

The logo for the Bristol Psychotherapy Association is a horizontal rectangular banner. It features a background with a fine, grey-to-white gradient. The text "BRISTOL PSYCHOTHERAPY ASSOCIATION" is written in a bold, white, sans-serif font with a black outline, slanted slightly upwards from left to right.

**BRISTOL PSYCHOTHERAPY ASSOCIATION**

## THE BRISTOL PSYCHOTHERAPY ASSOCIATION COMMITTEE

**Chair:** John Ruffle, Tel. 01934 612104  
e-mail: john@vicpress01.freeserve.co.uk

**Hon. Treasurer:** Arthur Musgrave, 0117 9421850  
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For any enquiry about your subscription or membership, please contact the Membership Secretary, Jan Simpson at 8 Longford Avenue, Westbury-on-Trym, Bristol BS10 5LL  
Tel. 0117 950 9059,.

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### ABOUT THE BULLETIN

The Bulletin is produced three times a year, in January, April and September. The copy date for each edition is usually the first day of the preceding month, 1<sup>st</sup> December, 1<sup>st</sup> March and 1<sup>st</sup> August.

Advertising rates are £20 per page, £10 for half a page, cheques to be made payable to the BPA, and sent with the advertisement.

Advertising Copy: Copy should be "Camera Ready", which means well printed in black ink on white paper (Please, no pale or fuzzy photocopies). Copy can be reduced from A4 to A5, which is the size of the Bulletin pages, but advertisers should remember that reduction in the overall size of the advertisement also reduces the size of the type correspondingly. It should be sent to John Ruffle at 16 Mendip Road, Weston-super-Mare, North Somerset BS23 3HA. Tel. 01934 612104, e-mail: john@vicpress01.freeserve.co.uk (please send an attached file when sending copy via e-mail).

**Bath Centre for Psychotherapy and Counselling**  
**Workshops, CPD, Conferences and Study Courses**

For full details please visit our website: [www.bcpc.org.uk](http://www.bcpc.org.uk)

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**'Hold me, feed me, love me': Exploring early attachment issues**

with Holly Slattery (includes filmed resources)

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Cost £55 - Cheques payable to bcpc by 13 March

**bcpc, 1 Walcot Terrace, London Road, Bath BA1 6AB**  
**01225 429720 mail@bcpc.org.uk www.bcpc.org.uk**

# EDITORIAL



Change is built into the universe. Everything changes, even though the speed of change may sometimes be such that is imperceptible. Currently the profession of psychotherapy and counselling is being challenged by enormous changes. The spectre of state regulation and all the ramifications of how this may take place, and the sharp demand for short-term, solution-focussed therapies are both absorbing a good deal of energy for many therapists.

Although it is normal for change and the prospect of change to absorb huge amounts of energy, it is also possible for it to take on the nature of displacement activity, distracting from the on-going realities of life and work.

It is also possible for denial about change itself to set in when, clearly, things are never again likely to be the same as they were in the "Good old days", (whenever those were!). It is only when change can be embraced and evaluated for positive opportunities, that it ceases to have a destructive element within it.

As change takes place around us, we perhaps need to be exploring the possibilities. What is there to be learnt from it? How can we use it to the advantage of our profession and our clients? In short-term therapy, for instance, although many will benefit greatly from it, it is also true that, for many, it will be a sticking plaster to temporarily cover (or not) deep and serious wounds. What is undoubtedly true is that short-term work opens up the possibility of therapy for a whole new clientele, who would not previously have considered it as even possible, either on economic or practical grounds.

Whilst, for example, the way in which Regulation may be implemented is

*Continued on page 10...*

**BRISTOL PSYCHOTHERAPY ASSOCIATION**  
2008/09 – Winter/Spring/Summer Terms

# PROGRAMME

## Monday 6<sup>th</sup> October 2008

**Title** *Working with Addicted Clients*  
**Speaker** **Dr Chris Johnstone** <<http://www.chrisjohnstone.info>> has worked with Bristol's Specialist Drug and Alcohol Service for over fifteen years, is an experienced trainer in Motivational Interviewing and is author of the self-help book 'Find Your Power'.

