THE BRISTOL PSYCHOTHERAPY ASSOCIATION
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For any enquiry about your subscription or membership, please contact the Membership Secretary. Jan Simpson at 8 Longford Avenue, Westbury-on-Trym, Bristol BS10 5LL. Tel. 0117 950 9059.
Ann Shearer is a Senior Analyst with the Independent Group of Analytical Psychologists in London. She teaches widely in this country and elsewhere, most recently in India, Russia, and Bulgaria. She has a special interest in the relevance of myth to depth psychology, and her books include ‘Athene: Image and Energy’ and ‘From Ancient Myth to Modern Healing: Themis: Goddess of Heart-soul, Justice, and Reconciliation’.

Jonathan Stedall has been a documentary film-maker for over forty years, largely at the BBC. His film ‘In Need of Special Care’ won a British Film Academy Award in 1968. In addition to films about the Camphill movement and Waldorf education, he has produced acclaimed biographies of Tolstoy, Gandhi, and Jung. His film-making encounters with some of the most creative minds of our time formed the basis for his book ‘Where on Earth is Heaven?’, published by Hawthorn Press in 2009.

EDITORIAL

ALL CHANGE

At last the digital age has caught up even with BPA! This is the last time the Bulletin will be produced in its present form. From now on the information which we wish to convey to members will be published on the BPA web site, bristol-psychotherapy-association.org.uk.

This change has partly been precipitated by my decision that it is time to give up editing the Bulletin, having done it now for well over ten years. I want to say thank you to all those who have supported the Bulletin in its present form, by advertising, producing Book Reviews and reader comment over those years.

To some extent I am have come screaming into the digital age, whilst, on the other hand being thoroughly fascinated by the wonders of the technology. I sometimes wonder what will be the long-term fall-out from this digital revolution. The other day, I heard on the television, that a piece of research has shown that 25% of people now take their smart phones to the meal table with them and use them. Perhaps I am becoming reactionary in my old age, but I do wonder how much fleeting digital contact is becoming a substitute for in-depth relationship for some younger (and may be not-so-young) people. I guess only time will tell. On the plus side, it is easy to maintain some contact with others, even if they are a long way away, via text messages and social networking sites. However, having three hundred “Friends” on Facebook does seem to be a bit of a nonsense.

I wonder whether we are witnessing a subtle evolutionary change in attachment patterns?

John Ruffle
Monday 3rd October, 2011
Focusing
Barbara McGavin, together with Ann Weiser Cornell have been developing Inner Relationship Focusing since 1994, exploring Focusing in some of the most difficult areas of life. Barbara is Certifying Coordinator for the Focusing Institute as well as Accrediting Mentor for the British Focusing Teachers’ Association.

Monday 7th November, 2011
Reflections on the impact of addiction on society and self: how we can all contribute to a 21st century recovery model.
Dean Gustar is a qualified counsellor and supervisor who has worked in the field of addiction for the last 10 years. Currently he is the Treatment Service Manager at the Addiction Recovery Agency based in Bristol.

Monday 5th December, 2011
The Trauma of Exile
Born in Kurdistan, Adil Jaifar was forced to flee because of his struggles against an oppressive regime and threats to his life. During his 30 years in exile he has worked voluntarily as an interpreter, and for 14 years has given help and support to other exiled and traumatised people.

Monday 16th January, 2012
In and Out of the Frame: an exploration of the dance between shamanic practice and psychotherapy.
Anstice Fisher UKCP, is a psychotherapist and trainer and has been involved with Buddhism for over 30 years. She works as a shamanic practitioner with individuals and groups and teaches courses on Shamanism specifically for therapists and counsellors.
Speakers at Jung Lectures

**Julian David** is a Jungian analyst, trained at Zurich, and long-time resident in Devon. He is a founder member of the Independent Group of Analytical Psychologists, London, and one-time convenor and later founder-member of the South African Association of Jungian Analysts in Cape Town. He has lectured broadly, principally here and in South Africa but also in Australia, Switzerland, and the United States. He is currently chairman of the CG Jung Analytical Psychology Club, London, and ex officio editor of ‘Harvest’.

**Kelvin Hall** has been an integrative psychotherapist for twenty-five years and practices from his home in Gloucestershire. He is also a professional storyteller, supervisor, and trainer, and has tutored numerous courses on storytelling and on therapeutic practice. He has accompanied many groups of young people on wilderness trips, including the Sinai Desert and the Crimea, and has carried out several long-distance horseback journeys in Britain. He tutors the course on the Ecological Self at the Bath Centre for Psychotherapy and Counselling and now includes equine-assisted therapy in his practice. Author of ‘Beyond the Forest: the Story of Parsifal and the Grail’ and many articles on story, therapy, and nature, he is a contributor to the forthcoming ‘Vital Signs: Psychological Responses to Ecological Crisis’ (editors Mary Jayne Rust and Nick Totton).

**Dr. Gottfried Heuer** is a Jungian training analyst and supervisor with the Association of Jungian Analysts, and a Biodynamic Body-psychotherapist and Trainer in private practice in West London. With 37 years of clinical practice, he has published widely on the links between analysis, radical politics, body psychotherapy, and spirituality, and on the history of analysis in English, German, Finnish, French, Portuguese, and Serbo-Croat. He has contributed papers to The Journal of Analytical Psychology, The International Journal of Psychoanalysis, Harvest, The International Journal of Jungian Studies, and Spring.

**Richard Lanham** is a Jungian Analyst and Art Therapist. He trained as an Art Therapist in the mid 80s and worked for many years in adult mental health in London and Essex. He went on to become a senior lecturer Monday 6th February, 2012

**Working relationally: a postmodern approach to integration.**

Els van Ooijen has a private psychotherapy and supervision practice in Bristol and is a visiting lecturer at the University of Wales/Newport. Together with her colleague Ariana Faris she developed the ‘relational-integrative model’.

