

**TALKS AND WORKSHOPS ON**  
**Counselling & Psychotherapy**  
**BRISTOL PSYCHOTHERAPY ASSOCIATION**  
[www.bristol-psychotherapy-association.org.uk](http://www.bristol-psychotherapy-association.org.uk)

### **What is the BPA?**

The Bristol Psychotherapy Association (BPA) was established in 1977 to foster the development of psychotherapeutic work in Bristol. The BPA is an independent organisation which promotes counselling and psychotherapy; and provides opportunities for therapists to continue their professional development.

Guest Speakers come from a wide range of therapeutic disciplines.

### **Meetings**

BPA hosts nine talks during the academic year - October to June. The subscription rate for 2020 is £55 which covers the cost of entrance to all talks held during that calendar year. Reductions are given for those who join part way through the year.

Non-Members are welcome and an entrance fee of £12 is charged for each talk.

Talks are normally held on Monday evenings, **between 7.30pm and 9pm**. These usually consist of an hour long presentation, followed by a break for refreshments and networking, and then question time. The talks take place in the Apostle Room, Catholic Cathedral of St Peter and Paul, Pembroke Road, Clifton, Bristol. The entrance is through the car park off Worcester Road.

### **Membership**

Membership is open to anyone whose work or training involves them in practice, education or training in psychotherapy, counselling or related fields. Application forms are available from our website or via committee members.

If you would like a membership form, or further information, please contact the membership secretary: Jan Simpson, ([janmesimpson@gmail.com](mailto:janmesimpson@gmail.com)); or another member of the committee.

### **Website**

The BPA website includes information about forthcoming events, articles, letters and other contributions of interest. It also includes details of our committee.

**Evening Meetings are from 7.30 to 9.15pm (doors open 7.15pm). Non- Members £12**

**BPA hosts talks by topical speakers at a very competitive rate. Each talk costs a member less than £6.20.**

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**Monday 20th January 2020**

***Resurrecting Psychedelic Psychotherapy through Brain Science.***

**Professor David Nutt** is a leading neuropsychopharmacologist at Imperial College London. Pilot studies, made before these drugs were made illegal, have shown that psychedelics can have major benefits for patients with severe depression and give relief to depression and anxiety in patients with cancer. Recent improved understandings in neuroscience through modern brain scanning techniques will help research into how these benefits are gained and how we might harness them.

**Monday 3rd February 2020**

***Pesso Boyden Live Therapy Session***

**Juliet Grayson** is an experienced UKCP registered Psychosexual therapist, co-founder of Stopso: working with perpetrators of Sexual Offenses. Traditional therapies help the client to cope with their past. Using group members to role play, PBSP creates 'antidotes' to what happened and 'new' members of how life could have been. Excellent for attachment injuries, trauma, parentification and 'over responsibility'. [www.therapandcounselling.co.uk](http://www.therapandcounselling.co.uk)  
[www.pessoboydentraininguk.com](http://www.pessoboydentraininguk.com)

**Monday 2nd March 2020**

***How Horses can awaken us to our instinctual and intuitive selves.***

**Miranda Carey** has spent the past 13 years developing a unique approach to Equine Facilitated Psychotherapy and Family Constellation work with a herd of horses on an ecologically diverse farm. Her approach supports individuals, couples and groups in finding connection between body, mind, spirit and environment.

**Monday 20th April 2020**

***Playback Theatre: the Art of Embodied Empathy***

**Brian Tasker** MBACP (Snr. Accred.) is also a practitioner and freelance trainer of Playback Theatre, a unique form of improvised theatre that invites a true moment or story from an audience which is then enacted on the spot. Visit [www.makeshifttheatre.co.uk](http://www.makeshifttheatre.co.uk) for more information

**Monday 18th May**

***Spirituality, Religion and Mental Health***

**Quinton Deeley** is a senior Lecturer at the Institute of Psychiatry, Psychology and Neuroscience, London and Consultant Neuropsychiatrist at the Maudsley and Bethliem Hospitals. Also chair of the Maudsley Philosophy group, and social and Culture Neuroscience group at the IOPPN. This talk explores the nature of religion and spirituality across cultures, and their relationship to mental illness and wellbeing as fundamental aspects of the human condition. This talk considers how clinicians should respond to claims to religious and spiritual experience, and in particular how to distinguish mental illness from religious and spiritual experience. [www.qintondeeley.co.uk](http://www.qintondeeley.co.uk)

And on Monday June 1st **Matthew Appleton** will be presenting a talk on the subject of **Twin Loss** (more later...)

***Please check our website for details of the next talk and past talks... A new improved website is under development.***

All meetings are held in the Apostle Room at the Catholic Cathedral on Pembroke Road, Clifton, Bristol,