

Private Practice conference 2018

Loss: what does life mean for me now?
29 September 2018 - London



Programme

8.30am - 9.15am Registration

9.15am - 9.30am Chair's welcome

9.30am - 10.30am

Keynote speaker: Julia Samuel

Is there no hierarchy in bereavement? What are the factors that influence our grieving?

10.30am - 11.00am Refreshments

11.00am - 12.30pm

Morning workshops (see next page)

12.30pm - 1.30pm Lunch

1.30pm - 2.30pm

Keynote speaker: Jonny Benjamin

The journey to hope, recovery and beyond?

2.30pm - 3.00pm Refreshments

3.00pm - 4.30pm

Afternoon workshops (see next page)

4.30pm Conference close

Morning workshops

11.00am - 12.30pm	Losing my baby: losing part of myself	Josephine Naylor	Room TBC
	Therapy for grief resolution: accepted theories and new developments	John Wilson	Room TBC
	The impact of life limiting illness and death	Rachel Curtis	Room TBC
	Secret and death: the loss of a loved one and the loss of self: when there are no answers	Silva Neves	Room TBC
	Learning for all from the death of a young man in private practice	Andy Williams	Room TBC
	Who am I? The loss of the sense of self following brain injury	Diane Aronson	Room TBC
	The cost of sex and porn addiction	Paula Hall	Room TBC
	Self care in the context of death	Andy Langford	Room TBC
	Working with end-of-life clients	Michael O'Rourke	Room TBC

Afternoon workshops

3.00pm - 4.30pm	Losing my baby: losing part of myself	Josephine Naylor	Room TBC
	Therapy for grief resolution: accepted theories and new developments	John Wilson	Room TBC
	The impact of life limiting illness and death	Rachel Curtis	Room TBC
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Session précis and presenter biographies

Keynote presentations

Julia Samuel

Is there no hierarchy in bereavement? What are the factors that influence our grieving?

Session information

People often say we cannot measure loss, each loss is unique to the individual and cannot be compared with another. In her session, Julia will examine this question through the exploration of her work with clients and theories that have supported her in her practice, including expected death, sudden death and the death of a child. Julia will cover meaning, hope and identity as key factors in rebuilding a life following the death of someone significant in our life. In the process she hopes to give you insights for your own practice. She will also discuss how she supports herself to stay sane when doing this work.

Biography

Julia is a BACP and UKCP accredited psychotherapist and trainer who worked in the NHS for 25 years. She now works in private practice specialising in bereavement. In 1994, she established and launched The Child Bereavement Charity as Founder Patron, and has been very involved in it's work ever since. Julia is proud to be a Vice President of BACP. Middlesex University conferred her with Honorary Doctorate in 2017. Julia's book, 'Grief Works', is an expression of all that I have learned from hundreds of bereaved families, and aims to inform, support, inspire and campaign for anyone who is grieving or anyone who wants to understand how grief works.

Jonny Benjamin

The journey to hope, recovery and beyond?

Session information

This session aims to raise awareness and understanding of the stigma and shame that is often attached to living with a mental illness, whilst ultimately providing a message of hope and recovery from psychological adversity.

Biography

Jonny Benjamin is an award-winning mental health campaigner, film producer, public speaker, writer and vlogger.

At the age of 20 he was diagnosed with schizoaffective disorder, a combination of schizophrenia and bipolar, and later began making films on YouTube about the condition that have been watched by hundreds of thousands of people.

Jonny now speaks publicly about living with mental illness and has written articles and given interviews on TV, Radio and in print around the world to help educate and break stigma. He has also produced and presented documentaries on BBC Three and Channel 4 on the subjects of mental health and suicide.

In 2014, Jonny's social media campaign with Rethink Mental Illness to #findMike, the man who talked him out of jumping off a bridge when he was suicidal, went viral and led to Jonny becoming a prominent spokesperson on the subject of suicide.

In 2016 Jonny launched ThinkWell, a mental health programme for UK secondary schools. He is currently developing a mental health workshop for primary schools.

Jonny spent 2017 writing the first of two books on mental health entitled 'The Stranger On The Bridge' which was published by Pan Macmillan in May 2018.

Workshop presentations

Josephine Naylor

Losing my baby: losing part of myself

Session information

This session aims to explore the impact that pregnancy loss through stillbirth and the neonatal death of a baby can have on the family. This session will enable you to:

- become familiar with issues that arise in bereavement counselling for parents who have experienced a stillbirth or neonatal loss through case studies, professional insights and research
- gain insight into the factors that can lead to a complicated grief reaction
- identify the potential impact of the loss on a couple's relationship
- gain insight into different beliefs and cultures with regard to pregnancy and baby loss
- recognise physical and emotional reactions including gender differences to pregnancy and baby loss

Biography

Josephine specialises in counselling bereaved individuals who have experienced miscarriage, stillbirth, neonatal death, ectopic pregnancy, termination and termination for foetal abnormality. Through volunteer work, Josephine became interested in supporting women through pregnancy counselling, recognising that women can feel quite vulnerable during pregnancy. Following training, she set up a counselling charity which has grown to meet the demand for counselling in this area.

