

BIRKBECK COUNSELLING ASSOCIATION

2020-21 FORUM PROGRAMME

- Day** The BCA Forums for 2020-21 will take place on the **3rd Thursday of the month**
7.30 – 9.00 pm
- Venue** Until further notice the Forums will be held in the BCA Forum Room on the APPCIOS website
- Directions** A link for entry to the Forum Room will be sent each month with a reminder about the Forum topic

Forum Organisers

Maisie Holland (maisie.holland@gmail.com)	07938 827380
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Vicky Ross (vickyross19@sky.com)	07950 565770
Paul Terry (pmterry@me.com)	07760 166093

View the Programme also on our website: <https://birkbeckcounsellingassociation.org>

Forum Day, Attendance, Format and Speakers' Views

Due to changes in the room booking procedure at the Tavistock Centre the Forum programme is now scheduled according to the academic year instead of as previously to the calendar year. The Forum day will change each academic year in order to give members as much opportunity as possible to attend.

Please note that the **Reflective Space Forums** will continue weekly each month except for the third Thursday in the months when we return to our annual programme.

The following Forum programme is for full and student members of the BCA. Members may bring one guest. A reminder email will be sent out a couple of weeks before each Forum.

The usual format is a presentation by a speaker or speakers allowing plenty of time for group discussion. Material presented at Forums is not usually available for distribution to those unable to attend. Details of the Forums will be available on the BCA website.

We welcome approaches or suggestions of speakers for future Forum programmes. If you have a topic or speaker in mind, please contact one of the organisers.

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Members are reminded that the views expressed by Forum independent speakers are solely those of the speaker. Such views do not necessarily reflect those of the Forum Organisers or the BCA Executive Committee and therefore what the speaker says is not the responsibility of the Forum Organisers nor of the BCA Executive Committee . Any comments received about what a speaker says will be forwarded to the speaker

Schedule for the 2020-21

Thursday 17th September 2020

Desert Island Footprints - Paul Terry

The way we develop as counsellors and therapists can have many influences, sometimes a book, lecture, poem or conversation can have a particular impact. Following in the footsteps of a well-known radio programme, we have invited Paul to be our 'castaway', and to choose which of his favourite books, papers or other literary pieces he would take to a desert island.

Paul Terry is a Consultant Clinical Psychologist in private practice. He has worked in child, adolescent, adult mental health and forensic settings, and latterly in a specialist mental health service for older people in the National Health Service. For many years in tandem with his clinical practice Paul was Lecturer in Counselling at Birkbeck College, initially as Senior Tutor for the then new Diploma in Adult Counselling, and later one of the team which developed the MSc courses. After sometime spent working again in Australia as psychotherapist in an acute psychiatric clinic he returned to Birkbeck as lecturer responsible for Introductory and Certificate courses. Paul has written extensively about his clinical work and the application of psychoanalytical ideas to social and political themes. In 2008 he published a revised second edition of his book *Counselling and Psychotherapy with Older People: A Psychodynamic Approach* (London: Palgrave Macmillan).

Caroline Rose will introduce our castaway. During the evening, we will find out more about Paul's career in counselling and therapy, and discuss the various authors and writings which have influenced him.

Thursday 15th October

Life and Death Work Cycles in the Post-Pandemic world driven by accelerated changes in technology - Phil Withers

Phil will discuss how working practices have radically changed. He will outline examples of new work patterns, where the speed of change, driven by technology allied to cultural change is a massive source of Unconscious Anxiety. He will consider some of the critical characteristics of new company working practices accelerated by technology and how they are combining to create anxiety eg. Outsourcing, IT Systems, Global Supply Chains, HR Practices and Communication culture and norms in the 'Fast Company'. These organisational trends fundamentally change the relationships between the organisation and the individual. Phil will invite us to consider the nature of such changes and their potential impact from a psychodynamic perspective. He hopes to enable us to share our experiences and build mutual insight to better understand the impact of constant change in the working organisation.

Phil started working in HR & Training before moving abroad to work for USA owned high technology companies as a client side Consultant and Account Director driving technology change. He completed an M.Sc. on the Adult Psychodynamic & Psychotherapy Programmes at Birkbeck College.

Thursday 19th November 2020

Black History Month - details to follow later

Thursday 21st January 2020

Life beyond Canvey - Stephen Brown

This forum is a reflection on Stephen's transition from filmmaker to counsellor, while making a film about the meeting of two contrasting cultures: the Charedi Jewish community originating in Stamford Hill and the UKIP friendly community of Canvey Island. Can they live side by side? In the two years since then Stephen qualified as a counsellor, coronavirus has upended the Charedi and Canvey communities, and his optimism has been challenged. There are more questions than answers remaining.

