

Johanna Morrell

The Power of Relationship: Creative, multi-disciplinary ways of working with the hardest to reach young people

January 30, 2016

How do services reach and work effectively with young people on the edges of society? How do we build effective teams around them and what approaches work to mitigate the devastating impact of homelessness, family breakdown, the legacy of unexplored childhood trauma, and loss of trust in services? This talk will share learning from the frontline work of the former Kids Company Bristol team and the community they set up with some of Bristol's most complex and vulnerable young people.

Johanna Morrell is a former state and Steiner-trained teacher, Johanna has worked with disaffected and hard to reach young people since 1989 and has been deeply involved in multi-agency work in Bristol. In 2009 she set up Safeplace, a support service for homeless and isolated teenagers. After completing the Kids Company Therapeutic Communication course in 2011 she became a founding Director of Kids Company Bristol and established a much-loved drop-in and specialist support service in the heart of the city, alongside the Urban Academy, a therapeutic learning centre for young people who had previously had no positive experience of education. Johanna has led multi-disciplinary teams in Bristol, focusing on Post 16 young people who struggle to cope with no family support and who often slip through the gaps between other services. She is passionate about finding creative and relational ways to engage with troubled and troubling young people and to include them in the design of their own support networks – in the words of Camila Batmanghelidjh, learning from vulnerable young people how to care better.

Otto M Rheinschmiedt

The Fictions of Dreams: How Narrative Devices in Dreams and Literature Inform the Practice of Psychotherapy

February 27, 2016

There is an affinity between the fictions of dreams and fiction writing. The dream's essence lies in its storytelling capacity. Dreams are autobiographical fictions which tell the story of the dreamer's life history, her insertion in transgenerational family themes, and her ethnic and cultural identity. In that sense dreams are psycho-social depositories and makers, not unlike world literature which recreates interiority and historicity of a given time period. Fiction writing always relies on the author's capacity for dreaming. Literature can be seen as a dream gone solid. The interconnected worlds of dreaming and fiction writing tend to employ the same narrative devices: memory (Patrick Modiano), multi-temporality (Gabriel Garcia Marquez), poeisis (Kafka, Ted Hughes, Colm Toibin), historical consciousness (Irene Némirovski), and 'infinite connectivity' (Patrick White). In the talk I will show through the use of patients' dreams that the take on dreams as fictions and the close link with fiction writing does inform clinical practice.

Otto M Rheinschmiedt is a group analyst, psychotherapist, and psychologist in private practice with some thirty-five years experience of working with dreams. He has written a book on dreams, *The Fictions of Dreams*, appeared on BBC Radio shows on dreams, given public lectures, and taught dream interpretation at the University of Bath.

Sally Sales

Intensely in danger, intensely attached: Childhood and new practices of Mothering in a contemporary culture of risk

September 17, 2016

This paper will be an exploration of mothering and childhood today. The paper will be proposing that how we mother and how we regard children has undergone a shift in the last 20 years. Drawing on a range of sociological research and the authors own clinical practice, Sally Sales will suggest that there has been an intensification in the field of mother child relationships framed by a social and personal concern with risk. Assessing risk now dominates parenting practices and childhood has become an enormously surveilled area of intimate life. What kind of children are we now raising and what kind of experience has mothering become in these new conditions of vigilance and danger?

Dr Sally Sales is a psychoanalyst in private practice and chair of training for the Site for Contemporary Psychoanalysis in Cornwall. She is also a visiting research fellow at University of West of England where she is running a project on adoption and class. Her most recent publications are: 'Contested attachments: re-thinking adoptive kinship in the era of open adoption' (2013) *Child & Family Social Work*) and *Adoption, Family and the Paradox of Origins: A Foucauldian History* (2012) Basingstoke: Palgrave MacMillan

Margaret Landale

The Present Moment – Cultivating embodied attunement and empathy

November 12, 2016

This talk will explore how we may work more effectively in the here and now, integrating somatic, emotional and mental processes within the therapeutic process. This includes a deeper awareness of our own embodied experience and how we engage with the non-verbal forms of communication between client and therapist. We will explore how to engage with these non-verbal processes in a mindful and compassionate way. We will also enquire into how therapists and clients can cultivate empathic presence, acceptance and equilibrium when working with complex dynamics, deeply rooted conflict or early trauma. Some key practical techniques and strategies for building a safe and supportive therapeutic alliance to help process some deeper trauma or implicit memory held in the body will also be introduced. The talk will draw on current research into the workings of the brain, attachment and emotional regulation, as well as using clinical vignettes to illustrate how these insights may translate into our therapeutic practice.

Margaret Landale is an experienced psychotherapist and supervisor. She has been a training director at the Chiron Centre for Body Psychotherapy in London and delivers workshops and talks nationwide on subjects such as somatization, complex trauma and embodied empathy. Having been a meditator for many years, she has become increasingly interested in the integration of mindfulness in psychotherapy and has taught on the 'mindfulness in individual psychotherapy' module at the Centre for Mindfulness Research and Practice, Bangor University. Publications include: '*Working with psychosomatic distress and developmental trauma*' in: *Contemporary Body Psychotherapy – The Chiron Approach*, Linda Hartley ed., Routledge 2009. '*The use of imagery in body oriented psychotherapy*' in *Body Psychotherapy*, Tree Staunton ed., Brunner-Routledge, 2002.