

Continuing Professional Development



Helen Kallner

Helena Kallner MA, MSc, UKCP reg. Psychotherapist, practices gestalt psychotherapy in Stockholm. Helena is a senior teacher and supervisor of Developmental Somatic Psychotherapy™, presenting workshops internationally. She is presently a doctoral student at Metanoia Institute/ Middlesex University, researching psychotherapists' use of movement and Kinesthetic Resonance in psychotherapy.

Working with eating disorders – a relational and somatic approach

In anorexia, the strict bodily-control is an attempt to create a background of reliable personal- and interpersonal support. This gives a sense of agency and a sense of certainty. However the capacity to feel oneself in relation, and to kinaesthetically resonate with the situation, becomes dulled.

In this workshop we will explore how a relational-and somatic approach can support our understanding of eating disorders, and specifically the anorexic process. We will attend to the importance of feeling ourselves with the client, and thereby opening a pathway for them to live in their body. In feeling them we are feeling the world in which they live. Participants will be invited to explore themselves in relation to others through movement. This will give a felt sense of their lived body that's different from a more observing and evaluating stance (body-as-object), the common process for a person with an eating disorder.

The material I will present in this workshop draws on my clinical experience of working with people with eating disorders, and it is thoroughly grounded in Developmental Somatic Psychotherapy. The workshop will give an introduction to this relational and movement oriented approach to gestalt therapy. Participants from all modalities are welcome.

TARGET GROUPS: Students as well as graduates/practicing psychotherapists and counsellors from all modalities are welcome

Friday 20th March 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

MHFP

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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
- 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:

- Diagnosis and classification of mental illness within the medical model including a working knowledge of the DSM V and a capacity to evaluate its use as a system of assessment
- The types of interventions and treatments used, their rationale and side effects
- 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:

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