

TALKS AND WORKSHOPS ON
Counselling & Psychotherapy
BRISTOL PSYCHOTHERAPY ASSOCIATION
www.bristol-psychotherapy-association.org.uk

2021 Programme

Monday 19th April

Sitting on the edge of the abyss together

Marete Holm Brantbjerg is a psychomotor therapist and body psychotherapist and a trainer, supervisor and individual therapist; who has specialised in working with stress and trauma since 1978. Merete has developed Relational Trauma therapy that includes practical methodology related to hypo-states both in the muscles and in the autonomic nervous system. www.moaiku.com

This talk captures an essential element in working with hypo-arousal/collapse. Merete will introduce how low dosed muscle-activation can be used to build enough resilience in both client and therapist to be able to approach hypo-states and stay present.

Monday 17th May

The Third Body: Personalising the Space Between

David Slattery has been working in Private Practice for over 30 years. During this time he became a senior tutor on a MA psychotherapy programme and co-founded The Centre for Relational Couples Therapy. He is interested in dialogue, intersubjectivity, and developing a mytho-poetic sensibility.

The focus of this talk will be the “work” to remain aware of the third body. David has a notion that a body lives between - connected to, and made by - the partners in a relationship which is more than just the sum of their parts; and awareness of this “third body” helps to make sense of relationship difficulties.

Monday 21st June

Boarding School Syndrome: Girls and their Bodies

Professor Joy Schaverien PhD is a jungian Analyst and a training analyst She has published extensively on Boarding School Syndrome; book titles available at www.joyschaverien.com

In her book Boarding School Syndrome: [The Psychological Trauma of the “Privileged” Child](#) ; Joy identified a cluster of symptoms and behaviours, which she classified as Boarding School Syndrome. She had documented what she calls the anatomy of the ABC-D of this trauma and in this talk she will address this trauma with the focus on the particular issues experienced by girls growing up within an often unsympathetic and male identified institution. It is hoped to have lively discussion about these issues.

Monday 20th September

Compassion for the Addictive Processes

Cece Sykes LCSW is an IFS senior trainer and consultant with over thirty five years of clinical experience specialising in recovery from trauma and addiction. Her chapter applying an IFS approach to addictive processes appears in [IFS: innovations and Elaborations](#) (Routledge 2016). She lives in Chicago from where she teaches and consults internationally. www.cecesykeslcsw.com

Internal Family Systems is an experiential, evidence based model of psychotherapy. We will discuss an IFS approach to a range of addictive, medicating and soothing processes - from serious substance use and disordered eating to compulsive screen time - that directly addresses both behaviour and underlying emotional issues. We will include an opportunity to experience the model as well