2014
FORUM PROGRAMME

Day: From January 2014, the BCA Forum will take place on the 
3rd Monday of the month
7.30 – 9.00 pm (tea, coffee available from 7.15 pm)

Venue: The Tavistock Centre
120 Belsize Lane
London NW3 5BA

Directions Nearest tubes, buses and over ground trains, see
www.tavi-port.org/directionstotavistockcentre

Forum Organisers
Caroline Payton (caroline.payton@talktalk.net 020 8671 3942)
Caroline Rose (carolinerose@blueyonder.co.uk 07753 435246)
Nikky Sternhell (n.sternhell@btinternet.com)
Paul Terry (pterry@talktalk.net 07760 166093)

View the Programme also on our website: www.birkbeckcounsellingassociation.org.

Attendance and Format
The Forum is for members and student members of the BCA. Members may bring one guest. A
reminder email will be sent out a couple of weeks before each Forum event.

The usual format is a presentation by a speaker or speakers allowing plenty of time for group
discussion. Material presented at Forums is not generally available for distribution to anyone unable
to attend. Details of any Forums subsequently published will be available on the BCA website.

Future Forum Events
We welcome approaches or suggestions of speakers for future Forum programmes. If you have a
topic or speaker in mind, please contact one of the organisers for a chat.

2014 BCA Forum Programme
Monday 20th January
'Desert Island Footprints' with Liz Omand

The way we develop as counsellors and therapists can be influenced by many things, but sometimes a book, lecture, poem or conversation can have a particular impact. Following in the footsteps of a well-known radio programme, we have invited a psychotherapist of considerable experience and standing, and familiar to many of us at Birkbeck, to be our first 'castaway', and to choose which of her favourite books, papers or other literary pieces she would take with her to a desert island. Liz Omand is a psychotherapist and supervisor in private practice with experience of working in a variety of settings. She is a tutor on the MSc in Psychodynamic Counselling and Psychotherapy at Birkbeck. Liz has a longstanding interest in supervision. Her book Supervision in counselling and psychotherapy was published by Palgrave Macmillan in 2009.

Paul Terry will introduce our Castaway. During the evening, we will find out more about the path of Liz’s career in psychotherapy, and discuss with her the various people and writings which have influenced her.

Monday 17th February
* A Book Club Event *

This book is described as a novella. It's a short, funny, observant story about the Queen. In this fiction she stumbles across books via a mobile library in the grounds of Buckingham Palace. Books and reading change her and her relationships with people. It’s a celebration of the power of the written word, but it is also trying to create a real person in place of the enigmatic icon that is the Queen. As Royal celebrations of every kind - Jubilees, Weddings and Babies - fill our media, what do we know about them? What do we project onto the blank screen of the Royal family? It would be good to have fun thinking about this, in the spirit of Alan Bennett.

Barbara MacKenzie is now mostly retired, with a small private practice in East London. Before retiring Barbara worked as a counsellor in GP practices for twenty years, and before that was a social worker. As an avid theatre and film goer Barbara is keen to think about how the arts illuminate and inform our work.

Monday 17th March
Open Forum on Organisational Dynamics
with Jo Dickie, Caroline Payton and Caroline Rose

How far do institutional dynamics interfere with our ability to do our jobs effectively? Work politics can at times be detrimental to the functions which staff members within an organisation are trying to carry out. If people do not feel safe and emotionally held within an organisation, can they work effectively with others? We will draw on the work of Anton Obholzer and Vega Zagier Roberts as well as the papers of Isabel Menzies Lyth and others. We will also explore how counselling within an organisation is affected by organisational needs, and the role of the workplace counsellor in holding the tension between the individual and the organisation.

Our presentations will be brief because we hope that members of the group will bring contributions relating to their own work situations so that a shared discussion can take place.

Jo Dickie works full time as the Staff Counsellor and Welfare Advisor in a large culture-sector organisation. This is a singleton role providing in-house counselling, advice to HR and Managers and input to training and wellbeing initiatives. She previously worked as a Jobcentre Manager, as a Welfare Officer for the Employment Service, and in community counselling services. She is also a volunteer debt advisor for Oasis, Waterloo, and does some private training in counselling skills to pastoral staff in schools.

Caroline Payton has worked in Primary Care and also in an NHS Psychotherapy Unit. She is now in Private Practice, and supervises at the Multi-cultural Service at Waterloo Community Counselling.

Caroline Rose has worked in the social care field for many years including working as a counsellor in a community alcohol team. She is currently working as a staff counsellor and an honorary student counsellor at the University of Westminster whilst developing her private practice.

