

**TALKS AND WORKSHOPS ON**  
**Counselling & Psychotherapy**  
**BRISTOL PSYCHOTHERAPY ASSOCIATION**

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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 Tel. 01278 788322, e-mail: john@vicpress01.freemove.co.uk (please send an attached file when sending copy via e-mail).

## **SEVERN & THAMES PSYCHOTHERAPY NETWORK**

### **Training in PSYCHOANALYTIC SUPERVISION**

STPN presents a unique and specialised training in psychoanalytic and psychodynamic supervision, based in Bristol, running monthly on Saturdays over a period of 10 months. The course is grounded in contemporary models of psychoanalytic supervision and, on completion, it meets both the requirements for membership of the British Association for Psychoanalytic & Psychodynamic Supervision and the UKCP's proposed training standards for clinical supervisors.

The course features a number of distinct elements:

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Monthly **Balint Group**

Monthly **Experiential Group**

Weekly **Supervision of Supervision**

Weekly **Supervision**

Applicants should normally have at least 2 years clinical experience post qualification and be registered with BPC, UKCP or accredited by BACP.

**Applications and Enquiries to: The Course Convenor, STPN**

**12 Sydenham Road,**

**Bristol BS6 5SH**

**Tel: 0117 973584**

**Email: [ann@bowesUK.co.uk](mailto:ann@bowesUK.co.uk)**

# EDITORIAL



Over the Christmas break, I have been reflecting on how my practice has changed over the past few years. It seems to me that, in general, there is much more short-term work to be done than long-term in-depth work. There was a time when I would have been a little unsatisfied with that, but now I see it differently. The advent of EAPs has created an abundance of short-term work, with people, many of whom would never have gone near a therapy room.

Jennifer Elton-Wilson, in her book on “Time-Conscious Psychological Therapy”, talks about clients who are “Just visiting” for about six sessions - in other words, testing out the water to see if the therapist and/or the process is trustworthy. They will then often return, frequently after some considerable time, to do the real work.

My experience has been that many clients will come and do a brief, but entirely satisfactory piece of work, and then return once, or several times, to do more. This is sometimes on rather different issues, until they have completed what they need to do.

It seems to me that, although there are always issues that could, with benefit, be excavated and worked through, there is also a right time to stop, the difficulty being as to how to decide when enough is enough. In the end, that has to be determined by the wisdom of the client. Indeed, there is probably something deeply respectful about encouraging the client to finish in the shortest possible time required to make the changes he or she wishes to make at a particular time, even if there will be more to do later.

I now suspect that, despite the particular benefits of long-term therapy, there may be some therapeutic advantages to be gained from clients doing numerous pieces of short-term work. Just as it is true that in all therapy, work continues between sessions *(Continued on p 9)*



## 2010 – Spring/Summer Terms PROGRAMME

### Monday 18<sup>th</sup> January 2010

- Title** *What is Embodied Relational Therapy?*
- Speaker** **Allison Priestman** works as a counsellor, body psychotherapist, supervisor and trainer in private practice in Stroud. With Nick Totton she co-leads a year long training course in Embodied-Relational Therapy. She is accredited through the Independent Practitioners Network. [www.allisonpriestman.co.uk](http://www.allisonpriestman.co.uk)

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

- Title** *An Insight into Attachments & Neuroscience*
- Speaker** **Dr. Glynn Hudson-Allez** has a BSc (Hons) and a PhD in Psychology from the University of Bristol, and an MSc in Applied Forensic Psychology from the University of Leicester. She is a Chartered Psychologist on the BPS Register. She is an Accredited Psychosexual Therapist and on the UKCP Register. She is also a CPC Registered Counsellor and has a diploma and certificates in various forms of counselling. [www.therapy4u.co.uk](http://www.therapy4u.co.uk)

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

- Title** *Working Systemically with Families , Couples and Individuals*

*cient Myth to Modern Healing: Themis: Goddess of Heart and Soul, Justice and Reconciliation* (co-authored with Pamela Donleavy, 2008).