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Stephen was drawn to the cinema from an early age, he worked his way through the film and TV industry starting out as a runner in Paris in 1980 and culminating in directing a feature film adaptation of John Banville's novel THE SEA in 2013. He has embarked on a new career as a psychodynamic counsellor having recently qualified with a Masters at Birkbeck. He worked on the 2018 BBC1 documentary CANVEY THE PROMISED ISLAND, while completing his studies.

Thursday 18th February 2021

Walking the Tightrope: Mind and Body in Adolescence - Nina Tebartz

Working with adolescents as a therapist is hugely rewarding and challenging in equal measure – always walking the fine line between being 'allowed in' as a helpful figure, and the sheer and often bleak sense of being kept out and utterly useless. Teenagers communicate their difficulties in different ways, often involving the body. In their attempt to manoeuvre the challenges of adolescence, the threat and real risk of the young person harming the body is never far away. Inevitably, the therapist has to find ways to tolerate and manage high anxiety levels as part of the adolescent's therapy.

Drawing on a number of case vignettes, Nina Tebartz will explore the adolescent trajectory, in particular unconscious processes and the way the adolescent body can be used to convey, and defend against, internal conflict and developmental challenges.

Nina is a psychodynamic psychotherapist for children, adolescents and adults. Until recently she was a lecturer on the MSc Psychodynamic Counselling and Psychotherapy with Children and Adolescents at Birkbeck, and now works as a psychotherapist and clinical supervisor in secondary schools alongside running a private practice for children, adolescents and adults.

Tuesday 18th March 2021

Facilitating Therapeutic groups in Higher Education - Kate Jeffs

Kate will present her work with open ended face-to-face and online therapeutic groups for eight participants in a university setting. In the Autumn 2017 she started a face-to-face group and a second group in 2019; in March 2020 she combined both groups into a single on-line group during the pandemic. She will discuss theoretical frameworks for therapeutic group work from trainings on the IGA Introductory General course in Group work and 'Working with Psychotherapy groups' at the Tavistock, and consider how the context of the University impacts on the theories. She will discuss the following issues: referrals, assessment, working

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face-to-face and on-line, breaks, the role of the facilitator, the challenges and rewards of therapeutic groups, and the effectiveness of group work as a therapy in institutional work. She will use detailed notes from observations of her clinical work and hopes to stimulate a discussion on facilitating therapeutic groups from members attending the Forum.

Kate is a graduate of the Birkbeck MSc course. She previously worked in publishing and as a teacher and currently works as a student counsellor and supervisor at Westminster University.

Tuesday 20th May 2021

**Home is Where We Start From: internal worlds, objects and the facilitating environment –
Rita Odumosu**

In this session Rita will focus on engaging the work of Winnicott and psychoanalytic theory and the influences on personal, professional life and creativity. She will also touch on two interests: the works of Shakespeare and Chinua Achebe and the resulting intended and unintended linkages. Having worked in various settings both within the UK and abroad, Rita will provide case work vignettes from her individual and group experiences to illustrate the efficacy of psychodynamic work.

Rita is a former teacher who initially commenced professional therapeutic training at the Minster Centre. Seeking a more psychodynamic approach, she completed the Birkbeck MSc Psychodynamic Counselling programme and graduated in 2001 and has since embedded psychoanalytic theory and principles within her clinical practice and education consultancy work.

Rita is in private practice and working as Associate counsellor at the University of Westminster.

Thursday June 17th 2021

Islam and Psychoanalysis: Semantics of Resonance and Dissonance -Laila Al-Attar.

This presentation is inspired by the book *Islamic Psychoanalysis and Psychoanalytic Islam*. Cultural and clinical dialogues. The book which comprises eleven papers, offers different encounters with the identified “other”, namely Islam, looking at psychosocial perspectives, intercultural polemics, politicized ideas, as well as possible theoretical contributions of Islamic thought to psychoanalytic thinking. The aim seems to be to look for ways of relating to Islam and its different components from a third position rather than the oppressor oppressed perspective. Therefore, in this presentation, Laila would like to consider another perspective where psychoanalysis is the other and note the resonances and dissonances in the two camps’ perspectives of the human psyche. Laila will base her presentation on Chapter three of the book, “Representations of the Psyche and Its Dynamics in Islam” (Sebastiani, 2019). The presentation will not aim to draw any conclusions but rather show that psychoanalysis, as a tool to explore the mind, is neither secular nor religious, rather a malleable instrument at the service of the willing.

Laila is a psychodynamic Counsellor/Psychotherapist. She completed her MSc in Psychodynamic Counselling and Psychotherapy at Birkbeck College in 2019 and currently works in the NHS as a counsellor in an IAPT service.

Future Forum Events

We welcome approaches or suggestions of speakers for future Forum programmes. If you have a topic or speaker in mind, please contact one of the organisers for a chat.