## Monday 3<sup>rd</sup> November

**Title** *Art Therapy and Anger*  
**Speaker** **Marian Liebmann** uses art therapy and conventional methods to work with anger in young people, offenders and mental health clients. She works as an art therapist for the Inner City Support and Recovery Team in Bristol, and also as a Restorative Justice and mediation practitioner and trainer, in the UK and abroad.

## Monday 1<sup>st</sup> December

**Title** *Bodies in the Consulting Room*  
**Speaker** **Tree Staunton** is a UKCP registered Body Psychotherapist, Trainer and Supervisor. She is Course Director for Psychotherapy at Bath Centre for Psychotherapy and Counselling and has a private practice in Stroud.

## Monday 19<sup>th</sup> January 2009

**Title** *In a Dark Time, the Eye Begins to See: the interconnection between the evolving planetary crisis and our intellectual and collective psyches*  
**Speaker** **Sue Ryall, Clare Willets** and **Anna Rose** are local

the art therapy training programme at the University of Hertfordshire, subsequently training as a Jungian Analyst with the Independent Group of Analytical Psychologists. He lives and practices in Bristol.

Shelagh Layet was a former language teacher. She trained in Analytical Psychology at the C.G. Jung Institute in Zurich and is a member of the Independent Group of Analytical Psychologists. She has meditated for over 20 years and her particular interest is in the interface between psychology and spirituality.

**Ann Shearer** is a senior member and past Convenor of the Independent Group of Analytical Psychologists, working in London. Previously she worked as a journalist and international consultant in social welfare. From 2001-3 she was Royal Literary Fund Writing Fellow at Imperial College. Books include *Athene: Image and Energy* (1998) and *When a Princess Dies* (with Jane Haynes, 1998). Her most recent book is *From Ancient Myth to Modern Healing: Themis: Goddess of Heart and Soul, Justice and Reconciliation* (co-authored with Pamela Donleavy, 2008).

**Nigel Wellings** is a psychoanalytic psychotherapist who works within a contemplative perspective. Initially training with A.G.I.P. he later became a member of the Association of Independent Psychotherapists and has also served as a Director of Training at the Centre for Transpersonal Psychology. He has edited and written two books with Elizabeth Wilde McCormick: *Transpersonal Psychotherapy: Theory and Practice*, and *Nothing to Lose: Psychotherapy, Buddhism, and Living Life*. He is a (poorly) practicing Buddhist and founding member of The Forum for Contemplative Studies.

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## SPEAKERS AT THE C. J. JUNG LECTURES

**Lawrence Brown** is a training analyst with the Society of Analytical Psychology. He is also a training therapist and supervisor with the Association of Child Psychotherapists, the British Association of Psychotherapists, London centre for Psychotherapy, Severnside Institute of Psychotherapy and West Midlands Institute of Psychotherapy and Westminster Pastoral Foundation. He is a member of the Association of Child Psychotherapists and is in private practice with adults and Children in Oxford. He is supervising in St.Petersburg, Russia, under the auspices of the IAAP programme. He is Convenor of Pegasus Child and Adolescent Psychotherapy, a group of independent child psychotherapists in the Oxford, Buckinghamshire and Berkshire area.

**Bill Burritt** is a Jungian Analyst living and working in Chippenham, Wiltshire; he is currently serving as a Convenor of the Independent Group of Analytical Psychologists, London, and is a member of the International Association for Analytical Psychology. Studies in Philosophy, Theology, and various schools of therapeutic thought and practice brought him to analytical psychology, graduating from the C.G. Jung Institute, Zurich, in 1989. His curiosity in comparative mythology and the value of the symbolic are two major interests as well as being active components of his practice.

**Julian David** trained at the C.G. Jung Institute in Zurich and is a member of the Independent Group of Analytical Psychologists, and SAAJA, the South African Group of Analytical Psychotherapists which he helped to found. He now lives and practices in Devon.

**Tia Kuchmy** read music at the University of Manchester and the Royal Northern College of Music. She currently teaches music at St.Catherine's School, Bramley, and is an Advanced Candidate with the Independent Group of Analytical Psychologists. She has a private therapeutic practice in London and West Sussex.