2014 BCA Forum Programme
Monday 19th May
Counselling and the learning experience with particular reference to trauma – Judith Woodward

Building on the theme I took up in my paper for Psychodynamic Practice ‘Internal state of emergency - working with an international student suffering from trauma in a student counselling service’, the discussion will focus on how some students, in the process of studying at university, do seem to find a way of expressing previously unexpressed responses that can echo earlier traumatic experiences. What is it about the learning process that feels traumatic to the student? The student counsellor’s role is critical in helping the student to understand why study can be so painful and make links to other events in their lives so that they can make the most of their time at university.

I have been struck by the range of traumatic experiences that come up in my work with students from delayed bereavement to traumatic events such as accidents and the parallels in the student’s struggle to engage with the course. I will talk about two mature students and explore how learning can be an opportunity for psychological recovery - something which may in fact be an unconscious reason for coming to university in the first place.

Judith Woodward works as a student counsellor at the University of Westminster and manages the staff counselling service Only Connect for people working in education. She is a tutor on years 1 and 3 of the MSc in Psychodynamic Counselling at Birkbeck. Previously she worked as a counsellor in Primary Care for Hertfordshire NHS Trust and at The Royal College of Music.

Monday 16th June
Psychoanalytic psychotherapy in the field - Paula Conway

In this paper I will present Grow2Grow, a mental health recovery project for young people aged 14-24 based at Commonwork, an organic farm in Kent. The paper will look at how working on the land and with animals can be informed by psychoanalytic ideas and how interpretation can be used outside the consulting room. I will present the model we have developed and outcomes so far.

Paula Conway is a Clinical Psychologist with 20 years experience working with children, young people, adults and families, in all settings, from outpatient clinics to psychiatric residential units and now at Grow2Grow! She is also a psychoanalytic psychotherapist, trained at the Tavistock Centre, where she held a senior consultant post managing the Tavistock-Haringey Service, a dedicated mental health service for children and young people in care in Haringey, and was also a member of the NICE Guidelines Professional Development Group for Looked After Children. Paula is the founder and director of Grow2Grow, a social enterprise providing young people with mental health problems therapeutically supported vocational placements at Commonwork, an organic farm, conference and study centre.

Monday 15th September
Where is Mother? The Role of the Maternal in Dementia Care - Esther Ramsay-Jones

Bollas, in his seminal paper ‘The Transformational Object’, focuses on how the mother provides a total environment, an envirosomatic situation that includes thinking and physical holding. Quoting Edith Jacobson, he claims that ‘... when a mother turns the infant on his belly, rocks him, strokes him, kisses him... she stimulates the development of functional ego activity.’ Here, mother takes up a role in the formation of mind. Drawing on infant observations and observations in a social care setting, this paper explores what, if anything, we can learn from maternal practice and subjectivity in the reverse process of someone falling out of mind? Is it possible that, through seeking out mother in the institutional context, we might help people with dementia and their professional carers to go-on-being?

Esther Jones worked for several years in dementia care before re-training in psychodynamic counselling at Birkbeck. Recently, she has been awarded a studentship to carry out research in maternal subjectivity and dementia care. She also works as an honorary counsellor in a university setting, and is a mum of two young children.
**Monday 20th October**

**Money Matters: The meaning of money in the therapeutic relationship - Nikky Sternhell**

The financial side of the therapeutic relationship can feel very difficult for both parties, but it has tremendous significance. Clients may resent having to pay for something they feel they have a right to. Therapists may feel uncomfortable about charging for something they feel they ‘should’ be willing to give freely. Money can represent power, commitment, love, value and a host of other things. This presentation will explore our attitudes to money and the significant part it plays in our work. There will be a practical exercise to help us to think about giving and taking money, so bring with you £1 worth of change and be prepared to leave again with more or less than you started with!

**Nikky Sternhell** retrained as a counsellor at Birkbeck after a long career in computing. She is currently working for a community-based counselling agency, and has a small private practice.

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**Monday 17th November**

**The group and the Individual: drawing on experiences of working in a Therapeutic Community - Jackie Moon**

This presentation will consider group dynamics and the often initial reluctance to work in therapeutic groups. Jackie will talk about her experience of working in a Therapeutic Community and outpatient groups. She will explore the contrast of working in groups as an individual trained therapist and will talk about the power of therapeutic groups, particularly within the context of a Therapeutic Community. Jackie will consider the pull to individual treatment and contrast with her own journey as a therapist moving from individual work to the experience of working in groups. Jackie will consider anti-group theory, group dynamics and locate this in the context of using MBT (Mentalisation Based Therapy) when working with individuals who have a diagnosis of personality disorder.

**Jackie Moon** currently works at City and Hackney Specialist Psychotherapy service as an Adult Psychodynamic Psychotherapist and as a Specialist Practitioner in Psychotherapy in a Therapeutic Community and Outreach service. Jackie teaches on Year 1 of the MSc in Counselling and Psychotherapy at Birkbeck and has worked at Birkbeck Group Relations Conferences. In addition she has experience in counselling students, working with bereaved parents at Great Ormond Street Hospital and in Primary Education.