

# **BRISTOL PSYCHOTHERAPY ASSOCIATION**

## **2016 Autumn/ Spring/Summer/Autumn Terms**

**Monday 18th January, 2016**

### **Birth Trauma: The life long consequences on our physical and emotional wellbeing**

**Matthew Appleton** is a body-psychotherapist working in private practice in Bristol and a member of the International Society of Pre and Perinatal Psychology and Medicine. He facilitates workshops for adults to explore their prenatal and birth experiences, as well as training health professionals to work therapeutically with babies. [matthew-appleton.co.uk](http://matthew-appleton.co.uk)

**Monday 1st February, 2016**

### **The Phone Call From Hell: What do we do as a therapist when a sex offender calls?**

**Juliet Grayson** is a UKCP Psychosexual therapist (and supervisor) who has specialised in working with relationships and sexual problems since 1994. She strongly feels that all therapists should be willing and able to discuss sex with all their clients. [www.therapyandcounselling.co.uk](http://www.therapyandcounselling.co.uk)

**Monday 7th March, 2016**

### **The Looser Thread: The Yin and Yang of untangling knots in experience**

**Rob Porteous** spent 28 years teaching English before retraining as a counsellor at BCPC. For the last 15 years he has worked in private practice in Bristol. He was administrator of the C.G.Jung lectures. He is doing an apprenticeship in Movement Medicine and is a volunteer for Bristol Refugee Rights.

**Monday 4th April, 2016**

### **Making sense of things - the neglected core of therapy...?**

**Arthur Musgrave** works in private practice in Bristol. Two decades ago he sat on the then BAC's Standards and Ethics Committee. He's now more critical of some of the long-term trends in counselling and psychotherapy.

**Monday 16th May, 2016**

### **Spirit Possession - an uninvited visitor in the therapy room?**

**Xanthe Parkin** is a Chiron trained Body Psychotherapist working primarily in London. Intrigued by altered states and the many layers of self which emerge in the consulting room, she has undertaken further extensive trainings in Shamanic Healing and Amanae Energetic bodywork, elements of which she integrates into her psychotherapeutic approach.

**Monday 6th June, 2016**

### **Moving from Shame to Compassion in Supervision**

**Karl Gregory** is an integrative counsellor using relational, existential and systems approaches with 18-years of private practice in Brockworth, Gloucestershire. He is co-founder of Severn Talking Therapy ([www.severntalkingtherapy.co.uk](http://www.severntalkingtherapy.co.uk)), established as a vehicle to run an annual supervision conference, a Diploma in Supervision course and workshops.

**Monday 3rd October, 2016**

### **Building Resilience in Older People: a new approach based on humanistic psychology**

**Guy Robertson** is the Director of Positive Ageing Associates and author of 'How to Age Positively: a handbook for positive change in later life'. Positive Ageing Associates is an organisation specialising in promoting positive approaches to later life at both personal and organisational level. [www.positiveageing.org.uk](http://www.positiveageing.org.uk)

**Monday 7th November, 2016**

### **Staying Relational Despite All the Rules**

**Dr Els van Ooijen** is a relational-integrative psychotherapist, counsellor and supervisor in private practice in Bristol. She has more than twenty years experience, has written several books and was instrumental in the development of the Postgraduate Diploma in Consultative Supervision at the University of South Wales. Her website is: [www.nepenthe.org.uk](http://www.nepenthe.org.uk)

**Monday 5th December, 2016**

### **Tackling Abuse on the Front-Line - a community based charity perspective**

**Dr Mike Peirce MBE** is founder and chief officer of The Southmead Project a charity that provides therapeutic and practical support to adult survivors of child abuse who have turned to drugs, alcohol and other ways of self-harming in order to suppress the emotions that follow such trauma. Mike will discuss his work and share his learned experience.

**All meetings are at the Randall Room, All Saints Church, at the Pembroke Road end of Alma Vale Road, Clifton (up 10 steps or level access through front of church to lift).**

**Evening meetings are from 7:30 to 9:15pm (doors open 7:15). Non-members £10**