

Private Practice online 2021

Live: 25 September 2021

On-demand: 26 September 2021 – 4 January 2022

Programme

9.10am - 9.20am	Welcome to the webcast with our host Rima Sidhpara and Glenda Roberts	
9.20am - 9.30am	Welcome from the Private Practice division chair, Lesley Ludlow	
9.30am - 10.30am	Keynote presentation: The role of music therapy in mental health - musical communication and psychological thinking in the therapeutic, Helen Odell-Miller	
10.30am - 10.50am	Live discussion with Helen Odell-Miller	
10.50am - 11.00am	Break	
	Strand 1 hosted by Glenda	Strand 2 hosted by Rima
11.00am - 11.45am	Working creatively with nesting dolls in counselling, Pauline Andrew	The Dream Completion Technique: a safe and easy to teach stabilisation technique to stop traumatic nightmares, Justin Havens
11.45am - 12.00pm	Live Q&A with Pauline Andrew	Live Q&A with Justin Havens
12.00pm - 1.00pm	Lunch	
1.00pm - 1.45pm	Using visual metaphors in therapy, Christine Dunkley	My little therapy box: when words are not enough, Natasha Page
1.45pm - 2.00pm	Live Q&A with Christine Dunkley	Live Q&A with Natasha Page
2.00pm - 2.15pm	Break	
2.15pm - 3.00pm	When raspberry jelly is a truth teller! Using creative approaches in supervision, Jo Birch and Shirley Smith	Awakening to the wisdom of your body, Ariane Agostini
3.00pm - 3.15pm	Live Q&A with Jo Birch and Shirley Smith	Live Q&A with Ariane Agostini
3.15pm - 3.30pm	Break	
3.30pm - 4.20pm	Keynote session: Feeling better with books: the reader story, Jane Davis	
4.20pm - 4.45pm	Live discussion with Jane Davis and closing thoughts from our hosts	

Session information

Keynote presentations

The role of music therapy in mental health - musical communication and psychological thinking in the therapeutic

Helen Odell-Miller

In this keynote talk, different perspectives of music therapy will be discussed focussing upon music therapy and mental health, psychological and musical thinking in the therapeutic relationship. I will consider the theory and practice of music therapy, how musical relationships happen in the therapeutic space where instrumental, vocal improvisation and live music is made, and I will also reflect upon authentic relating and creativity. These aspects will be considered within music therapy through clinical examples, and how these link to verbal therapies and counselling. Further, I examine what we can learn from thinking musically about the sounds and unspoken musical dynamics in verbal therapy or counselling; considering the non-verbal aspects of relating within the therapeutic relationship and how this might inform the verbal therapies. The talk, much like a music therapy session, moves between musical and music therapy examples, and words for reflection.

Biography

Helen Odell-Miller is currently Professor of Music Therapy and Director of the Cambridge Institute for Music Therapy Research (CIMTR) at Anglia Ruskin University, (ARU). She also holds an honorary contract at Cambridge and Peterborough NHS Foundation Trust, where she pioneered music therapy for adults and older people living with dementia for over forty years. She gained her PhD from Aalborg University, in Denmark. Helen's research and

clinical work has contributed to establishing music therapy as a profession – and specifically to innovating approaches in adult mental health, including early links between music therapy and psychoanalysis. She has published widely on music therapy for people with personality disorders, psychosis and depression, and also on arts therapies and mental health. She founded music therapy in the adult NHS mental health service in Cambridge and advised HEE England and the Department of Health on music therapy, serving on many national and international boards. In 2016 she was awarded an OBE for services to music therapy. She is currently lead researcher for the international EU/Alzheimer's Society UK funded multi-site research project, HOMESIDE, a Randomised Controlled Trial for home-based music therapy for people with dementia and their family carer. She also works as a registered music therapist with adults, in the mental health field, and is an active singer, pianist and violinist

Feeling better with books: the reader story

Jane Davis

This keynote will cover a little of my own story as Founder of The Reader, and the person with whom the Shared Reading model originated. Jane will use case stories of people who have benefited from Shared Reading.

The session will discuss where The Reader is now, after the changes brought about by the pandemic, and what they would like to see in a hundred years' time.