**Dr. Brian Stevenson** is a practicing psychiatrist specializing in addictive behaviour, working in a community drug team. Having graduated from ISAP (Zurich) he also works as a Jungian analyst in private practice in Leicester, and is a member of IGAP and the UKCP. He is interested in the mysterious interaction between body and mind and is involved in a joint Pain and Addiction clinic. Presentations have included one on supervision 'Murderous Fantasies', presented to New Directions in the Study of Alcohol Group, and published by them in 2007, and 'Stuck in the Body - some reflections on chronic pain and the doctor-patient relationship' in Bristol, 2007.

**Richard Wainwright** is a Jungian Analyst and Psychodynamic Psychotherapist and Supervisor with a private practice in London. He also teaches and supervises in Kiev. Between 1991 – 2003 he was Senior Lecturer in Dramatherapy at the University of Hertfordshire. He has contributed several papers and workshops to International Conferences in Europe and South America on the theme of Embodied Imagination and Movement.



der-member of the Southern African Association of Jungian Analysts in Cape Town. He has lectured broadly, principally here and in South Africa but also in Australia, Switzerland, and the United States. He is currently chairman of the CG Jung Analytical Psychology Club, London, and ex officio Editor of 'Harvest'.

**Dr. Gottfried M. Heuer** is a Jungian Training Analyst and Supervisor with the Association of Jungian Analysts, and a Biodynamic Body-psychotherapist and Trainer, in private practice in West London. With 35 years of clinical practice, he has published widely on the links between analysis, radical politics, body-psychotherapy and spirituality, and on the history of analysis in English, German, Finnish, French, Portuguese, and Serbo-Croat. He has contributed papers to *The Journal of Analytical Psychology*, *The International Journal of Psychoanalysis*, *Harvest*, *The International Journal of Jungian Studies*, and *Spring* (in press), et al.

**Deirdre Johnson** is a member of the Association of Jungian Analysts where she is a Training Analyst. She has had her own practice for over twenty years, has taught on many Counselling and Psychotherapy trainings, and has given workshops for Continuing Professional Development for many organisations. Her special interest lies in bringing together the various psychodynamic and depth psychology theories in the context of an understanding of healthy functioning. Her book *'Love, Bondage or Liberation: a psychological exploration of the meaning, values, and dangers of falling in love'* is due to be published by Karnac in 2010.

**Rob Porteous** spent 28 years as an English teacher before training as a counsellor at BCPC. From 1998 to 2003 he was administrator of the Jung Lectures in Bristol. For the past ten years he has worked as a counsellor in private practice and, one day a week, in a GP surgery. He is currently a member of the boards of two charities, *Travelling Light Theatre*, and *Bristol Refugee Rights*. He is also a member of *Transition BS3*, a local group focusing on climate change.

**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. Her books include: *Athene: Image and Energy* (1998) and *When a Princess Dies* (with Jane Haynes, 1998). Her most recent book is *From An-*

**Speaker**

**Arianna Faris** is an experienced therapist, supervisor and freelance trainer. She has worked over the last 15 years in a wide range of contexts including family therapy, student counselling, the addictions field, employee counselling, cross-cultural therapy and group work and in private practice. [www.changetalk.co.uk](http://www.changetalk.co.uk)

**Monday 19<sup>th</sup> April**

**Title**

*The Invisibility of Whiteness within the Intersubjective Field of the Therapeutic Encounter*

**Speaker**

**Judy Ryde**, PhD is a founder of Bath Centre for Psychotherapy and Counselling. She is the co-founder and past chair for Psychotherapists and Counsellors for Social Responsibility. Her book 'Being White in the Helping Professions: Developing Effective Intercultural Working', has been published. She leads a project for psychotherapy and counselling with refugees and asylum seekers. [judy.ryde@cstd.co.uk](mailto:judy.ryde@cstd.co.uk)

**Monday 17<sup>th</sup> May**

**Title**

*A Matter of Fact " Can a dialogic approach to therapy taking into account embodiment and bodily memories be as healing as a "Mind over Matter" approach?*

**Speaker**

**Judith Gregory** is a Gestalt Therapist in private practice who has been practicing for 25yrs. Judith was a founder member of Gestalt Southwest and a trainer at BCPC for 7yrs as well as being involved in the Gestalt training and personal development groups at UWE over a period of 20yrs.

