

Dr. Hebe Welbourn trained in medicine during the war, then she and her husband went to Uganda in 1946. Based in Makerere, she ran a Malnutrition Prevention clinic and published some work about maternal deprivation as a factor in malnutrition. On their return to the UK she spent an academic year at the Tavistock Clinic in 1962 followed by 3 years working in child health clinics in London. After they moved to Bristol there followed years of work involving children with disabilities while also struggling with an adolescent adopted family, and caring for her husband who became terminally ill. He died in 1986, and she went on to train as a lay reader in the Church of England. In 1991 she was appointed to Elsie Briggs House of Ecumenical Contemplative Prayer where she lived as “Resident Hermit” until 2004.

Nigel Wellings has been interested in the relationship between psychotherapy and spirituality since his early twenties. He is a professional member of the Association of Independent Psychotherapists and College of Psychoanalysts. He is registered with the Council for Psychoanalysis and Jungian Analysis section of the UK Council for Psychotherapy. He has been a Director of Training at the Centre for Transpersonal Psychology and is a founding member of the Forum for Contemplative Studies.



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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, 1st December, 1st March and 1st 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. Copy for the Bulletin should be sent to John Ruffle, Tel. 01278 788322, e-mail: john@vicpress01.freereserve.co.uk (please send an attached file when sending copy via e-mail).

C.G. JUNG PUBLIC LECTURES, BRISTOL 20010/11

9th April:

Hebe Welbourn

The Drama of the Icon of St. George:
Talk and Workshop.

14th May:

Nigel Wellings

"Something on Psychotherapy and
Buddhism – Hopefully it will be interesting!"

11th June:

Matthew Harwood

Working at the Edge:
The Boundary between Mind and Body. (*Contd.*)

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

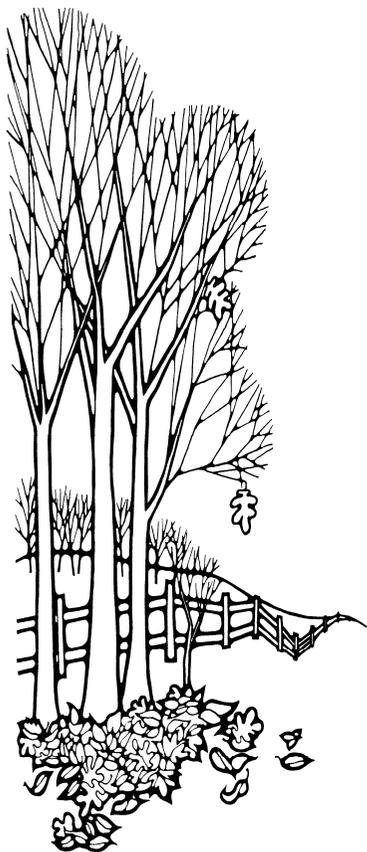
*Cost: Members £8, Non-Members £10, Concessions £5
No advanced booking is necessary.*

*A bookstall is provided by Green Spirit Books
Tel: 01380 726224 email: greenspiritbooks@btinternet.com*

*For further details contact: Jen Madden
Tel. 01242 300452 email: jennadden@talktalk.net*

Speakers at Jung Lectures

Matthew Harwood is a Jungian Analyst and Psychotherapist with a private practice in the Bath and Bristol area. He trained at the CG Jung Institute in Zurich. He is a senior analyst with the Independent Group of Analytical Psychologists and the Guild of Analytical Psychology and Spirituality. He runs regular dream groups and has lectured widely in the UK and overseas.



COPY FOR THE NEXT BULLETIN

The next edition of the Bulletin will be published in September 2011. Copy for this should reach the editor by 1st August 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.freeserve.co.uk)
Tel. 01278 788322.

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

EDITORIAL



Couples counsellors have long been aware that very many couples who present for counselling, experience at some level, difficulties in communication. The reasons for that may be very varied, including issues of trust, habitual attachment styles, a lack of common ground between the two partners, familial role models and so on.

What is not always so obvious is that there are often cultural and lifestyle issues which frequently underpin the other issues. Just as, nationally, we have clearly been living beyond our means for a very long time, so individually and personally this is often the case as well. Time and emotional energy gets relentlessly absorbed as we try to maintain lifestyles of which our ancestors could scarcely have dreamed, so that there is often little left to cultivate or even allow the two-way process of communication.