Josephine recognises that the impact of baby loss is far reaching, and affects mental and physical health, relationships and employment. She has seen firsthand the difference counselling can make for parents who have experienced stillbirth or neonatal death.

John Wilson

Therapy for grief resolution: accepted theories and new developments

Session information

The bereaved client is at the heart of this session. Not every client experiencing loss is helped by therapeutic intervention, and to work inappropriately with such clients is unethical. This session will make you aware of the latest research in the field, and point you towards the knowledge and skills to become an effective bereavement practitioner.

Biography

As a former science teacher, John identified many years ago, the similarities between the way young children learn and the way bereaved clients assimilate and accommodate their post-loss world. In 2011, he formalised curiosity about this phenomenon with research for a PhD, which he completed early in 2017: 'Moments of Assimilation and Accommodation in the Bereavement Counselling Process'.

John is Director of Bereavement Services at York St John University Counselling & Mental Health Clinic, where he is also an Honorary Research Fellow conducting research on the relationship between grief trajectories and attachment style in bereaved clients. He also authored 'Supporting People in Loss and Grief' (Jessica Kingsley Publishers 2014).



Rachel Curtis

The impact of life limiting illness and death

Session information

The session aims are:

- to discuss the impact of life limiting illness and death, accounting for clients and colleagues process. How can we be open without damaging the therapeutic process or is this an inevitable consequence of disclosure?
- to minimize harm to clients whilst modelling a "good death" process
- forming a clinical will – what do we need to include and the importance of organisation and communication
- acting as executor of a clinical will – what do we need to know and how to deal with the loss of a colleague, managing their caseload and assisting their clients

Biography

Rachel has lived with a life limiting illness since 2009. Last year her condition changed and her cancer is now incurable. She is fascinated and touched by how this impacts her clients, the relational space between them and the nature of the work that takes place between them. She has undertaken a lot of work professionally and personally about the impact of life ending, and the importance of planning for this and accounting for our own vulnerability.

Rachel has worked in private and public healthcare whilst coping with her illness and notes that it's been an interesting, emotional and meaningful journey where there is little accounting for the therapist's vulnerability and death in the therapy room.

Silva Neves

Secret and Death: The loss of a loved one and the loss of self: when there is no answers

Session information

This session will cover an area of grief that is seldom discussed: when traumatic secrets emerge after the death of a loved one. Silva will be illustrating this area of complex grief with two case studies (whose identity will be disguised): Helen, finding out that her father was a paedophile immediately after his death, and Paul experiencing the sudden death of his partner by heart attack, to find out that it happened during a drug-filled sex party.

Grieving the loss of a loved one is complex when there is a combined traumatic betrayal: sudden loss of reality which precipitates a loss of self. It's too late to find answers to crucial questions that never needed to be asked before. The session will focus on how we can help clients make meaning of such traumatic events when there are no answers to find.

Biography

Silva is an accredited integrative psychotherapist and accredited psychosexual and relationship therapist. He is a clinical traumatologist and also specialises in grief. Over the past 10 years, he has helped clients accept what is the non-tangible and the unspeakable part of grieving a loved one: the person they mourn is a different person to the one that lived.

Silva is passionate about this topic and often hears clients say that they struggled to find a suitable therapist to help them with these issues because they are seldom talked about. This topic is hardly considered in clinical training.

Andy Williams

Learning for all from the death of a young man in private practice

Session information

In the summer of 2010, Andy learnt of the suicide of Mark, a 24 year old client who he had been working intensively with for the previous eight months. He then attempted to make sense of this potent experience over the following months. This workshop will focus on the outcome of these learnings using this lived experience, as well as a strong underpinning of theory.

Outcomes from the workshop will include:

- Andy's key understanding of what might have been missed in his clinical thinking
- models of risk assessment that lend themselves well to private practice
- a consideration of the psychodynamics of the male suicidal act
- a checklist of mature, informed thinking and action points to help the private practice therapist

Biography

In 2010, Andy experienced first hand the death of one of his clients in private practice. The following year was spent understanding this experience in terms of supervision, attending the funeral, attending coroner's court, participating in NHS review, and riding the rollercoaster of having "lost one of my clients". He now has a strong theoretical framework from which to understand the suicidal act as well as being very interested in practical and pragmatic risk assessment that is appropriate to the private practice setting.

Andy has been a psychotherapist for over 20 years and runs The Horsforth Centre for Psychotherapy in Leeds. He is a supervisor of many practitioners in private practice and the Director of Training for the TA Training Organisation – a training company that offers Level 7 psychotherapy training all the way to UKCP accreditation. He has a busy private practice of private clients and many supervisees. Andy is also an accredited CBT therapist and EMDR trauma therapist.

