



Programme of talks October 2018-June 2019

www.oxfordpsychotherapysociety.org.uk

All talks are held from 7.45-9.15 pm in John Henry Brookes Building, Oxford Brookes University, Headington Road, Oxford OX3 0BP

Thursday 11 October

Professor, the Lord Alderdice FRCPsych

'Conflict, Complexity and Cooperation'

It would be difficult to argue that our world is not characterised by the spread of conflict and complexity. But can a psychologically informed approach, informed by a better understanding of complexity science, point to the possibilities for cooperation in our diversity, rather than political violence? John Alderdice will explore this challenge and its practical implications.

A psychoanalytic psychiatrist by profession, John Alderdice played a significant role, during his eleven years as Leader of the Alliance Party of Northern Ireland, in the negotiation of the 1998 Good Friday Agreement. He was then the first Speaker of the new Northern Ireland Assembly and later appointed to the Independent Monitoring Commission overseeing the standing down of the paramilitaries and the normalization of security. A former President (now President D'Honneur) of Liberal International, the world-wide network of more than 100 liberal political parties, and previously Chairman of the Liberal Democrats in the House of Lords, he now consults and lectures around the world on violent political conflict and is currently Director of the Centre for the Resolution of Intractable Conflict (CRIC) at Harris Manchester College, Oxford, Chairman of the Belfast-based Centre for Democracy and Peace Building (CDPB) and a Clinical Professor in the Department of Psychiatry at the University of Maryland in Baltimore, USA.

Tuesday 13 November

Professor Christopher Fairbairn

'Eating Disorders and Psychotherapy Research'

Professor Christopher Fairbairn is Emeritus Professor of Psychiatry, University of Oxford. Until this year he was Wellcome Principal Research Fellow and Professor of Psychiatry at the University of Oxford. He founded the Centre for Research on Eating Disorders at Oxford. CREDO has been

responsible for the development of three of the four leading psychological treatments for the eating disorders, all of which are strongly endorsed by NICE and in use worldwide. In addition, CREDO pioneered the use of the internet to train therapists. Personally, he is also engaged in a separate line of work on the treatment of depression in low and middle income countries.

In this presentation he will describe and illustrate the expected evolution of a 40-year programme of clinical research focused on the development, evaluation and dissemination of psychological treatments for those with eating disorders.

Monday 10 December

Dr Peter Agulnik and Dr Neil Armstrong

'The Serendipitous Evolution of Psychotherapy and Counselling in Oxford - an anthropological perspective'

Dr Peter Agulnik is a retired Psychiatrist and Psychotherapist with a special interest in Counselling and Rehabilitation in Oxford. He has had a long standing interest in providing mental health care in community settings, and was for many years Consultant Psychiatrist to The Isis Centre.

Dr Neil Armstrong has a BA in Philosophy and Theology and an MSt in Social Anthropology, and last year was awarded a DPhil in Anthropology. His thesis, supervised by Elisabeth Hsu, looked at NHS mental healthcare in Oxfordshire and Buckinghamshire. He found that the institutional setting of mental healthcare becomes intertwined with practice, such that clinical goals pertaining to patient empowerment or patient-centredness are compromised. He is currently a lecturer in anthropology at Magdalen College, Oxford.

2019

Tuesday 22 January

Professor Beverly Clack

'Wisdom, Failure and the Task of Integration'

Beverly Clack is Professor in the Philosophy of Religion at Oxford Brookes University. Her research brings together feminist and psychoanalytic texts with philosophy and the study of religion. Her publications include *Sex and Death* (2002) and *Freud on the Couch* (2013), and she is in the final stages of a book on failure and loss.

Wednesday 20 February

Dr Alison Lee

'The lure of sameness, the pain of difference: the role of friendship in identity formation'

Alison Lee is a psychoanalytic psychotherapist who trained in Scotland and worked there in private practice before moving to West Oxfordshire. She did a D.Phil in English Literature and worked in television before becoming a therapist. She is currently a training therapist with Severnside Institute of Psychotherapy and teaches with the North Eastern Association of Psychoanalytic Psychotherapy in Newcastle.

Tuesday 12 March

Dr Richard Gipps

'Love's Possibility'

Dr Richard Gipps is a philosopher and clinical psychologist who has practiced psychotherapy and given seminars in Oxford for many years. He has recently taken a break from clinical work to focus on two writing projects. The first is on the intelligibility of psychotic thought; the second relates to this OPS talk and concerns love and loneliness. In relation to both topics Richard is interested in our forgetfulness: how we continually disregard what yet we all know to be the most fundamental facts: that our mental illnesses are born of unmanageable mental pain, and that our mental health depends on our being able to understand that we are lovable. The talk focuses in particular on the distinction between feeling lonely and being lonely, and on the value of inner dignity over social distraction for staying alive to both loneliness and love.

Monday 15 April

Dr Anne Holmes

'The role of the creative arts in regular self-care.'

Dr Anne C Holmes is a group analytic psychotherapist working with individuals and couples in private practice and conducting groups in a variety of public sector settings

Wednesday 15 May

Gill Ingram

'A Borrowed Landscape'

'A review of my close and deep relationship with the art of psychoanalysis and the space, perspective and colour it has given to my thinking, work and life. I will associate to art, music and literature to open up this very personal experience of my view from the analytic garden.'

Gill Ingram has been involved with the practice of psychodynamic counselling and psychotherapy since she started her first job as a probation officer in 1967. She trained as a psychiatric social worker working in Fulbourn Hospital Cambridge and then as a student counsellor in Belfast and Oxford Universities. She was also a school counsellor at Stowe school Buckinghamshire and trained in-house counsellors in the Civil Service in London as well as being a tutor on the Diploma in Psychodynamic Practice at Oxford University. She now has a small private practice in long term work and supervision and is beginning to contemplate the process of retirement - but 'not yet, oh Lord'! (St Augustine)

Monday 10 June

AGM (30 minutes) followed by

'Actively using counselling techniques in a mentoring role'

Karen Jenkins, Nicky Holland, Rebecca Howard-Burrell and Dr Ruth McCalman

Karen Jenkins

Karen Jenkins has an M.ST. in Psychodynamic Practice from Oxford and, although retired from private practice, she continues to work as a Specialist Mentor at Oxford Brookes University.

Nicky Holland

Nicky Holland is a psychodynamically trained counsellor with 9 years' experience of working in primary care settings. As a Specialist Wellbeing Mentor at Oxford Brookes University she supports students with mental health diagnoses and students on the autistic spectrum.

Rebecca Howard Burrell

Becca Howard Burrell has worked as an accredited BACP counsellor in Primary, Secondary and Higher education in Oxfordshire for over 10 years as both a counsellor and specialist wellbeing mentor and has set up the Positive Mental Wellbeing programme for students at Oxford Brookes University.

Dr Ruth McCalman

Ruth McCalman originally trained in Botany but changed direction in 2001 to Psychodynamic Counselling, training at Oxford University. Since qualifying in 2005, she has worked at Oxford University Student Welfare and Support Services as well as in private practice. At the SWSS she worked until very recently in the Peer Support Programme and has also worked as a Specialist Mental Health Mentor, working long-term with students registered as disabled with either a mental illness or a physical difficulty. Some of these students present with autism but, for others, autistic emotional and behavioural responses arise as a result of their physical difficulties.

MEMBERSHIP

Membership of OPS is £55 per year or £40 for students in training.

We also welcome qualified or student counsellor visitors who are unable to commit themselves to full membership to attend a talk for a voluntary contribution of £5. Please speak to one of the Committee on arrival.

Details of how to apply for membership and an online application form are on the website.