

**BRISTOL PSYCHOTHERAPY ASSOCIATION**  
**2017 Spring / Summer / Autumn Terms**

**Monday 16th January 2017**

**Formative Psychology, Sufism and Reflective Conversations**

**John Witt** trained at Spectrum in London and practiced as a Humanistic Psychotherapist between 1983 and 2016 when he retired from Psychotherapy. Now combining his understanding of Formative Psychology and Sufism he is developing a format he calls Reflective Conversations.

**Monday 6th February 2017**

**Working with People with Eating Disorders**

**Dr Hugh Herzig** is NHS Consultant Psychiatrist at the STEPs Specialist Eating Disorder Service for adults in the Avon area. He is clinical lead for the specialist inpatient unit and the outpatient service. STEPs is a multidisciplinary team and provides group and individual therapies and support, and also works with families.

**Monday 6th March 2017**

**Too Much to Bear: Working with young people who self harm**

**Dr Eli Cullum** is a Clinical Psychologist who has worked in child and adolescent mental health services (CAMHS) in Bristol, London and Sheffield and currently works in South Bristol CAMHS and the CAMHS urgent response service. She has a specialist interest in working effectively with young people struggling with emotional dysregulation, trauma and self-harm, using trauma focused, mindfulness and body oriented interventions.

**Monday 3rd April 2017**

**Embodied Relating -the ground of psychotherapy**

**Nick Totton** has worked as a body psychotherapist for well over thirty years, expanding his base from strict Reichian bodywork and developing his own synthesis, Embodied Relational Therapy. He has written a number of books, the most recent one of which shares a title with this talk. He lives in Cornwall with his partner and grows vegetables.

**Monday 15th May 2017**

**"A Tree May Speak..." - Therapy and the ecological self**

**Kelvin Hall** has long and extensive experience as a therapist as well as with supervision and training within organisations. He has studied traditional storytelling in culture and psychology and served as Chair of Trustees at BCPC. He is currently working in the eco-psychology field and recently trained in equine-assisted therapy. <http://kelvinhall.info>

**Monday 5th June 2017**

**Psychotherapeutic Approaches to Working with Couples Living with Dementia**

**Andrew Balfour** qualified in clinical psychology at UCL and as a psychoanalytic psychotherapist at the Tavistock & Portman NHS Trust. He then trained as a couple psychotherapist at Tavistock Relationships where for many years he was Clinical Director and is now Chief Executive. He has a longstanding interest in issues of later life and in dementia care.

**Monday 2nd October 2017**

**Limitations & Dangers of an Integrative Approach – and what to do about it**

**Michael Soth** is an integral-relational Body Psychotherapist, trainer and supervisor (UKCP), with more than 28 years experience of practising and teaching from an integrative perspective. More at [www.integra-cpd.co.uk](http://www.integra-cpd.co.uk) or follow him on Facebook and Twitter

**Monday 4th December 2017**

**Living Well With a Visible Difference – An Acceptance & Commitment Therapy approach**

**Olivia Donnelly** is an NHS Consultant Clinical Psychologist with a longstanding interest in using mindfulness and acceptance-based approaches to enhance people's wellbeing. She leads a service for people with appearance-related distress and provides psychological support to individuals affected by cancer, those considering complex surgical treatment (e.g. reconstructive surgery), as well as providing supervision, training, and support to staff.

**Until December 2017 all meetings were 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).**

**From December 2017 all meetings are at the Apostle Room, Clifton Catholic Cathedral. Entrance through Winchester Rd car park (parking from 7pm)**

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