

# Private Practice conference 2019

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



# Programme

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**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

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## Morning workshops

<b>11.00am - 12.30pm</b>	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
	Masterclass on sleep problems and addressing them with clients	Ruth Webb & Emma Pipe

## Afternoon workshops

<b>1.30pm - 3.00pm</b>	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](http://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.

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## 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.

## Catherine Knibbs

**Fit, Fat or Frumpy? Is it Virtually impossible to know yourself?**

### Session information

The workshop will look at the influence of today's media on people who use the virtual forms of social media spaces. Are we dealing with a new phenomena in therapy or has technology changed our understanding of how we relate to our 'selves' in cyberspace? We will also look at why social media has altered the narrative of self, body and soul for our clients. The workshop may contain images and scenes that are disturbing/uncomfortable – self care will be a priority for attendees.

### Biography

Catherine is a Human Being, Mum, Author, Doctoral (PhD) Clinical Researcher and Child/Adult Psychotherapist specialising in virtual and corporeal trauma using Integrative creative methods including gaming and biofeedback. She is a gamer, blogger, vlogger and podcaster. She is the Director for Research and Development for ACTO. The Director for Privacy4 (An industry information Standard for Therapists). She also writes for an International Organisation aimed at reducing the impact of Pornography on Children and Young people.

She is a cyber specialist and proposes a new theory as to why we engage in cyber space as we do. She has published in peer reviewed journals as the leading researcher in the U.K. around the topic of cybertrauma which includes a new academic definition for cyberbullying and cybertrauma/online harms. She writes for some of the largest U.K. e-safety companies, including a national newsletter #DITTO that goes directly into schools, she presents at National and International conferences (which has included CCMH/IATE, NSPCC, CYP Now, Marie Collins, Onlinevents, ACTO, ACTIO, Confer, IATE, and other leading Psychotherapy Organisations around this large topic). She has been on Therapist Uncensored, Shrink Rap Radio and Trauma Therapist podcasts in the U.S.

She is UKCP MSc dual Child & Adult Psychotherapist. She's a mum to two adult boys, runs a trauma/private practice. She runs courses on Sex and Porn talk in therapy for Child/Adolescent therapists, Runs courses on all things data protection, Technology in therapy; ethics, security and theoretical applications and her favourite topic of Cybertrauma. She is currently writing a second book. She has a great self-care routine and uses Functional medicine principles and nutrigenomics to 'biohack' to ensure she is performing optimally for herself and her clients.

She is @nibzy on Twitter, @nibzy\_5.0 on Instagram, 'Cyber Trauma and Young People' on Facebook. Her website is [www.cybertrauma.co.uk](http://www.cybertrauma.co.uk)  
The podcast is called Cybersynapse and is available on YouTube, iTunes, Spotify, Anchor and many more audio platforms.

## Mari Durward-Akhurst

**Personal account of living with a life changing condition by Para Dressage athlete Mari Durward-Akhurst**

### Session information

This workshop will give an overview of my experience of living with a 'life changing condition' (how I cope day to day and still manage to ride a horse and compete at a very high level in my sport).

I will talk about how this condition has affected me not just physically but emotionally, and how these two aspects overlap. It will include my personal experiences of the challenges I have encountered and what has helped, or not, at these times.

As a Para Dressage Athlete I am not a therapist, so my hope is to increase awareness of living with a physical disability so that counsellors might be better able to support clients in similar circumstances.

### Biography

Mari is a Para Dressage Rider who competes at National and International level. She is an Ambassador for The Douglas Bader Foundation and Arctic One. Mari is also just starting out as a motivational speaker as she wanted to share her story and encourage others to follow their dreams.

Mari lives with a life changing condition which means that she is no longer able to work and rely on her parents as her carers. She is one very determined individual who is a fighter and always finds a positive in very difficult situations. Her motto is 'everything happens for a reason'.

## **Ruth Webb & Emma Pipe**

### **Masterclass on sleep problems and addressing them with clients**

#### **Session information**

A masterclass session to provide information on sleep, the physiology of sleep, common sleep problems/disorders and ways to help counsellors address sleep problems with clients. During the workshop we will provide information on the nature of sleep, how our bodies function in relation to sleep, sleep cycles and common issues that may people experience with sleep. We will also cover tips to address sleep problems and provide information on specific techniques that can be used to help clients improve their sleep. Using case examples to illustrate tackling sleep issues during therapy, we aim to provide examples of how you can apply this in your work. This will include the impact of sleep disruption in relation to particular presentations such as trauma and health conditions. We will also seek to provide opportunity for discussion and links to resources for attendees to use in their work with clients.

#### **Biography**

**Emma Pipe** and **Ruth Webb** are both experienced counsellors and trainers, offering individual therapy, workshops and bespoke training. With a wide range of training and experience, they provide person centred counselling, Cognitive Behavioural Therapy, EMDR and Sleep Therapy. Their specialist interest and experience in sleep developed in 2010 through training with Sleep Scotland. Both have worked with parents of young children with additional needs and sleep problems, teenagers and adults, offering direct support on sleep problems. Alongside this they have provided training to parents and professionals on sleep, providing information and support to increase knowledge and skills to improve sleep.