

Limbus Lectures 2013

Totnes, Devon

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**Julia Vaughan Smith**

*Working With Symbiotic and Multi-Generational Trauma:*

*Constellation and Other Approaches*

March 2, 2013

Julia will primarily speak about how 'Constellations Therapy' conceptualizes and works with 'Symbiotic and multi-generational trauma'. She will compare this way of thinking with some other trauma theories, and use this to lead into a deeper discussion about different ways of working with and thinking about trauma. She will also draw on her work as coach to discuss how trauma is manifested by those in leadership roles.

**Julia Vaughan Smith** is a UKCP Registered Integrative Psychotherapist in private practice, an Accredited Executive Coach and Coach Supervisor, and a Fellow at the Centre for Leadership Studies, University of Exeter Business School. For the last 6 years, Julia has been involved in family constellations and constellations of intent, in particular with Vivian Broughton (UK), Dr Albrect Mahr (Wurzberg) and Professor Franz Ruppert (Munich). Alongside this Julia has been working with leaders and their inner development. Julia has been an executive coach for over 18 years. She obtained an MA in Integrative and Humanistic Psychotherapy in 2005.

**Valerie Sinason**

*Language and Trauma*

May 18, 2013

How does our language alter according to the nature of the trauma we have experienced? In looking at extremes of experiences from severe intellectual disability to extreme dissociative identity disorder Valerie Sinason examines the predicament for the therapist and the client.

**Valerie Sinason** PhD MACP MInst Psychoanal FIPD is a poet, child and adult psychotherapist and adult psychoanalyst. She is founder director of the Clinic for Dissociative Studies and President of the Institute for Psychotherapy and Disability. She is former Consultant Psychotherapist from the Tavistock Clinic and St Georges Hospital Medical School. She lectures widely nationally and internationally and has published over 100 papers and 12 books-the latest three (two from Routledge and one from Free Association) being edited works on trauma and dissociation and a solo book on intellectual disability.

Sarah Nettleton

Bollas and the Creative Unconscious

September 21, 2013

### **The creative unconscious: perceptions of the mind**

Consciously and unconsciously, our psychoanalytical thinking is structured by our metapsychological models. They provide us with a conceptual framework for understanding what we encounter in the consulting room, they underpin our approach to clinical technique and they define our view of the aims of therapeutic treatment.

I will consider the contributions of various psychoanalytic models and the ways in which each allows us to think about different aspects of the mind. I will then explore Bollas's concept of the Receptive Unconscious.

**Sarah Nettleton** is a psychoanalyst in private practice in London. Originally she studied music and worked as a piano accompanist. After a Masters degree at the Tavistock Clinic she trained with the British Association of Psychotherapists and she is also a member of the British Psychoanalytical Association and the International Psychoanalytic Association. Her writing includes papers on music and the internal world; Schubert's song cycle *Die Winterreise*; the effects of sound and voice in the work of Samuel Beckett; and the relationship between voice, creativity and metaphor. She teaches extensively in the UK and abroad. She specialises in the work of Christopher Bollas. For the past ten years she has also been his editor.

**Jeremy Holmes November 30, 2013**

### **The Clinical Imagination: Conversations with Freud, Coleridge and George Eliot**

A fundamental tenet of Attachment Theory is that attachment behaviour and exploration are mutually incompatible. Sensitivity to the client's attachment state of mind guides therapists moment-to-moment in how much to push for exploration, challenge and change, vis-a-vis containment and security. My clinical example is one of a suicidal 'patient' derived from George Eliot's 19th Century novel, *Daniel Deronda*. I will then widen the discussion to considering the role of the imagination in psychoanalytic psychotherapy, and its antithesis to current tick-box appraisals so enamoured of health service planners.

**Professor Jeremy Holmes MD FRCPsych BPC** worked as Consultant Psychiatrist and Psychotherapist in the NHS at University College London, and then in North Devon, focussing especially on Borderline Personality Disorder. Now, he has a part-time private practice. He teaches on a psychoanalytic psychotherapy training programme at Exeter University.

His many books include, *The Oxford Textbook of Psychotherapy*, *Storr's The Art of Psychotherapy*, and *Exploring In Security: Towards an Attachment-informed Psychoanalytic Psychotherapy* which won the 2010 Canadian Psychological Association Goethe Award. With Arietta Slade he is currently preparing a 6-volume compendium of the most important papers in Attachment. He was recipient of the 2009 New York Attachment Consortium Bowlby-Ainsworth Founders Award.