Biography

Jane had a difficult childhood, struggled with school and was a single mum with two 'o' levels by the age of 19. After a community college course in her twenties, she won a place to read English at university. Jane gained a first class degree, went on to a grant-funded Ph.D., and became a University teacher. She founded The Reader in her forties, following the death of her mother from alcoholism, and other serious family traumas. Jane knew that reading literature had helped her survive and flourish, and she wanted to open literature for others, especially those least likely to find it. She started with one group and a £500 grant, in

Birkenhead, Merseyside in 2001. Prior to Covid-19 The Reader had more than 500 Shared Reading groups each week, having trained thousands of people in the Shared Reading model over a decade. Jane has worked with groups in many countries and Shared Reading practitioners are now to be found across the world - in New Zealand, New South Wales and New York, the Napa Valley, and the London Borough of Newham to name a few places, as well as in 38 criminal justice locations across England and Northern Ireland. In 2019, The Reader opened its newly refurbished international headquarters at Calderstones Mansion, a community built on Shared Reading, in Liverpool.

Morning workshop presentations

Working creatively with nesting dolls in counselling

Pauline Andrew

A fascinating exploration of the power of nesting dolls to explore aspects of self, relationships, and personal growth. We will look at which dolls you might choose and learn a number of creative ways to work with plain nesting dolls. The workshop will include both face to face and online interventions, plus videos of Pauline working with clients.

Biography

Pauline Andrew is Director of Deep Release and Managing Director of Barnabas Counselling Training. Her lively, interactive, vividly illustrated and often humorous training style has proved popular around the UK and in Europe on a wide range of topics relating to creative counselling, including being part of the BACP and ACC continuing professional development programmes. Pauline also teaches Diplomas in Counselling and Supervision, and the L5 Certificate course in Integrating Creative Interventions in Counselling (all CPCAB). She has a small counselling and supervision practice in Essex. She is married to Chris and they share three grown up children and five grandchildren. Now practising for over 25 years, Pauline has a deep passion for working creatively and has a thriving, colourful YouTube channel with

lots of videos showing different creative interventions.

The Dream Completion Technique: a safe and easy to teach stabilisation technique to stop traumatic nightmares

Justin Havens

The Dream Completion Technique is an easy to teach and safe stabilisation technique can be used by all therapists to help their clients resolve nightmares, whether from traumatic experiences, stress, anxiety, or medication. Nightmares are generally more prevalent than commonly thought, especially after trauma. Once nightmares are resolved and peaceful sleep is achieved, clients not only benefit from the improvements to mood, but also experience a reduction in intrusive trauma symptoms. This approach has been developed and evaluated by Justin as part of a PhD completed in 2019, and he recently released a 10-minute YouTube video which teaches this approach. Please watch the animation <http://tiny.cc/stop-nightmares-extra> before the talk, which will focus on the theoretical background of this approach, research outcomes and clinical practice.

Biography

Justin is a UK psychological therapist accredited by BACP and EMDR Europe. He has worked within the NHS, the charitable sector and in private practice. He completed his PhD in 2019, which was about developing and evaluating the Dream Completion Technique at the Veterans and Families Institute (Anglia Ruskin University). He has a passion for bringing safe and effective tools to the field of trauma therapy.

Afternoon workshop presentations

Using visual metaphors in therapy

Christine Dunkley

In this session Christine Dunkley will describe 12 metaphors that can be used in therapy that involve the use of props or physical actions. She describes the rationale, and how each is delivered. She gives examples and tips on how to make the metaphor impactful and memorable. At the end of the session attendees will have some additional tools to use with clients in their everyday work.

Biography

Dr Christine Dunkley is a BACP Senior Accredited Practitioner, and consultant trainer on the British Isles Dialectical Behaviour Therapy training team. She worked for 30 years in the NHS in primary and secondary care. She has trained mental health professionals all over the world in DBT and mindfulness. She has over 30 publications of various sorts. Her latest book is 'Regulating Emotion the DBT Way.'

My little therapy box: when words are not enough

Natasha Page

In this workshop, Natasha Page will explore some of the barriers that we as therapists face in our work supporting our clients. She explores some of the reasons some clients struggle to articulate their feelings into words, and how that may present itself in the therapy room.

