

NWRPA Friday Evening Seminars

Donald Meltzer and Analytic Formation by Dr Mark Fisher

Friday 12 September 2014, 6.30pm-8.30pm, free to members, £7.50 to non-members

Donald Meltzer (1922-2004) was a psychiatrist and Kleinian analyst who worked with children and adults. He gained an international reputation through his clinical writings and for his work as a teacher and supervisor. This seminar presents some of his thoughts on psychoanalytic training.

Mark Fisher is a member of a new analytical grouping *The School of the Freudian Letter* and works in private practice in Liverpool <markfisher.bacp.co.uk>

We don't want to get all worked up over a tomato stalk again, do we? The Function of Phobia in Therapy by Paul Melia

Friday 10 October 2014, 6.30pm-8.30pm, free to members, £7.50 to non-members

Anxiety is the radical danger to be avoided at all costs: even a phobia is preferable to anxiety. So rather than regarding phobia as a purely negative phenomena this evening is given over to understanding phobia as a protective formation, one that transforms anxiety into fear by focusing on a specific object. Most of our time will be spent talking about an audio recording of a middle-aged comedian describing his life-long fear of spiders. And we'll reflect on what's involved when clients choose to 'work-through' their phobia in therapy.

Paul Melia is a psychotherapist at Therapy in Manchester <TherapyInManchester.co.uk>

An introduction to Sociopathy by Amanda Onwuemene

Friday 14 November 2014, 6.30pm-8.30pm, free to members, £7.50 to non-members

The seminar takes an interest in individuals who whilst possibly devoid of a mental health diagnosis nonetheless display patterns of behaviours and thinking that can be termed sociopathic.

Amanda Onwuemene is the Director of Psychotherapy and Counselling North West and a Transactional Analyst with a private practice in Liverpool and Manchester <pcnw.co.uk>

Talking Points: A Symposium

Friday 12 December 2014, 6.30pm-8.30pm, free to members, £7.50 to non-members

The NWRPA celebrates the beginning of the festive season with a lively symposium: four psychotherapists speaking for 15 minutes each on a therapy topic of their choosing. They'll be plenty of time for questions and discussions. Light refreshments available at this as well as the preceding events.

Venue: The Manchester Institute for Psychotherapy
454 Barlow Moor Road, Chorlton, Manchester M21 0BQ.

Talking Points: Call for papers:

If you'd like to deliver one of the 15-minute presentations in December please email your proposal to Frank Kelley by 30 September 2014

If you want to discuss a possible, and welcome, contribution you can do this by email or phone

email nwrpa2010@ntlworld.com

phone 0161 432 8653 / 0750 8119025.

Continuing Professional Development

The £25.00 annual membership means you can enjoy all ten NWRPA seminars each year and add twenty hours to your CPD. If you would like to present one of our monthly seminars then you can gain even more CPD hours.

Hayley Marshall: Eco-Psychotherapy

Therapeutic Practice in Outdoor Natural Spaces

Friday 11 July 2014

Working psychotherapeutically within natural environments is a growing area of interest in the UK. This seminar offered us an opportunity to learn about this new field of psychotherapy practice. Through an experiential exercise and discussion we explored the presence of a 'living third' in the relational dynamic. This growing interest includes the article *Therapy in the Wild* in the June 2014 issue of *Therapy Today* the monthly magazine of the British Association for Counselling and Psychotherapy.

Hayley Marshall MSc (TA Psych) CTA, PTSTA, is an indoor & outdoor psychotherapist, supervisor and trainer based in Buxton, and Stockport. She is a member of the TA training staff at the South Manchester Centre for Psychotherapy, and facilitates outdoor residential training and therapeutic journeys for the Wilderness Foundation UK and the Centre for Ecotherapy and Nature Based Psychotherapy. She is also an occupational health counsellor in the NHS.

Hayley gave us a wonderfully engaging and articulate introduction to this similar but different way of therapeutic working. I can also add that the experiential exercise in the not quite wilds of Chorlton helped me think about important issues for my future.

Hayley offers her clients an informed choice of whether to work indoors or outdoors. As well as her individual work she offers wilderness immersion trips. This involves activities like walking and canoeing together with the opportunity to experience and explore the group process. Not surprisingly all this creates an enlivenment of the therapeutic process.