For many couples, at the end of a long day, there is little opportunity or energy for listening to each other's deeply felt longings or sharing deeply held hopes and fears. It may be that the conversation does not go far beyond a discussion about who will take the children to school tomorrow, or who will do the food shopping or cooking.

Perhaps there is a case for education, at a relatively early age, about the importance of living within our means in terms of energy and time commitment as a priority which makes possible satisfying relationships. That, of course, does not just apply to couples, but to those who are single and seeking to form meaningful relationships with friends and other members of their own families.

What is certainly self-evident is that a good deal of couples work, for counsellors, will continue to be educative in terms of encouraging clients to look at possible ways of adjusting their lifestyle and even, sometimes, their material aspirations to allow the growth of a healthy and satisfying relationship.

John Ruffle

TALKS AND WORKSHOPS ON
Counselling & Psychotherapy
BRISTOL PSYCHOTHERAPY ASSOCIATION

2011 – Spring/Summer/Autumn Terms
PROGRAMME

Monday 4th April

Don't worry, be happy! An exploration of what happens when anxiety is repressed.

Speaker: Fiona Gardner is a psychoanalytic psychotherapist currently working as award leader for the MA in Counselling and Psychotherapy Practice at Bath Spa University. She is the author of four books including *Researching, Reflecting and Writing about Work* co-edited with Steve Coombs (Routledge 2010).

Monday 16th May

How to work when therapy isn't working. Embodied pathways towards resolving impasses, breakdowns and enactments.

Speaker: Michael Soth is an experienced therapist, supervisor and trainer who has been practicing as well as teaching counsellors and psychotherapists for more than two decades. For many years he worked as Training Director of the Chiron Centre for Body Psychotherapy.
www.soth.co.uk

Monday 6th June

Life stories: a relevant research approach for counsellors and psychotherapists.



West Midlands Institute of Psychotherapy
36 Harborne Road, Edgbaston, Birmingham B15 3AF
Tel/Fax: 0121 455 7888
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This training, which commenced in 1990, leads to Associate Professional Membership of the West Midlands Institute of Psychotherapy and to registration with the CPJA Section of the UKCP.

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The fees for 2010-2011 are £681 per term. Students meet their own fees for therapy and for individual supervision.

Applications for admission are now being considered.

The course prospectus and the seminar programme can be obtained from:
Mrs Carmela Bilingham, The TCPP Administrator
Tel: 0793 925 5534 E-mail: tcpp@wmip.org

**Committee Members: Helen Flanagan (Chair)
Rosie Hogg, Helen Maté, Christine Pitt (Admissions Tutor)**

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Group Analytic Network (West)

Introductory Course in Group Analysis

including its theory and application in both
clinical and organisational settings

Venue: Cedar House, Blackberry Hill Hospital
Frenchay, Bristol

Dates: Mondays: 11 October 2010 – 27 June 2011

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

Fees: £840 payable in three termly instalments
Plus a £50 registration fee

Application forms and further information from:
Jayne Herbert, Group Analytic Network (West),
12 Sydenham Road, Bristol BS6 5SH
Tel: 0117 9441005
Email: GroupAnalyticTra@aol.com

Speaker: Kim Etherington is a counsellor, supervisor, trainer and consultant for statutory and voluntary agencies, nationally and internationally. She has published extensively, particularly in the areas of trauma, abuse and narrative therapy. kim.etherington.com

All meetings are held at the Randall Room, at the rear of All Saints' Church, at the Pembroke Road end of Alma Vale Road, Clifton (up 10 steps, with lift then available). Evening meetings start at 7.30 pm. There is a break in the middle of the evening for refreshments, which also gives an opportunity for networking. The meetings end at 9.30 pm.

BIRDWELL CLINIC

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Birdwell Clinic is a therapy centre located in Long Ashton -convenient for North Somerset & South Bristol and with free parking

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We offer kitchen/rest space and reception support if required

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01275 393149 or email admin@birdwellclinic.co.uk

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Listening Skills

For living and working in a diverse society

This popular introductory course is running in the spring/summer of 2011. It will be led by BCPC Foundation tutor Ounkar Kaur, assisted by Trish Barton if the group has more than eight members (for information about tutors see below)

Wednesday evenings in Bath (10 sessions)

Times: 6.30pm – 9.30pm

Dates: 11 May 2011 – 13 July 2011 inclusive

Venue: BCPC, 1 Walcot Terrace, London Road, Bath BA1 6AB

Fees

The Listening Skills course costs £220.00. Please make your cheque payable to BCPC and send it in together with your application. Places will be allocated on a first come, first served basis.

