

Private Practice conference 2019

Mind or Body – What's in charge?
28 September 2019 - London



Programme

8.30am - 9.15am

Registration

9.15am - 9.30am

Chair's welcome

9.30am - 10.30am

Keynote speaker: Alessandra Lemma

Under the skin: body modification and its psychic functions

10.30am - 11.00am

Refreshments

11.00am - 12.30pm

Morning workshops (see next page)

12.30pm - 1.30pm

Lunch

1.30pm - 3.00pm

Afternoon workshops (see next page)

3.00pm - 3.30pm

Refreshments

3.30pm - 4.30pm

Keynote speaker: Diane Danzebrink

Understanding menopause - why it matters in the therapy room

4.30pm

Conference close

Morning workshops

11.00am - 12.30pm	Body Dysmorphic Disorder, including Muscle Dysmorphia, particularly in the male population	Nicole Schnackenberg and Alex Mummery
	The neuroscience of the mind-body connection and psychosomatic issues	Peter Afford
	Personal account of living with a degenerative condition by Para Dressage athlete	Mari Durward-Akhur
	Eating disorders - title TBC	Julia Buckroyd
	Cosmetic industry and therapy - title TBC	Norman Wright
	Effects of virtual world/social media	Catherine Knibbs
	Insomnia - title TBC	Ruth Webb & Emma Pipe

Afternoon workshops

1.30pm - 3.00pm	Body Dysmorphic Disorder, including Muscle Dysmorphia, particularly in the male population	Nicole Schnackenberg and Alex Mummery
	The neuroscience of the mind-body connection and psychosomatic issues	Peter Afford
	Personal account of living with a degenerative condition by Para Dressage athlete	Mari Durward-Akhur
	Eating disorders - title TBC	Julia Buckroyd
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Session information

Keynote: Alessandra Lemma

Under the skin: body modification and its psychic functions

Session information

Professor Alessandra Lemma will introduce key psychoanalytic concepts about the body and the experience of embodiment through an application to the question of body modification. She will examine the unconscious phantasies that drive people to compulsively modify their bodies through cosmetic surgery, piercings, and tattoos. The presentation will be illustrated with clinical material from her own practice.

This session aims to:

- outline key aspects of a psychoanalytic understanding of the relationship between body and mind.
- outline how unconscious phantasies drive the pursuit of body modification
- draw out key differences between the aims of body modification as reflected in the different types of body modification
- underline the interpersonal function of body modification
- address some of the challenges for practitioners working in this area

Biography

Professor Alessandra Lemma is a Fellow of the British Psychoanalytical Society and Consultant Clinical Psychologist at the Anna Freud National Centre for Children and Families. She is Visiting Professor, Psychoanalysis Unit, University College London and Visiting Professor, Istituto Winnicott, Sapienza University of Rome and "Centro Winnicot", Rome. She is the Editor of the New Library of Psychoanalysis book series (Routledge) and until very recently she was one of the regional Editors for the International Journal of Psychoanalysis. She has published extensively on psychoanalysis, the body and trauma.

Keynote: Diane Danzebrink

Understanding menopause - why it matters in the therapy room

Session information

Menopause is so much more than hot flushes and night sweats, often still the butt of jokes and social stigma it has been poorly understood for far too long leaving many women to suffer in silence. The menopause transition can be a challenging experience for women and couples as many don't understand what is happening to them or their partners. Therapists are ideally placed to offer support and guidance through the menopause transition when we are able to recognise these hormonal shifts in our clients. Diane will share what she has learnt from both her personal and professional experience in this area to help you recognise menopause and to support women and couples who are struggling with any aspect of the menopause transition.

This session aims to:

- share an overview of menopause
- talk about the possible challenges
- talk about why its important to consider menopause
- share useful resources and information
- help therapists consider self care during menopause

Biography

Diane Danzebrink a.k.a. The Menopause Counsellor is passionate about improving education and raising awareness about menopause and empowering women to take control of their health and well being. A well being consultant to individuals and organisations she has professional nurse training in menopause and is a member of The British Menopause Society.

As a result of her own menopause experience which had a profound effect on her life she created menopausesupport.co.uk, which provides evidence based information, education, guidance, and emotional support for women and their families and educational seminars and training for employers and therapists.

Diane is a menopause expert with professional nurse training in menopause and a member of the British Menopause Society. She is regularly invited to comment in the media on both TV and Radio and has written about menopause for the Telegraph and the BBC.

Workshop presentations

Nicole Schnackenberg and Alex Mummery

Body Dysmorphic Disorder, including muscle Dysmorphia, particularly in the male population

Session information

Body Dysmorphic Disorder (BDD) is characterised by a distressing preoccupation with a perceived defect or defects in one's appearance that are either not visible to the outside eye or are viewed as part of normal human variation. BDD can present in early childhood but most typically emerges in the adolescent years. It affects an estimated 2-3% of the UK population, making it more common than better understood diagnoses including anorexia and schizophrenia. BDD affects males and females in almost equal numbers and has one of the highest suicide rates of any mental health diagnosis.

In this workshop we will explore the phenomenon of BDD, including Muscle Dysmorphia (MD), a sub-type of BDD, particularly in the male population. We will delve into common co-morbidities, symptomatology, possible etiologies and how we might work with people presenting with BDD, MD and associated struggles.

Biography

Nicole Schnackenberg is a psychotherapist; chartered child, educational and community psychologist and a trustee of the Body Dysmorphic Disorder Foundation. She has authored a book on body image struggles (*'False Bodies, True Selves: Moving Beyond Appearance-Focused Identity Struggles and Returning to the True Self'*, published by Karnac) and co-edited a book on Body Dysmorphic Disorder (*'Reflections on Body Dysmorphic Disorder: Stories of Courage, Determination and Hope'*, published by the BDD Foundation). Nicole is a facilitator of the Eat Breathe Thrive yoga programme for food and body image issues and a Director of the Yoga in Healthcare Alliance.

Alex Mummery is a trainee educational psychologist studying at the UCL Institute of Education. Prior to this, he studied Fine Art at the Cambridge School of Art and worked as a special needs assistant in primary and secondary schools in London before deciding to pursue psychology with a conversion Masters course at Bristol University. He is currently undertaking a research project into how BDD can be better identified by educational psychologists with the aim of increasing awareness of this hidden and destructive disorder and helping others on their path to recovery.

Peter Afford

The neuroscience of the mind-body connection and psychosomatic issues

Session information

This workshop will outline the neurobiology underlying the mind-body connection: how the brain affects the body and how the body affects the brain. We will use this understanding to explore psychosomatic conditions and the ways in which our emotional lives and stress levels are reflected in the body. We will consider:

- the relationship between stress and illness
- psychoneuroimmunology and autoimmune disorders
- recent findings about inflammation in both the body and the brain

A presentation illustrated with slides will be followed by discussion.

Biography

Peter Afford is a counsellor and therapist of an integrative persuasion with more than 25 years experience in private practice and organisations. He has developed and taught courses in neuroscience for student and graduate counsellors and therapists over many years, with a special interest in the mind-body connection. His book *Therapy in the Age of Neuroscience* will be published by Routledge in autumn 2019. He is also a Focusing teacher.

Further session information will follow soon

