

NWRPA Friday Evening Seminars

Game Analysis

Amanda Onwuemene

Friday 13 May 2016

Cost £7.50 or free to members. This includes light refreshments

'Game analysis' is central to Transactional Analysis. After introducing the Karpman Drama Triangle (1968) Amanda will draw on examples from her own clinical practice to show how games can be identified, explained and stopped thereby providing the client with relief from having their needs met vicariously by others.

Amanda manages Psychotherapy and Counselling North West, a private psychotherapy service based in Liverpool and Manchester (pcnw.co.uk), and supervises clinical practice.

And later in the year with details to follow...

Friday 10 June 2016: Teresa Hampson speaks on Forgiveness.

Friday 8 July 2016: Three More Words in Therapy.

Friday 12 August 2016 The NWRPA does not meet in August.

They'll be plenty of time for questions and discussion, and light refreshments are available.

Each of these events represent **2 hours of continuing professional development.**

Venue:

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

Information about the Association is also available on our website at: www.nwrpa.org.uk

Have your personal entry on the NWRPA website

All our members can have an entry about themselves on our website at www.nwrpa.org.uk
Please email information about yourself and a photo to Frank Kelley at nwrpa2010@ntlworld.com

Let the world know who you are and tell others about the services you can offer.

Having an entry also helps visitors to our website know more about the NWRPA.

Please use our regular members entry format. Mine is shown below as an example.

Your entry is free. Frank Kelley or Paul Melia will be happy to take your photo at a meeting.

You can see more on the [members page of our website.](#)



Frank Kelley

I worked as a psychodynamic counsellor in an NHS Psychotherapy Service up to my retirement in September 2015. I am no longer accredited and registered with the British Association for Counselling and Psychotherapy or working as a counsellor.

My only involvement in counselling now is through being the secretary of the NWRPA. I enjoy this immensely and intend to remain a member of the Association. I loved my work as a counsellor and keep this feeling alive through my lively involvement with all the members of the NWRPA.

Frank can be contacted via the NWRPA email address and website:

nwrpa2010@ntlworld.com

www.nwrpa.org.uk

Renew your NWRPA membership for 2016

For information on how to join the NWRPA, or to renew your membership, go to our website at www.nwrpa.org.uk or email Frank Kelley at nwrpa2010@ntlworld.com

NWRPA Friday Evening Seminars

Counselling: Love and Loss

Frank Kelley

Friday 8 April 2016

I usually begin these summaries by thanking the presenter. This time I would like to thank all those who attended.

For this April seminar I prepared a talk on the theme of counselling, love and loss. These thoughts became clearer after my retirement in September last year. I had worked for many years as a psychodynamic counsellor in the NHS. These thoughts have been clearer over the last two years but have been with me for many years.

This concern about loss has been there from the beginning of my counselling life. I could have failed my training or realised I did not want to do this work or been unable to find a job or lost a job or fallen out of love with this hugely satisfying, demanding, burdensome and involving work.

I had a talk prepared and **my notes for this seminar are attached to the email which brings this newsletter**. I prepared a talk but then of course our members had their say. One of my pleasures at all the NWRPA Friday Evening Seminars is the enthusiasm and ideas our members contribute. Because of their enthusiasm what begins as a talk to an audience often becomes a group discussion around the topics of the seminar. These conversations take on a life of their own.

What I have summarised below is my memory of the conversation we had that Friday evening. You will see that this is related to the prepared talk but, there again, with important differences.

My retirement seems a relatively simple decision so I was surprised at how complex the decision to retire is for others. In my case I had thought about this over a number of years, and this lengthy contemplation seems quite normal. I came to my professional life late. I qualified as a nurse when I was forty and as a counsellor eight years later. Therefore I did not have the sense some therapists have of working for many, many years in a demanding job.

Another simplicity of my decision is that I stopped counselling when I retired. However I know many counsellors and therapists who have continued to work after retiring; seeing clients, or offering supervision, training or consultation. Hence retiring can bring a complex series of decisions.

Also I had an awful time in my life ten years ago. My wife and brother died, my daughter was seriously ill and my family in New Orleans were caught up in hurricane Katrina. Two years later, and with the help of a counsellor, life got better. If we follow the summary of Freud's *Mourning and Melancholia*, which is in the attachment, successful mourning leads to letting go of those we have loved and lost and to have the capacity for new loves. One of these new loves was an old love; a renewed interest in my work and my clients. I also had a sense of life beginning anew at an age when normally we have the sense of life having been the same for a long time.

This renewal carried me through to the point where I knew my physical and mental capacity to do the client work I loved was waning. For me deciding to retire was less a decision than a recognition of the position I was in.

In this seminar I realised how hard this decision can be. I have always thought of counselling as one of the loves of my life. It was very clear in this seminar how committed our members are to their work, to their clients, to their colleagues and to the particular therapies they practice and their training and professional bodies. Clearly counselling and psychotherapy are the loves of all your lives and a love that is hard to let go.

I have found it surprisingly easy to retire and still do. However (attachment page 3) a few weeks after retiring I was gripped by a sudden and physical sadness while standing in the salad section in Tesco. My gloomy and sad thought was that shopping was now one of the most important activities in my life. I had lost the complex pleasures of counselling, lost the social status of being a health professional, lost the sense of making a valued contribution to the world. If people asked *what do you do*, the answer is *I do*

**If you would like a CPD certificate for any of the NWRPA seminars
email Frank Kelley at nwrpa2010@ntlworld.com**

Counselling: Love and Loss

the shopping. I was a pensioner, a person who used to be independent and look after others but was now an old person dependent on the State.

This memory came back in this seminar and in a powerfully emotional way. Or rather the part of this memory about the loss of the complex pleasures of counselling really hit me again; and the sense that I will never have any part of my life that I will be involved again in such a way. This was, I think my response to the expression in this discussion of the deep and intricate love that the people attending this seminar felt for the work they do with their clients.

Another surprise from this seminar was that I had an acute sense of the burdens of counselling; the way in which we absorb our clients stress and depression. While the seminar goers were not saying that this is not an aspect of their work they did not share my sense of being burdened. They seem to carry the strains of the work with great dignity, compassion, sense of purpose and a deeply felt commitment to their clients. Perhaps my sense of being burdened is part of the realisation that it is time to retire; it is time to leave while still loving the work and before that sense is lost.

Here I must confess. I intended to write a summary of this seminar. What I have done is what I have I have always done with NWRPA seminars; to retain something which is useful in my professional or personal life. Both writing this presentation and joining in this seminar have further helped me to adjust to retirement. So thank you for your enthusiasm, your participation and your helpful thoughts.

I shared an idea with a counsellor I worked with for most of my professional life with me. This is *remoralisation* which is the opposite of demoralisation (we may have made this word up.) When demoralised by ourselves, our colleagues, our clients, the state of the NHS or the world, we would think of ways of remoralising ourselves.

These ways of remoralisation, and there are many of them, carried me through to retirement while keeping my love of my work. One source of remoralisation was the sense of renewal I felt ten years ago. Another is the many colleagues I want to thank who have held me up at difficult times.

In addition to the thank you to our members for this particular seminar can I add a more general sense of gratitude to all the people I have known in the NWRPA. Attending seminars, meeting all of you, has been a continuing and nourishing source of remoralisation over the last twenty five years.

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