Your acceptance of a place on this course is a contractual commitment to pay the full fee and refunds are not permitted if for any reason you do not complete the course.

Course information

This course is designed to meet two needs:

- 1) To help people to increase their skills in listening and responding well, and to embrace cultural difference.
- 2) To provide an introduction to BCPC's experiential teaching style and core values for people considering applying for our Foundation Certificate. This course might also help those considering a career change to a people-related job.

This course explores cross-cultural differences and needs, and those who work or would like to work in a multi-cultural setting may find it of particular interest. BCPC is keen to encourage those from minority ethnic groups to attend this course. There are very few trained counsellors to meet the needs of these communities. A Scholarship Fund is available to help with course fees for individuals from minority ethnic groups who would otherwise have difficulty in meeting course fees.

Course content

- o Exploring assumptions and prejudices in relation to diversity
- o Working towards an understanding of difference
- o Researching 'difference and diversity'
- o Developing appropriate listening skills with diverse groups
- o Using the 'core conditions' set out by Carl Rogers in listening work
- o Using the 'core conditions' to develop cultural sensitivity
- o Developing cultural awareness of self and other

Each session will include a seminar, skills practice and an open discussion group.

GROUP ANALYTIC NETWORK (WEST)

WEEKEND WORKSHOP

AN INTRODUCTION TO GROUP ANALYSIS

Dates:	1st & 2nd July 2011	Aims: The workshop aims to provide an introductory experience of group analysis, a way of understanding, thinking about and experiencing group dynamics and group behaviour. The group-analytic perspective is relevant to all group functioning and can enhance one's effectiveness through group experiences.
Venue:	Cotham, Bristol	
Times:	Friday, 7 pm – 9.30 pm Saturday, 10 am – 4.30 pm	Content: The workshop consists of experiential and median groups, with some theoretical input.
Cost:	£95 plus £15 reg. fee.	Object: The purpose is to learn about ourselves and group processes from the 'here and now' experience within the group.
Staff:	Alex Collins Deirdre Sutton-Smith	For Whom: The workshop will be useful for all those who are interested and involved in groups, including naturally occurring groups as well as those who are facilitating groups in a variety of work settings.

It is important that participants stay for the duration of the Workshop, as it is experiential. The Workshop is not residential. Refreshments and lunch on Saturday will be provided.

This is a Continuing Professional Development Workshop

Please complete and return this application form to:

The Training Co-ordinator, GAN (West), 12 Sydenham Road, Bristol BS6 5SH

Tel: 0117 9441005 email: ganwest@btinternet.co.uk

I wish to attend the Weekend Workshop "An Introduction to Group Analysis" on 1 & 2 July 2011 and enclose a cheque for £15 made payable to Group Analytic Network (West).

PLEASE USE BLOCK CAPITALS:

Title:.....First Name:.....Surname:.....

Address:.....

.....Post Code:.....

Telephone (day):.....email:.....

Please describe Ethnicity:.....Age:.....Male Female

.Please indicate any special dietary requirements:.....

We'd Like to Hear your Views

Each year, the committee arranges talks for the programme. However, sometimes it's like flying blind, and we'd love to hear your views. Do you enjoy them or not? Are the subjects about things you want to hear, or are there other things you would like to see included?

Please tell the members of the committee what you think, either at one of the meetings, or by e-mail. The names and e-mail addresses of the committee are on page 2 of this Bulletin.



Ounkar Kaur MSc, Dip. Counselling, MBACP. Ounkar was instrumental in setting up and developing the Asian Women's Counselling Service in Bristol. She has an interest and commitment to making mainstream Mental Health Services more responsive and sensitive to the needs of people from BME communities. She has a small private practice in Bristol and is an accredited Race Equality Trainer.

Trish Barton MA HIP, Dip HIP, Cert Ed (FE), UKCP Reg., MBACP. Trish is a psychotherapist and works in private practice in Bristol. She is a supervisor for Bristol MIND and a tutor for Bristol City Council's Adult Learning Service where she runs courses and workshops for their Health and Well Being programme.

BCPC, 1 Walcot Terrace, London Rd, Bath BA1 6AB
Office: 01225 429720
Email: mail@bcpc.org.uk www.bcpc.org.uk

To apply, please complete the form below and return it to the above address with a covering letter saying why you want to do this course and a cheque for £220.00 payable to BCPC.