**Monday 7<sup>th</sup> June**

**Title**

*CBT and Disordered Eating*

**Speaker**

**Janet Grey** is a CBT therapist with a particular interest in working with eating disorders and obesity. She is keen to dispel the view that CBT is clinical and mechanistic and she aims to demonstrate how CBT can work effectively within a caring therapeutic relationship.

## GROUP ANALYSIS SOUTH WEST

### Annual Lecture

**Caution: Hard Hats required – building work in progress – you are entering the Teenage Brain!**

#### Speakers:

**Gaynor Maxwell-Scott** is a group analyst working in the NHS and Education, as well as in private practice. Her particular interest lies in the neurological development of the brain, specifically current research into the effects of trauma upon the developing adolescent brain.

**Jill White** is a psychodynamic counsellor in private practice and, as a school counsellor and group facilitator, works in a girls' boarding school. She has worked therapeutically with young people who are emotionally disturbed, marginalized and traumatized by their early histories.

**Date:** Saturday, 6 March 2010

**Venue:** Cardinal Newman House,  
Wonford Road, Exeter EX3 4PF

**Time:** 10.30 a.m. to 1.30 p.m. (Coffee at 10.00 a.m.)

**Cost:** £20 at the door (to reserve tickets leave a message on 0117 9423343 giving your contact telephone number and the number of tickets required)

*CPD Certificates will be issued on request*

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Please return this form, with your cheque made payable to Group Analysis South West, 12 Sydenham Road, Bristol BS6 5SH Tel: 0117 9423343, email [gasw@ukonline.co.uk](mailto:gasw@ukonline.co.uk)

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### *C G Jung Public Lectures (contd.)*

**Venue:** The Upper Room, Redland Park United Reformed Church,  
Whiteladies Road, Bristol.  
10.30am – 1pm

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

No advanced booking is necessary.

A bookstall is provided by Green Spirit Books

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## SPEAKERS AT THE JUNG LECTURES

**Lindsay Clarke** is the author of 6 novels including *The Chymical Wedding* which won the Whitbread Fiction Prize. He teaches on the MA Creative Writing programme at the University of Cardiff, runs writing workshops in Bath and London, and has lectured on creativity in Northern Ireland, at Dartington Conferences, and in Germany, Poland, and elsewhere. A new novel will appear in 2010.

**Julian David** is a Jungian Analyst, trained at Zurich, and a long-time resident in Devon. He was a founder-member of the Independent Group of Analytical Psychologists, London, and a onetime Convenor and later foun-

**C.G. JUNG  
PUBLIC LECTURES, BRISTOL  
2009/10**

9th January:

**Rob Porteous**

Beyond the Rules: An exploration of the relationship between order and disorder.

13th February:

**Lindsay Clarke**

Creativity and the Cuniunctio.

13th March:

**Richard Wainwright**

Learning to Move:  
Imagination and the Living Body.

10th April:

To be announced.

8th May:

**Dr. Brian Stevenson**

Science and Psychology:  
Enriching or impoverishing metaphors?

12th June:

Deirdre Johnson

Love: Bondage or Liberation?  
The meaning, values, and dangers of falling in love.

**BOOK REVIEW**

**Why Good People Do Bad Things-  
Understanding Our *Darker Selves***

**James Hollis**

New York, Gotham Books (2007), 272 pages

ISBN: 978-1592403417 (paperback)

Amazon price: £10.06



The work of James Hollis is familiar to many, as he became well known with his 1993 classic *The Middle Passage; From Misery to Meaning in Midlife*. He has published eleven books since then changing publishers in 2005 from a small Canadian publisher specialising in studies in Jungian Psychology by Jungian analysts (Inner City Books) to the Penguin Group. Presumably this would be to access a larger readership base and in fact, the title could imply that this could be but another self-help book so popular in America. However this is not the case: there is no indication that his approach is any less considered or scholarly than in his previous books.