**Richard Lanham** is a Jungian Analyst and Art Therapist. He trained as an art therapist in the mid 80s and worked for many years in adult mental health in London and Essex. He went on to become a senior lecturer on

practising integrative psychotherapists with an interest in eco-psychology.

### Saturday 7<sup>th</sup> February [Day Workshop which must be booked separately in advance]

**Title** *Introducing Pesso Boyden System Psychomotor*  
**Speaker** **Juliet Grayson** is a trainer and a UKCP registered psychotherapist with a private practice in Chepstow. The Pesso Boyden System Psychomotor is a body based psychotherapy that is like a cross between family constellations and psychodrama - see [www.counsellingandtherapy.co.uk](http://www.counsellingandtherapy.co.uk) or [www.pesso-uk.org](http://www.pesso-uk.org)

### Monday 2<sup>nd</sup> March

**Title** *Ordinary Psychosis*  
**Speaker** **Elizabeth O'Loughlin** is a psychoanalytic psychotherapist in private practice in Bristol, who teaches at the Severnside Institute and works with children at the Avon Sexual Abuse Centre and teaches and supervises at Gloucester Counselling Service. She is particularly interested in the work and practice of Jacques Lacan.

### Monday 6<sup>th</sup> April

**Title** *The Vicissitudes of Grief and Grievance: lessons from politics and from individual lives*  
**Speaker** **Paul Hoggett** is Professor of Politics and Director of the Centre for Psycho-Social Studies at the University of the West of England, Bristol. He is a Psychoanalytic Psychotherapist, Associate member of the Lincoln Centre, and member of the Severnside Institute for Psychotherapy.

### Monday 18<sup>th</sup> May

**Title** *Shamanism and Psychotherapy*  
**Speaker** **Anstice Fisher** is a UKCP registered psychotherapist, supervisor and trainer. For 30 years she has focussed on the relationship between psychology and spirituality within the Buddhist, Sufi and Shamanic traditions. Since 2000 she has been working with the Scandinavian Centre for Shamanic

Studies and practices as a Shamanic counsellor.

### Monday 1<sup>st</sup> June

**Title** *Whatever happened to psychotherapy past the post? (post-psychological, post-modern, post-structural, post-colonial, post-man pat\*\*)*  
*\*\*okay I (might have) lied about post-man pat!*

**Speaker** **Jane Speedy** <[www.bristol.ac.uk/education/people/academicStaff/emjs](http://www.bristol.ac.uk/education/people/academicStaff/emjs)> is Reader in Narrative and Collaborative Inquiry at the University of Bristol. She has a small independent narrative therapy and consultation practice.

*NB All meetings are at The Randall Room, All Saints Church at the Pembroke Road end of Alma Vale Road, Clifton [up 10 steps with lift then available]. Evening meetings start at 7.30pm.*

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## BPA Day Workshop with Juliet Grayson on Pessó-Boyden System Psychomotor (Saturday 7<sup>th</sup> February 2009)

BPA Bulletin readers may recall an evening back in June 2007 when Juliet Grayson came and spoke about Sex and Sexuality. We have invited her to run a day workshop for us in February 2009 on Pessó-Boyden System Psychomotor (PBSP). Juliet describes PBSP as a cross between Family Constellations and Psychodrama.

As there have recently been plenty of opportunities for counsellors and psychotherapists to find out about Family Constellations locally we thought this would be an interesting chance to learn about another similar approach.

What follows is based on material that can be accessed at greater length on Juliet's website [www.therapyandcounselling.co.uk](http://www.therapyandcounselling.co.uk) [NB if you type in <http://www.therapyandcounselling.co.uk> you will end up somewhere else altogether].

### C. G. Jung Lectures contd.

**Lawrence Brown** Jung and the Development of Child Analysis.

**18<sup>th</sup> April**

**Julian David** Ethic and the Feeling Function: Jung drew a very firm distinction Between morality, which is the *mores* of the culture, and ethic, which has no rule book and depends on an undamaged feeling function.

**9<sup>th</sup> May**

**Richard Lanham** The Stone of Destiny: Reflections on the Self and the individuation process.

**13<sup>th</sup> June**

To be announced.

**Venue:** The Upper Room, Redland Park United Reformed Church,  
Whiteladies Road, Bristol.

10.30am – 12.45pm

Cost: Members £8, Non-Members £10, Concessions £5

No advanced booking is necessary.

