thank you.

**Please return this form with your cheque payable to ‘UPCA’ to:**

**The Administrator, UPCA, P.O. Box 142, St. Leonards-on-Sea, TN38 1DN**