

# Online webcast

**Private Practice Conference 2019**  
**Mind or Body – What's in charge?**

**Saturday 28 September 2019**



# Programme

8.50am - 9.15am	Webcast welcome
9.15am - 9.30am	Conference chair's welcome
9.30am - 10.30am	Keynote speaker: Alessandra Lemma Under the skin: body modification and its psychic functions
10.30am - 11.00am	Webcast discussion with guest, TBC
11.00am - 12.30pm	Ruth Webb and Emma Pipe Masterclass on sleep problems and addressing them with clients
12.30pm - 1.05pm	Webcast discussion with guests, Ruth Webb and Emma Pipe, plus a chance to meet our exhibitors
1.05pm - 1.30pm	Break in transmission
1.30pm - 3.00pm	Nicole Schnackenberg and Alex Mummery Body Dysmorphic Disorder, including Muscle Dysmorphia, particularly in the male population
3.00pm - 3.30pm	Webcast discussion with guests, Nicole Schnackenberg and Alex Mummery
3.30pm - 4.30pm	Keynote speaker: Diane Danzebrink Understanding menopause - why it matters in the therapy room
4.30pm - 4.35pm	Webcast goodbye

Presentations (red) are streamed live from the conference in London.

Studio segments (yellow) take place during the conference refreshment breaks.

**This year, our webcast hosts are:**  
Una Cavanagh and TBC

# Session information

## Keynote presentation: 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 Winnicott", 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.

## Workshop: Ruth Webb and 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

Ruth Webb and Emma Pipe 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 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.

## Workshop: 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.

## Keynote presentation: Diane Danzebrink

### Risk, anxiety and good practice: ethical responsibilities and positive risk-taking

#### 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.

