

Continuing Professional Development



Lorna Evans

Lorna Evans is a Psychotherapist, holding an MSc in Body Awareness & Psychotherapy. Proudly integrating Psychotherapy and body work with a focus on Body, Breath & Movement for treatment of Trauma, anxiety & depression. Recently working with The Discovery Channel, BBC & SKY on documentaries to promote her passion for this area. Alongside her clinical practise, Lorna is very proud to teach at NHS Recovery College, Mind & Blue Sky Trust (HIV). For over 20 years Lorna has been a yoga practitioner and teacher, due to experiencing the positive psychological benefits of yoga for herself. Lorna now works with leaders in the field of trauma informed / sensitive yoga and neuroscience and is

Body Talk: Working with the Unspoken.

A workshop for counsellors and psychotherapists interested in deeply exploring body awareness in therapy and illuminating working with non-verbal phenomena and countertransference.

Mind and body are fully integrated and what the therapist notices in the client's body, or experiences in her own body, energy, tension, holding or other non-verbal phenomena is vital to bring into awareness and into the work with our clients. Today, our clinical work with traumatised and abused clients, both adult and child, coupled with recent neuroscience research, emphasises how trauma is held in the body and how a bodily understanding is essential for therapists working with trauma, anxiety and depression.

This workshop will deeply explore body awareness in therapy and illuminate working with non-verbal phenomena and countertransference. We will draw on a range of body psychotherapy theory, clinical examples and group discussions, whilst reflecting on the therapists felt countertransference in her own body.

We will incorporate a newer understanding of the Autonomic Nervous System, Poly Vagal Theory, the Breath, Movement and felt energy in the therapist's body as key pillars of the day.

During the workshop we will explore:

Key aspects of psychoanalytic understanding of the relationship with Mind and Body .

The History of the Body in Science and Therapy: Exploring the work and research of Freud, Wilhelm Reich, Laura & Fritz Pearls (founders of Gestalt therapy) , Eric Berne, Petruska Clarkson, Babette Rothschild, Bessel van der Kolk, Pat Ogden, Nick Totton, Bessel van der Kolk, Robert Shaw, Daniel Stern, Peter Levine, Stephen Porges, Allan Schore, Danielle Siegel & Susie Orbach

TARGET GROUPS: Graduates and those students with an interested in integrating the body into their clinical work

Wednesday 19th February 2020



Time: 9:30am —5:30pm

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

Metanoia Members: £70

Non-Members: £90

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 impact on mental health service users and their families of diagnosis, stigma, normativity and minority experience
- 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
- The intensifying impact of intersectionality (where a person belongs to more than one marginalised group)
Familiarity with the role of minority community organisations and mental health advocacy organisations and how to engage with them

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
- Understand the different professional and personal roles in care for people with complex or enduring needs
- Have a current knowledge of local services
- 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:

- The types of interventions and treatments used, their rationale and side effects. Ethical and Legal considerations including appropriate familiarity with the Mental Health Act 2007 and the Equality Act 2010

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:

- Assessment tools and approaches
- Safeguarding,
- Collaborative care and accessing services.
- Recognising complex and enduring mental illness.
- Current debates around evidence-based treatment.