

# Continuing Professional Development



## Dr Nicola Diamond

is a Senior Lecturer in Psychosocial Studies, University of East London, and teaches at the Tavistock Clinic. She is also a Psychoanalytic Psychotherapist (BPC reg). Now running a private practice, Nicola previously worked as a psychotherapist for The Helen Bamber Foundation (for survivors of torture and trauma) and at the Women's Therapy Centre in London. She is the author of *Between Skins: The Body in Psychoanalysis - Contemporary Developments*; Wiley & Sons (2013) and co-author of *Attachment and Intersubjectivity* with Mario Marrone; Whurr's publisher (2003). Recent journal and chapter publications include, *'Between Bodies: Working on the Liminal Zone with Traumatised clients'* (co-authored with P. Valerio) and 'A case of Mistaken Identity: Countertransference and Multiple Dissociation', (co-authored with M. Marrone) in the book *'Introduction to countertransference 'A myriad of mirrors'* Ed Valerio, P. Routledge, Taylor & Francis (2018); 'Exploring Some Vicissitudes of Feminine Sexuality' in *Free Associations* (2013); *The Body and Film: Estranged Body States - A Case of das Unheimlich*, *Journal of Psychosocial Studies* (2013); 'Between the Body and Social Trauma: Working with the Aftermath of Torture' in the book, *Emotion: Psychosocial Perspectives*, Eds.

## BODY SPEAK: Attachment, the Body and Trauma

From Freud to Schore, Trevarthen, the contemporary neurobiologists and others, the body is firmly acknowledged as a wealthy source of information for psychotherapists. Crucial early and traumatic experiences that can not be expressed directly in verbal language, are instead stored in the body as procedural memories, and are repeatedly replayed as enactments in the form of physical symptoms, modes of embodied behaviour, in style of attuned and miss-attuned interactions, and in ways of acting out that I will refer to as acting in . For many clinicians trained in 'talking therapies' these non-verbal entreaties remain challenging, but are what we need to work with to bring about emotional change. .

**Dr Nicola Diamond** looks at the relationship between the body and attachment, and at implications for therapy. She offers a interdisciplinary approach drawing on neuroscience, psychoanalysis, philosophy in the context of attachment thinking which she started to formulate in her book "Between Skins 2013'.

**TARGET GROUPS:** Psychotherapists in training and graduates

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



## Friday 29th May 2020

9:30am —5:30pm

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

**Metanoia Members:** £70

**Non-Members:** £90

For further details please go to [www.metanoia.ac.uk](http://www.metanoia.ac.uk)  
Or contact: Cathy Simeon at [CPD@metanoia.ac.uk](mailto:CPD@metanoia.ac.uk)

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## **This workshop will cover some of the following MHFP Learning Outcomes**

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
- The intensifying impact of intersectionality (where a person belongs to more than one marginalised group)

### **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
- 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
- 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.