Through her own work with clients who may be struggling to utilise the space they have been presented with in therapy. She has come to understand the importance of using creative ways to help engage hard to reach clients. This has led to her creation of My Little Therapy Box. This is a resource designed to help clients through the therapeutic process. In the workshop she explains what led to the development of this resource and what problem she was trying to address. She will then walk you through the process of using

the resource with a real case study example and what some of the benefits have been as a result of using the resource with clients in therapy.

Biography

Natasha Page is a B.A.C.P Accredited Counsellor/Psychotherapist and qualified social worker with over ten years of experience supporting clients. She runs a private counselling practice named This is me counselling and Psychotherapy CIC and is also founder of My Little Therapy Box. Her journey to become a Counsellor/Psychotherapist started when she was in her early twenties. Like many of the clients Natasha now supports she went through a period of low mood/depression. During this time, she experienced her own first experience of attending counselling sessions. She describes attending these sessions as literally life changing as she discovered that this was the career path she wanted to take herself. She realised the benefits of therapy and how it supported her and other people that engaged in counselling. The rest was history she soon decided this was the career path she wanted to take to support people on the journey to self-discovery, recovery, and healing. It's safe to say her work is her passion, from her passion supporting others she has utilised creative ways of supporting clients and from this she has created her resource My Little Therapy Box. Natasha has a specialism in working with Young people from her five years' experience working in a children and adolescent service and she is also trained to provide Critical Incident stress management briefings where she responds to people after a traumatic event.

When a raspberry jelly is a truth teller! Using creative approaches in supervision

Jo Birch and Shirley Smith

Jo Birch and Shirley Smith invite you to join them in exploring the use of creative approaches across the breadth of issues and themes that arise in supervision. We will consider some of the creative ways we might look at ourselves as practitioners; or explore the dynamics of case work; or examine more closely our relationships with clients or

colleagues; or perhaps gain insights in the unravelling of an ethical dilemma.

As a basis for their work, originating in the person-centred art therapy tradition pioneered by Liesl Silverstone, Jo and Shirley introduce us to the concept of simple rules or essence behaviours as a theoretical frame.

Encouraging you to experiment and practice with others is essential to gain confidence in this work – experiencing the lightness, playfulness and spontaneity released through creativity, whilst also appreciating the depth and profound nature of what can be revealed.

Awakening to the wisdom of your body

Ariane Agostini

“Follow the lead of your symptoms, for there’s usually a myth in the mess, and a mess is an expression of soul.”

— James Hillman

The body does not have a central place in our culture. Since the time of the ancient Greeks, the mind and its achievements has been prized at the exclusion of other ways of being and knowing. But the body has its own intelligence and language. Not listened to, it expresses itself in what we call symptoms or issues.

Turning inwards we may discover this deeper intelligence. Emotions, physical symptoms and difficulties can then be approached with an understanding that they are expressions of our deeper psyche. Rather than something to be avoided, embodiment can become a gateway to deeper integration and wholeness.

In this workshop we will explore how we currently feel, think and relate to our physical bodies using somatic exploration. Combining that with a creative arts approach, we will discover some of the language of our souls.

Biography

Ariane Agostini is a person-centred creative arts facilitator, coach and workshop leader. She is the founder of Soul Atelier, committed to supporting people to connect with their deepest self and live a life of meaning and purpose. She is also a course tutor for the

Association for Person Centred Creative Arts (APCCA).

Ariane works therapeutically with movement, visual art and writing. She delivers workshops and training courses via APCCA and Soul Atelier, both online and face-to-face in Central London. She also works as an Associate Professor at Regent’s University London.

In addition to her academic qualifications, she has trained in coaching (CTI), Facilitation for Leaders (CFOR/Arnold Mindell), Person Centred Art Therapy (APPCA), Intermodal Expressive Arts (Expressive Arts Florida) and various somatic approaches including: Leadership Embodiment (Wendy Palmer), Dance of Awareness™ (Clare Osbond and Tim Brown), Foundation in Dance Movement Psychotherapy (Goldsmiths University), Principles of Somatic Experiencing (Peter Levine), Focusing and Healing from the Core (Suzanne Scurlock-Durana).

Her approach is also informed by her own practice of various forms of dance, Qigong, Yoga, Pilates and her experience with Holotropic Breathwork.