

Continuing Professional Development



Maggie Turp

is a psychodynamic psychotherapist and supervisor in private practice and a chartered psychologist. Her academic career has included lectureships at the University of Reading and at Birkbeck College, London. Since retiring from mainstream academic life, she has been an external examiner and visiting lecturer at the Tavistock and Portman NHS Trust.

For the past decade, Maggie's educational work has included the provision of CPD training workshops for regionally based associations of counsellors and psychotherapists. These reflect her longstanding interest in the emergence of psychological distress in the physical realm and the enduring nature of early, body-centred modes of relating. The clinical themes addressed in the workshops include self-harm, depression, psychosomatic illness, and the aftermath of trauma. An emerging area of interest is in thinking through and managing the balance between psychodynamic and narrative dimensions of the therapeutic encounter

Maggie is a member of the Editorial Boards of the journals 'Psychodynamic Practice' and 'Infant Observation'. Her publications include several journal papers and two books, 'Psychosomatic Health: the body and the word' (2001 Palgrave) and 'Hidden Self-Harm: narratives from psychotherapy' (2003 Jessica Kingsley). She is currently working on a novel and on a third psychotherapy book: 'What brings you? Encounters in psychotherapy'. She welcomes correspondence at maggieturnp@googlemail.com

Working with 'hard to reach' patients

In this workshop, we will shine a spotlight on the dynamics in play when a patient/client is experienced as 'hard to reach'. We will be thinking about patients who are under-reactive, apparently insulated, as in some cases of depression and also those who are over-reactive, apt to feel easily intruded upon and given to angry outbursts against the therapist 'intruder'.

With the help of clinical examples, we will consider the past experiences that may have given rise to difficulties of this nature, drawing on both psychodynamic theory and neuroscience understandings of self-regulatory mechanisms. We will also share and discuss countertransference responses to these situations, which can range from feeling desperate to break through on the one hand to feeling one has to tiptoe around, always wary of 'rocking the boat', on the other.

There will be opportunities for live supervision of work with 'hard to reach' patients and participants are invited to bring along examples from their clinical practice for reflection and discussion.

TARGET GROUPS: All years of Study

Some of the MHFP Learning Outcomes for this workshop can be found overleaf.

Wednesday 25th March 2020

MHFP

Time: 9:30am —5:30pm

Venue: Metanoia Institute, 13 North Common Road, Ealing W5 2QB

Metanoia Members: £70

Non-Members: £90

To secure your place complete our CPD Booking request form and return to CPD@metanoia.ac.uk

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This workshop will cover some of the following MHFP Learning Outcomes

Knowledge of and ability to work with a social responsibility framework

The first learning outcome revolves around psychotherapists being required to have a grasp of the historical and cultural influences on societal understanding of, and attitudes to, mental health and illness and to develop a capacity to work reflexively within a social responsibility framework. To gain this learning outcome you should have knowledge and experience of:

- Historical and cultural models of mental health, illness and care.
- The influence of socio-economics, class, gender, disability, age, culture, religion, race and sexuality on the incidence, definition, diagnosis and treatment of mental illness and mental health.

Knowledge of and the ability to work within a wider system of care.

Psychotherapists will also require sensitivity and awareness that equips them to work alongside other mental health services in the field. Learning in this area should enable you to:

- Be able to recognise clients with more complex, significant, enduring or exceptional needs;
- Know how and when to refer on to appropriate professional agencies;
- Understand how to offer, when necessary, psychotherapy as part of an appropriate package of care
- Demonstrate an informed and critical awareness of the differences in paradigms between the medical model and a psychotherapeutic approach.

Knowledge and awareness of diagnosis and treatment in the context of UK mental health care services

Psychotherapists will need to gain an appreciation of how other mental health services in the field operate so that they are equipped to work alongside them, if their client work necessitates this. Learning in this area should give you an understanding of the following:

Understanding and appreciation of different professional and personal roles in mental health care

A knowledge and appreciation of different models of assessment, including a medical model.

The final learning outcome relates to psychotherapists gaining an understanding of, but not restricted to the medical model of assessment. This should include

- Recognising complex and enduring mental illness.
- Current debates around evidence-based treatment.