Application Form

Listening Skills Course

Name:	
Address:	
Post code:	
Email:	
Phone (day):	Phone (evening):

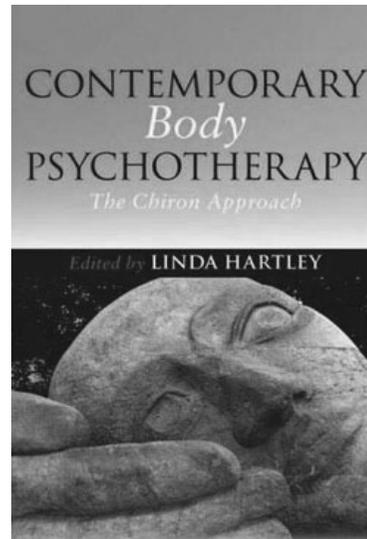
Where did you hear about this course?

BOOK REVIEW

Contemporary Body Psychotherapy: The Chiron Approach

Edited by Linda Hartley

Pub. Routledge 2009



This collection of papers is written by former trainers and graduates of the Chiron Centre training in Body Psychotherapy in Ealing, west London. This training closed a few years ago, giving this book the multiple functions of exposition, celebration and memorial. This volume is edited by Linda Hartley and is not to be confused with the earlier 2001 book 'Body Psychotherapy' edited by Tree Staunton which was also associated with the Chiron Centre.

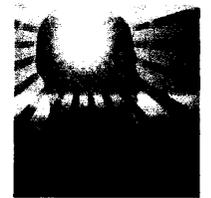
Although I have to admit to some considerable bias, being a Chiron-trained practitioner myself, I am convinced that this book is of interest not only to those of us that have some body-related element in our practice and training but will also be stimulating and thought-provoking to others in the psychotherapeutic and counselling field.

In undertaking the difficult, painful and challenging process of expanding and adapting the initial body psychotherapy model to fully incorporate and utilise relational understanding Chiron trainers and therapists have had to re-examine and question many comforting and cherished assumptions and fundamentals. I feel that the freshness and immediacy of many of their contributions to this book is evidence that they are ready to continue this questioning.

The focus of the book is frequently on conflict, both the conflicts and dilemmas felt by the therapist and conflicts in which clients are habitu-



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Clinical Training (part time): Qualifying training in psychoanalytic psychotherapy, including theoretical and clinical seminars and supervised case work leads to membership of SIP and British Psychoanalytic Council registration. Application open to those with relevant professional experience who have completed the Pre-Clinical Courses or their equivalent.

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and multiple levels of ‘somatic disorganisation’ and systemic ‘dysregulation’ involved. He speaks of the parallels with working with trauma and describes how embodied attention on the part of the therapist ‘can not only contain distress and dissociated experiences by metabolising anxiety and affect states, but also model their integration.’

Jane Clark relates two very different case studies in the context of ‘Facing the Abuser in the Abused’ and the resulting ‘traumatic counter-transference’.

In the last section John Waterston gives an account of psychotherapy in the context of the Balkans and states that in this context ‘the construction of the psyche and in particular the ego identifications, are centred less around the family scene than towards the nation state and the specifics of its history’. This closing chapter brings us neatly back to the political arena which as Bernd Eiden relates in the first chapter provided the initial impetus which led to the creation of the Chiron Centre!

Terry Davey



ally caught. These conflicts allow of no easy resolution and the full embodied experience of the often painful emotional depths involved is a recurring theme.

Linda Hartley has taken a very active approach to editing and in addition to the Introduction and Concluding Words, also provides introductions to each of the main sections, giving the book a coherence that it might not otherwise possess.

The book is divided into three main sections:

- ‘Ground and Roots’: which gives the history of the training and some of the approaches involved
- ‘The Crucible’: An account of some of the theoretical shifts and issues involved in the development of Chiron
- ‘Intimate Perspectives’ which is mainly focussed on clinical application

A final section contains a solitary chapter on psychotherapy in a political context viz. in the one of the former Yugoslav states.

The opening chapter is by Bernd Eiden, one of the three founders of the Chiron Centre and training. He begins with an account of the development of psychotherapeutic work and its somatic aspects with Freud and Wilhelm Reich. He and the other co-founders gained their interest in Reichian work when they were engaged with the political left in Berlin. Chiron was founded after they came to London to study biodynamic psychotherapy with Gerda Boyesen. Eiden describes in detail the initial foundations of their approach and its development over time, including on the way a thorough analysis of the consequences of the therapeutic decision to either involve or to exclude touch. The ‘relational turn’, the integrative introduction of transference, counter-transference and the intersubjective space as fundamental to understanding of the therapeutic process, is described in its historical context.

