

BIRKBECK COUNSELLING ASSOCIATION

2019-20

Spring and Summer Terms

FORUM PROGRAMME

Day The BCA Forums for the Spring and Summer terms will take place on the **3rd Tuesday of the month**
7.30 – 9.00 pm (tea, coffee available from 7.15 pm)

Venue Seminar Room 1, Ground Floor
The Tavistock Centre
120 Belsize Lane
London NW3 5BA

Directions Nearest tubes, buses and over ground trains, see www.tavi-port.org/directionstotavistockcentre

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. This change has necessitated the Forum continuing to be held on a Tuesday evening until the end of the current academic year. From 2020 -21 the Forum day will change each academic year in order to give members as much opportunity as possible to attend.

The Forum 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.

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 2019-20 Spring and Summer terms

Tuesday 21st January 2020

Desert Island Footprints - Nick Barwick

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 Nick Barwick to be our 'castaway', and to choose which of his favourite books, papers or other literary pieces he would take to a desert island.

Nick Barwick is a group analyst, psychodynamic counsellor, educationalist, writer and gigging musician. He is Professor of Counselling and Student Mental Health and Head of Counselling at The Guildhall School of Music & Drama where he also teaches on the MA in Music Therapy. He has worked as both teacher and therapist in secondary, tertiary and higher education sectors, in the latter leading groups (both experiential and educational) on numerous psychotherapy trainings. He has also conducted psychotherapy groups both in the NHS and in private practice. Nick has published short fiction, poetry, numerous articles in the field of therapy and four books: *Clinical Counselling in Schools* (Routledge), *The Therapeutic Environment* (OUP), *Group Music Therapy* (Routledge) and, most recently, *Group Therapy: a group-analytic Approach* (Routledge 2018). He is an editorial board member of the journal *Psychodynamic Practice* having previously been, for many years, part of the Editorial Team.

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

Tuesday 18th February 2020

A layperson's incomplete guide to neuroscience : how can we apply what is known about the brain to psychotherapeutic work? - Sarah McMichael

There have been many important developments in the understanding of the brain particularly over the last 10-15 years : medical technology has allowed for closer observation than ever before of what goes on inside our brains in varied states of mind, such as when we feel upset, scared, angry and while re-living traumatic memories . This paper will explore in layperson's terms some of these developments and what they might mean in terms of our overall understanding of how we think, feel, behave and react to people and situations: how might this knowledge be applied to working therapeutically with clients ? The question will be considered of how neuroscience and psychoanalysis can work together in helping us as practitioners to help our clients. 2 books in particular will be referred to : Graham Music's *Nurturing Natures* (2016) and Bessel van Der Kolk's *The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma* (2014).

Sarah McMichael has worked in varied settings as a counsellor /psychotherapist for 20 years , qualifying from Birkbeck's MSc course in 2008 . She currently works as a specialist mental health mentor at the London School of Economics and Birkbeck, she is also a student counsellor at Kings College, a tutor at the Tavistock and an experiential group facilitator on a counselling certificate course.

Tuesday 17th March 2020

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 Tebartz 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.

2019 -20 BCA Forum Programme

Tuesday 19th May 2020

Two therapeutic groups in Higher Education - Kate Jeffs

Kate will present two open ended therapeutic groups, both for eight students. One is now in its third year and the other started in October 2019. The two groups have students with complex needs, the work is challenging, dynamic and rewarding. Kate will describe what is captured in a group meeting, how it is experiential, can only be experienced by those who are present and cannot be replicated. She will describe the painstaking work in establishing a group, how each session is nurtured until something starts to coalesce and a therapeutic group begins to form.

Kate Jeffs completed the Introduction to group work at the IGA and a course for running therapeutic groups at the Tavistock clinic. She draws on these trainings and detailed observations, reflections and comparisons of the two groups for discussion.

Kate worked in publishing and education, teaching 16-19 year old students at a Sixth Form College. She is a graduate of the MSc. Psychodynamic Counselling course at Birkbeck and works as a student counsellor and supervisor at Westminster University.

Tuesday June 16th 2020.

Book Club Event: The Sea by John Banville - Maisie Holland

Maisie will introduce a discussion about this novel which was published in 2005. She is particularly interested in the way the word uncanny is frequently used by the narrator of the novel in a story about his return to the seaside village where he once spent a childhood holiday. He is both escaping from the recent loss of his wife and confronting a distant trauma. It has been suggested that Banville was influenced by Freud's lesser known theory of "The Uncanny" (Das Unheimliche) which was published in 1919, a paper considered one of Freud's most strange, about the psychological experience of something strangely familiar, 'something that was long familiar to the psyche and was estranged from it only through being repressed'. Maisie invites us to explore with her how Freud's uncanny permeates the novel and to consider how the uncanny might infiltrate our counselling with clients.

Maisie Holland qualified and worked as a Social Worker before training as a counsellor at Birkbeck. She has subsequently qualified as a supervisor and taught Introductory courses at Birkbeck. She has counselled in primary care and occupational health. For 5 years she was Assistant Clinical Director of Raphael, the Jewish Counselling Service. She currently works with short term clients mainly through Employee Assistance Programmes, and long term clients in private practice.

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.

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