A bookstall is provided by Green Spirit Books

Tel: 01380 726224 email: [greenspiritbooks@btinternet.com](mailto:greenspiritbooks@btinternet.com)

For further details contact Jen Madden

Tel: 01242 521999 email: [jenmad@tiscali.co.uk](mailto:jenmad@tiscali.co.uk)

**C.G. JUNG  
PUBLIC LECTURES  
2008/09**

**11th October**

Nigel Wellings                      With Buddha in Mind: Mindfulness-based psychotherapy in practice.

**8th November**

*Ann Shearer*                              Themis and a Dream of Justice: Exploring 'right order' in individuals and societies.

**13th December**

*Bill Burritt*                              Narcissus in the Shadows: Exploring notions of love and cruelty in personal and systemic spheres.

**10th January**

*Shelagh Layet*                              Individuation and Beyond: Jungian Psychology and Meditation. *The Secret of the Golden Flower*, an ancient Chinese manual of spiritual alchemy, as commented on by Jung and Thomas Cleary.

**14th February**

*Tia Kuchmy*                              'The World Turns on its Dark Side': An illustrated commentary                      On the music and text of Michael Tippett's 'A Child of our Time'.

**14th March**

Albert Pesso and Diane Boyden-Pesso developed PBSP after years of observing the emotional content of body movement and speech in their goal to understand how human expression was initiated and its impact on others. From those beginnings, a large body of movement sensitization techniques, theories of human interaction and a complex process of emotional re-education evolved.

PBSP is now a fully developed unified theory that has at its foundation a vision of what it means to be human – biologically, psychologically, sociologically, philosophically and spiritually. Since 1973 thousands of therapists have received training internationally, and currently there are 17 PBSP certification training programs now taking place in 10 countries. In Holland, one of the first European countries to recognize the value of PBSP, there are 80 PBSP client groups; apparently the number of clients in treatment with PBSP now exceeds that of clients in psychoanalytic treatment.

The underlying unity of PBSP and its ability to foster a genuinely safe and respectful milieu for meeting what are no more nor less than basic human developmental needs, makes PBSP applicable to many social issues including: prejudice, inter-group conflict, addiction, criminal behaviour, domestic violence, abuse and other sources of family, community and corporate dysfunction.

Pesso Boyden System Psychomotor is a comprehensive method of emotional re-education that applies successfully to a wide range of psychological and emotional problems. Its uniqueness lies in its capacity to help people re-experience and then symbolically satisfy their unmet developmental needs from early childhood – the needs for support, nurture, protection, limits and a sense of a place in the world. This process deeply affects the human psyche and initiates fundamental healthy change in the entire being.

An excerpt from a chapter by Albert Pesso in the book 'Getting in Touch – a guide to body centred therapies' edited by Christine Caldwell can be found at [www.pbbsp.com/books&articles/caldchap.htm](http://www.pbbsp.com/books&articles/caldchap.htm)

*Arthur Musgrave*

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**01225 429720 mail@bcpc.org.uk www.bcpc.org.uk**

**COUNTS**  
**d 30th April 2008**

**BRISTOL PSYCHOTHERAPY ASSOCIATION**

**INCOME AND EXPENDITURE STATEMENTS**

**FOR THE YEAR ENDED 30 APRIL 2008**

|  | <u>2008</u>         |       | <u>2007</u>         |
|--|---------------------|-------|---------------------|
|  | £                   | £     | £                   |
| <b><u>Income</u></b>                         |                     |       |                     |
| Subscriptions                                | 2,309               |       | 1,931               |
| Conference Income                            | 2,355               |       | ---                 |
| Entrance Fees                                | 504                 |       | 326                 |
| Adverts                                      | 177                 |       | 503                 |
| Bank Interest received                       | 4                   |       | 4                   |
|  | <b><u>5,349</u></b> |       | <b><u>2,764</u></b> |
| <b><u>Expenses</u></b>                       |                     |       |                     |
| Lecturer's Fees & expenses                   | 662                 | 1,522 |                     |
| Postage, Printing & Stationery               | 589                 | 878   |                     |
| Administrator's Fees                         | 1,008               | 1,008 |                     |
| Conference expenses                          | 1,672               | ---   |                     |
| Accountancy                                  | 118                 | 100   |                     |
| Bank Charges                                 | 5                   | ---   |                     |
| Other Expenses                               | 1,079               | ---   |                     |
|  | <b><u>5,133</u></b> |       | <b><u>3,586</u></b> |
| <b><u>Surplus/(Deficit) for the year</u></b> | <b><u>216</u></b>   |       | <b><u>(822)</u></b> |