Following this, Monika Schaible relates the origins of biodynamic massage and its practice in some detail, from Gerda Boyesen to support from recent neuroscience in the writings of Michael Gershon. She states that biodynamic massage techniques have ‘proven to be invaluable, particularly for clients with very early disturbances and fragile self-structures who cannot benefit from more verbally oriented models’ and this

‘enables self-actualization and integration’. In this context repressed infantile responses (e.g. sucking, kicking, biting, spitting) are to be identified and owned.

A chapter on Gestalt body psychotherapy by Alun Reynolds completes the ‘Ground and Roots’ section, giving the origins of this section of the course and a somewhat didactic account of the techniques taught for increasing sensory awareness. The clear and obvious parallels with mindfulness practices are unfortunately not acknowledged or explored, but this chapter clearly sets the scene for the shift to a more complex understanding of the client’s process at Chiron and the ‘relational turn’ that followed.

We now move into the section entitled “The Crucible” beginning with a chapter by Michael Soth. He takes us through the changes at Chiron by first considering models of change, describing the changes with a mixture of broad-brush philosophical concepts (doctor-patient dualism, mind-body dualism) and then mapping their deconstruction and transcendence. This might sound indigestible – it is not because it is described with such clarity (and diagrams!), and is combined with an almost confessional account of Soth’s personal and professional journey over this period. He finishes with a relational conclusion that the clients wounding will inevitably be brought into and re-enacted in the therapeutic relationship and with the glimmer of another quantum change on the horizon.

In the next chapter, entitled ‘Self-Regulation – an evolving concept’ Roz Carroll takes us from an understanding of self-regulation as a belief that ‘the bodymind has an intrinsic momentum towards health beyond any rational cognitive or even reflective process’ towards a more complex and less idealised concept of the self-regulation as an ability normally acquired during maternal nurture and interplay. She moves from there to a concept of self-regulation as a complex interplay between somatic self-awareness and intersubjective regulation.

In her chapter Shoshi Asheri expands on Eiden’s earlier discussion of the use of touch and examines how the integration of a relational approach and understanding impacts body psychotherapy practice to ‘creatively negotiate the paradox between touch as a medicalised intervention and touch as relational event.’ Asheri talks of ‘touch to facilitate non-verbal communication and fantasy and support deep-

ening capacities for movement and sensate awareness.’ She illustrates this discussion with two very different case studies.

Carmen Ablack describes an approach to diversity which is embodied and if accepted and embraced leads us from ‘numbness’ to a ‘dynamic diversity and synthesis leading to an enriched humanity that has an elusive and almost unknowable beingness.’

The book continues with ‘Intimate Perspectives:’ chapters detailing individual applications and case studies, which if I gave them the space they deserved would make this review unacceptably verbose. So I will provide just a short paragraph on each.

Kathryn Stauffer, a former biochemist, looks critically at the presumed validating relationship between neuroscience and psychotherapy and posits that the primary assigned role of neuroscience findings in clinical practice has been to ‘ego-build’ in order to ‘contain distress, both the client’s and the therapist’s.’ She concludes that the findings of neuroscience may potentially be misused by the therapist as a defence, but may also be useful ‘to the extent that the profession (psychotherapy) needs ego-building.’

In the next chapter ‘Working with psychosomatic distress and developmental trauma: a clinical illustration’, Margaret Landale describes working with the vicious cycle of the psychosomatic anxiety, first by ‘lowering arousal by building a practical alliance’ and then by a ‘mindful enquiry into the symptoms by the imaging process.’

Anne-Marie Keary examines the profound discomfort and even terror the able-bodied often feel in relation to the disabled. She examines this both as a the parent of a disabled child and through her work with a disabled client, facing “how to look at the unbearable”, how to live with such “publically visible.. imperfection”. She describes it with passion as being not only excruciating but also unimaginably isolating.

Morit Heitzler describes an integrative approach to trauma work through a case study, using EMDR and body work in brief therapy over 12 sessions while retaining an awareness of the transference process.

The chapter on ‘The Borderline Relationship’ by Tom Warnecke covers not only the relational aspects of BPD but also describes the profound