This therapeutic practice involves:

- The introduction of the living third into the relational process
- A connection to natural environments
- A way to work through personal issues with activity
- Coregulation and co reflection

Hayley's work is connected to other therapies including *Horticultural Therapy*, *Nature Therapy*, the New York based *Walk and Talk Therapy* and *Equine Therapy* and the *Wilderness Movement*. To find out more you can search the Internet for the big online ecopsychology forums.

Our experiential exercise could not be in the wild and took place in the area of Chorlton around our venue. It struck me that this provided a brick and stone version of the living third, which related to both Hayley as facilitator and to the seminar participants as a group. It is also surprising at how much of a living nonhuman world there is in Chorlton when you look, trees, bushes, grass, dogs and cats for example. Our exercise began in the exotic surrounds of the car park behind the Manchester Institute for Psychotherapy.



As in Native American traditions the Cardinal points of the compass (left) have meaning. For example North is wisdom and reason, East is death, rebirth and sensory experience, South is youthfulness and West is autumn, conclusions and fullness.

Ritual is useful in this work and gives a sensory enlivenment which is important. With this experiential exercise Hayley asked the group members to bear in mind the meaning of the cardinal points and for each of us to choose a direction of travel. She may, or may not, ask group members to think of a purpose for this activity. Asking a question of the environment in which we were to travel. As you see this exercise is both a literal and metaphorical exploration.

NWRPA 40th Anniversary

The Association began life in the 1970's and we will celebrate our birthday in 2015

This is an extraordinary lifetime for a therapists interest group

Plans are afoot: so watch this space

As with all exploratory therapies there are boundaries. In this case Hayley gave us a time to return to the Car Park and reassemble as a group. Can I add that this exploration and travelling along a cardinal point took some creativity. I am too old to climb walls and, since childhood, too polite to walk through people's gardens.

In greener places the environment would have a soothing and regulatory effect. There is a softening of defences. This is usually helpful and withdrawn people can often work more effectively outside where the environment is a mediatory space. They can stay in touch with their experiences in a way which would be harder in an indoor therapy. In contrast Hayley reminded us that the therapy room offers containing walls and that some clients will find going outside uncontainable. As you may have gathered she sees nature as a canvas for projection.

For this work Hayley has a session length of around an hour. This is not rigid as each client is different. As clients get deeper into issues she may contract for longer sessions. Contracts have differences from indoor work. She will agree with clients on what to do if they encounter walkers or animals and which kinds of outdoor space they may use. For example it can make a difference to the work if clients use confined or open spaces. While talking of these differences from the boundaries of indoor work she added that new ecotherapists consciously try to be different and then relearn the value of more traditional boundaries.

The relational aspects of therapeutic practice in outdoor natural spaces are central. These include:

- Expansive rationality
- The mutuality and democratization of space
- Nature as a living container

There is increasing research evidence for the usefulness of Ecotherapy. This notes clients innate response to nature and the sensory impact of this work. There is increased vitality, more potential for reflection and being attentive to surroundings. This form of therapy can be very helpful in the psycho physiological recovery from prolonged stress.

Daniel Stern in his 2010 book *Forms of Vitality: Exploring Dynamic Experience in Psychology, the Arts, Psychotherapy, and Development* writes of the primacy of the language of movement, of the felt experience of the world and the sensory experiencing of others.

This work involves both the traditional and a different sense of transference. The client's process can be lived and felt in their body in relation to the environment. The enlivening aspects of the work can heighten the therapists process and their awareness of this. This includes the motor and visceral aspects of experience and memory. The therapist will also be able to make greater use of their somatic countertransference.

Hayley also noted that the therapeutic relationship is modified if the therapist falls over in the mud. The client will see more of the therapist and it is obviously more difficult to be a blank screen.

We all immensely enjoyed this seminar. This is in keeping with the variety, interest and usefulness offered by all our speakers this year.

If you want to find out more go to Hayley's website at:

www.hayleymarshallcounselling.co.uk

Contact the Association:

Frank Kelley,
Secretary NWRPA,
53 Milford Drive
Levenshulme
Manchester
M19 2RY

Phone: 0161 432 8653 (Evenings)

Email: nwrpa2010@ntlworld.com

Website: www.nwrpa.org.uk