# BPA ACCOUNTS

## for the year ended

### BRISTOL PSYCHOTHERAPY ASSOCIATION

#### BALANCE SHEET AS AT 30 APRIL 2008

|   | <u>2008</u>         | <u>2007</u>         |
|---|---------------------|---------------------|
|   | £                   | £                   |
| <b><u>Current Assets</u></b>                    |                     |                     |
| Cash at Bank                                    | 3,117               | 2,883               |
| <b><u>Current Liabilities</u></b>               |                     |                     |
| Creditors: Amounts falling due within 12 months | (118)               | (100)               |
| <b><u>Net Current Assets</u></b>                | <b><u>2,999</u></b> | <b><u>2,783</u></b> |
| <b><u>Revenue Reserve</u></b>                   |                     |                     |
| Balance brought forward                         | 2,783               | 3,605               |
| Surplus/(Deficit) for the year                  | 216                 | (822)               |
| Balance carried forward                         | <b><u>2,999</u></b> | <b><u>2,783</u></b> |

#### **Accountants Report**

In accordance with instructions given to us by the named client I have prepared, without carrying out an audit, the Financial Statements for the above period from the information and explanations supplied to me.



Avon Accountancy Services  
611 Fishponds Road  
Fishponds  
Bristol  
BS16 3AA

## COPY FOR THE NEXT BULLETIN



The next edition of the Bulletin will be published in January 2009. Copy for this should reach the editor by 1st December 2008, preferably in Word format, either on a disk or as an e-mail attachment.

Please send your copy to John Ruffle at 16 Mendip Road, Weston-super-Mare BS23 3HA (e-mail [john@vicpress01.freeserve.co.uk](mailto:john@vicpress01.freeserve.co.uk)) Tel. 01934 612104.

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## HAVE YOUR SAY

Remember, YOU can have YOUR say in the Bulletin.

Please send articles, comments, book reviews etc to the Editor at [john@vicpress01.freeserve.co.uk](mailto:john@vicpress01.freeserve.co.uk). You can also advertise your events and workshops at very modest rates (See page 2).

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.....Continued from page 3

an issue of immense importance, and necessarily occupies a good deal of time an energy for a number of people, it is also important that, as a profession, we maintain a vision for the future, embracing whatever is good in the process of change, and exploring how maximum benefit may be achieved by our clients, whether they are engaging in therapy for the short or the long term.

As in all aspects of life, there are numerous “givens”, which we are not able to change. For example, if we accept a five-session contract through an EAP or in a GP surgery, that, for the time being, is how it is. Because we all work within a context, whatever that may be, we need to put in at least as much energy into seeing how we can most effectively work *within* that context, as into trying to change what may appear to be unfortunate aspects of that context.

*John Ruffle*

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## **Bristol Psychotherapy Association**

### **ANNUAL GENERAL MEETING**

**Monday, 3rd November 2008**

(Preceding the monthly lecture)

## **AGENDA**

1. Apologies for absence.
2. Minutes of the meeting held on 5th November 2007.
3. Matters arising.
4. Chairman's remarks.
5. Election of officers and members of the Executive.
6. Financial Report and the presentation of the accounts.
7. Appointment of an independent examiner for the accounts.
8. Any other business.

**IF YOU VALUE BPA, PLEASE COME TO THE AGM. IT ONLY LASTS FOR TEN MINUTES, BUT IS AN IMPORTANT MAINTENANCE ASPECT OF THE ASSOCIATION. YOUR PRESENCE AT THE MEETING ALSO DEMONSTRATES YOUR SUPPORT FOR THE EXECUTIVE, WHOSE VOLUNTARY EFFORTS KEEP THE SHOW ON THE ROAD!**