Hollis opens with a clear statement of the topic:

“ This book operates from a central thesis that is relatively unknown to the general public but is a truism for depth psychology, namely, that the that the human psyche is not a single, unitary, or unified thing, as the ego wants to believe. It is diverse, multiplici-

tous, and divided...always divided.”

His simplest and most functional definition of “the Shadow is composed of all those aspects of ourselves that have a tendency to make us uncomfortable with ourselves. The Shadow is not what is unconscious, it is what discomfords the sense of self we wish to have”.

The book is organized starting with the personal and immediate where he considers the forms of shadow expression, the ego’s defenses, the cost of necessary adaptations and our “anxiety management systems” among others.

Hollis then moves in what he terms ever -widening circles to the field of intimate relationship, the collective shadow- moving into the workplace, organizations and institutions. Next, the historic is considered (The Shadow of Modernism) and finally the cosmic (the Shadow of God) before returning to the personal with an exploration of and suggestions for our own Shadow work.

Hollis invites us to a disturbing dialogue with ourselves and our world , never promising us an end to suffering but suggesting the possibility of fascinating and revealing insights.

Throughout, the theory discussed is peppered with rich illustrations from literature, personal anecdotes as well as case histories of his clients. Each chapter is prefaced by quotes from such diverse thinkers as Bertrand Russell to Rumi which I can only describe as delicious.

Having read and been highly stimulated by a number of James Hollis’s books, I was disappointed that many topics covered here were not new material. For example, the chapter on intimate relationships is roughly a synopsis of *The Eden Project: In Search of the Magical Other* (1998). The same holds true for the last chapter on Shadow work which is an abridgement of *On This Journey We Call Our Life: Living the Questions* (2003).

## **Group Analytic Network (West)**

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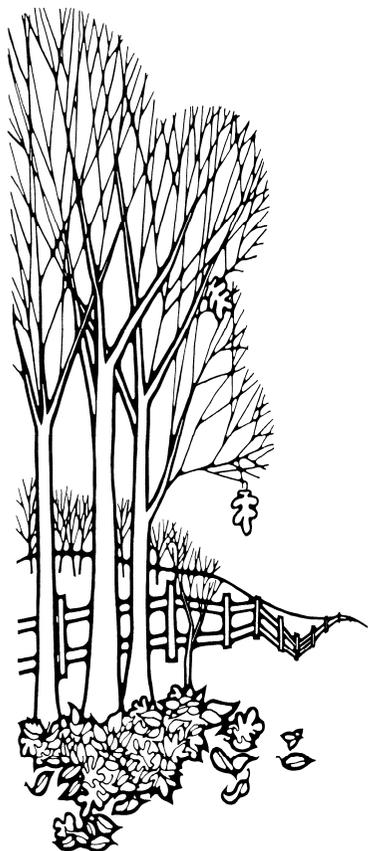
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**Times: 5.30 p.m. to 8.30 p.m.**

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Jayne Herbert, Group Analytic Network (West),  
12 Sydenham Road, Bristol BS6 5SH  
Tel: 0117 9441005  
Email: GroupAnalyticTra@aol.com**



## COPY FOR THE NEXT BULLETIN

The next edition of the Bulletin will be published in April 2010. Copy for this should reach the editor by 1st March 2010 preferably in Word format, either on a disk or as an e-mail attachment.

Please send your copy to John Ruffle at e-mail:  
John@vicpress01.freeseve.co.uk)  
Tel. 01278 788322.

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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.freeseve.co.uk. You can also advertise your events and workshops at very modest rates (see page 2). We really do need your contributions.

This by no means detracts from the insights to be gained from his rich investigation of the human soul. In fact, if you have not encountered his work before, this book provides an excellent fusion of his writing.

*Josie Eckoldt*

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### Editorial, (continued from page 3)

(often some of the most significant work). It is also frequently true that work continues at a slow, but deep level, during longer breaks in therapy.

In many ways, the evolution of therapy in the ways that are evident in today's world, is something to be embraced — not least for the increased accessibility of counselling and psychotherapy to a much wider cross-section of society. Maybe too, the short-term nature of much of the therapist's work can sometimes be seen as an advantage, rather than as a hindrance to the therapeutic process.

*John Ruffle*



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Bristol BS10 5LL

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