Diane Aronson

Who am I? The loss of the sense of self following brain injury

Session information

The session will look at ambiguous loss – loss without understanding and acceptance. This is in relation to an individual having experienced a brain injury which, in some ways, alters their concept of self.

The workshop will cover:

- what is a brain injury?
- the emotional and psychological impact on the individual.
- the emotional and psychological impact on relationships
- the adjustment process and how counselling can help

Diane will provide theoretical background and case studies, and the opportunity to consider how you might work with the individuals.

Biography

Diane has worked with this specific client group for many years. She worked with other brain injury professionals, including neuropsychologists and feels very strongly that counselling/psychotherapy is an essential part of the process for people to explore how they have changed and adapt to their new selves. Too often therapies are focused on physical recovery whilst the individual is still struggling with the meaning to them in their lives.

Diane worked for 14 years as a counsellor in an interdisciplinary team in an NHS Neurorehabilitation Unit for people with complex needs following brain injury. The unit was closed and she has continued to work with this client group as an independent practitioner. Much of the work is via personal injury solicitors following a catastrophic injury.

Paula Hall

The cost of sex & porn addiction

Session information

This presentation will explore the many ways that people with sex and porn addiction experience loss. Loss is a common cause of addiction as people use their compulsive behaviour to soothe the pain of bereavement, divorce, redundancy or ill health. But loss is also a consequence as many find themselves losing personal resources and positive mental health to the addiction and often a relationship and employment too. When in recovery from addiction, someone with addiction must face further loss as they lose their primary method of self-soothing and must rebuild their sexuality without addiction. This presentation will build awareness of the complexity of addiction and

provide tools to consider how to work with the many losses addiction creates.

Biography

Paula Hall is a BACP Accredited and UKCP Registered Psychotherapist who specialises in sex and porn addiction. She is Clinical Director of The Laurel Centre who provide treatment for addiction as well as support for partners. She is also Course Director for ISAT who provide CPD and Diploma level training for professionals. She is author of 'Understanding & Treating Sex Addiction' (Routledge 2013), 'Sex Addiction – The Partner's Perspective' (2016) and Confronting Porn (CARE 2016).

Andy Langford

Self care in the context of death

Session information

Caring for yourself as a counsellor, therapist or other type of supporter is challenging at the best of times. When we work with bereavement, this is very much needed. Clients' responses can be so varied, and also extreme. As helpers, our response to encountering death in work with a client needs to be considered. Working with what is most absolute can mean that we encounter all different types of material from clients – from shock, to elation, to unmitigated distress. We can feel the same way and 100 different things besides.

In this workshop, we will explore some ways of coping as a helper, in the particular context of death.

Biography

Andy Langford is Chief Operating Officer for Cruse Bereavement Care, and has worked in the fields of homelessness, mental health, substance misuse, ageing and children. Andy has been an BACP accredited counsellor/psychotherapist for 12 years, and has practiced independently and as part of an agency. He has also directly managed counselling services.

Andy has a particular interest in suicide and working with those bereaved through suicide, and has trained public, private and voluntary sector teams on how to support people in this context, as well as staff and volunteers on the receiving end of such material.

Andy's recent work has involved major incident management and emergency response (having worked in the context of the London Bridge attack and the Grenfell Tower fire), and also working with teams around change management and self-care.

Michael O'Rourke

Working with end-of-life Clients

Session information

The session will aim to provide an overview of how work with end-of-life clients is different from other work; an understanding of death competence and cultural sensibilities for the dying. Denial can play a major part in the lives of those with terminal illness, so how this is handled is central to the work. A theme that will be explored in the workshop is one common to many clients with terminal illnesses – the fear that they may die before they have had the chance to live the life they had planned. This reconciliation will be discussed in detail.

Finally, we'll consider working with this client group within the context of age and how working with a 25 year old might be different to working with an 85 year old? This workshop is especially aimed at private practitioners and practitioners working with end-of-life clients in hospices or care facilities.

Biography

Michael has found work with end-of-life clients to be life-affirming. The acceptance, fear, existential review and understanding of 'what's next', if anything, makes this work humbling and rewarding. There can be no greater 'review' of the life we have lived than when we are dying, and to be a witness to that review is an honour. To hear clients' life stories and their end-of-life stories provides a complete account of the life they have lived. Further, this is quite different to working with grieving clients, because the idea of death is abstract in a way and that can present barriers in the work.

Michael worked for two years with clients who were living with a chronic but manageable medical condition (HIV+). This moved him to work with those who have a more acute relationship with a life-limiting condition and the restrictions that such conditions can impose. He has been working with The Sara Lee Trust for five months, a role he has found rewarding and about which he is very passionate. Deciding to work with those who are not going to live for more than three to six months, and to develop his professional experience in this area, was a thoughtful and natural progression.



Etc. Venues St Pauls lobby