Monday 5th March, 2012

**Emotional Impact of Adoption**

Rosemary Baragwanath, Adoption Support Social Worker and Carrie Quine, Practice Manager/Social Worker and Adopter will be giving a presentation on the issues arising from modern day adoptions from the perspective of the adoption triangle, and the issues practitioners need to be aware of.

Monday 2nd April, 2012

**Creative writing in the counselling room: metaphor, meaning and mending broken stories.**

Claire Williamson is a writer and practitioner in Therapeutic Writing. She is Programme Leader for Metanoia’s MSc in Creative Writing for Therapeutic Purposes and has published a number of essays on the topic and two narrative poetry collections.

Monday 21st May, 2012

**Healing through the arts: the role of creativity and imagination in psychotherapy.**

Annie Fienburgh and Josie Eckoldt are Integrative Arts psychotherapists (UKCP) who use a variety of artistic modalities to facilitate their psychotherapeutic work with adults and children. Both have private psychotherapy and supervision practices in Buckinghamshire and Bristol respectively. Josie is also a European accredited EMDR practitioner.

Monday 4th June, 2012

**Receiving: learn how Pesso Boyden therapists think about those who find it difficult to take in.**

Many therapists are very good at giving out, but not so good at receiving. Juliet Grayson (UKCP Acc) will use concepts from the Pesso Boyden System Psychomotor to explore why that may be. www.therapyandcounselling.co.uk

All meetings are at the Randall Room, All Saints Church, at the Pembroke Road end of Alma Vale Road, Clifton (up 10 steps with lift then available). Evening meetings are from 7:30 to 9:30pm.
14th April
Julian David  Psychological Aspects of the Epic of Gilgamesh.

12th May
Dr. Iain McGilchrist The Divided Brain: The Importance of Division and Fusion In Bringing About the World.

9th June
Jonathan Stedall  Film: ‘The Challenge of Rudolf Steiner’
“We are slaves of the past, but masters of the future” echoes a major theme in the life and work of Carl Jung. (Please note: this lecture will start at 10am.)

Venue: The Upper Room, Redland Park United Reformed Church, Whiteladies Road, Bristol, BS6 6SA
10.30am – 1pm
Cost: £12. Concessions £6
No advanced booking is necessary.

A bookstall is provided by Green Spirit Books
Tel: 01380 726224 email: greenspiritbooks@btinternet.com

For further details contact: Jen Madden
Tel: 01242 300452 email: jenmadden@talktalk.net

Or visit our website: http://www.cgjunginbristol.co.uk
C.G. JUNG
PUBLIC LECTURES, BRISTOL, 2011/12

8th October
Kelvin Hall
Remembering the Forgotten Tongue: The Web of Life, the Language of the Creatures, and their Place in Therapy.

12th November
Dariane Pictet
RUMI: Poet of the Heart.

10th December
Richard Lanham

14th January
Ann Shearer
Coming Together and Splitting Apart: Archetypal Patterns in Current Events.

11th February
Rob Porteous
Oedipus and Individuation: ‘I will know who I am’.

3rd March
Dr. Gottfried Heuer
And if the Body were not the Soul, What is the Soul? Body and Psyche in Analysis: Theoretical and Clinical Perspectives.

Lovelock, James (2010)
The Vanishing Face of Gaia: A Final Warning
Penguin

Roszak, Theodore; Gomes, Mary, & Kanner, Allen (1995)
Ecopsychology
San Francisco, Sierra Club

Sacks, Anita (2008)
The Therapeutic Use of Pets in Private Practice
London, BJP Vol 24 No 4

Assessment
The course forms a unit of BCPC’s MA in Humanistic and Integrative Psychotherapy and is part of the Module 3 programme validated by Middlesex University. For students in MA Module 3 there is a written assignment (2,000 - 3,000 words) demonstrating the ability to consider the application of course content to practice. Other course participants may write the assignment if they wish to consolidate their learning in this way.

Kelvin Hall has a Diploma in Humanistic and Integrative Psychotherapy and is registered with UKCP. He has also trained in Transpersonal Psychology and has been researching this theme for several years, particularly through his pursuit of the art of horsemanship.

Dates and Fees
No fees are payable by students in Psychotherapy MA Module 3 and no selection criteria apply. Applications from other potential registrants will be subject to selection by the course tutor (please contact the office for the relevant form).

This course is open to BCPC members as well as non-members however we regret that we do not accept people onto this course if the tutor is your therapist.

Tutor: Kelvin Hall
Times: 10am – 5.00 pm each day
Dates: The course takes place over three weekends in 2012:
24/25 March, 28/29 April & 26/27 May
Venue: Shelters and land attached to Ruskin Mill, near Nealsworth, Gloce.
Fee: £400 (BCPC members £375).
Cheques payable to BCPC by 24 February 2012

General Information
Whilst every effort is made to ensure that the course information sheet is correct, BCPC cannot be held responsible for any errors or alterations that become apparent after publication.

BCPC reserves the right to cancel courses if numbers are too low to make the course viable, either from a learning or financial perspective. Acceptance of a place on a course is a contractual commitment to pay the full fee and refunds are not given after the payment deadline.

Please write to the BCPC office at 1 Walcot Terrace, London Rd, Bath BA1 6AB or call 01225 429720 or email admin@bcp.org.uk for an application form.
Sue Gerhardt

Bath Centre for Psychotherapy and Counselling welcomes Sue to our Autumn Conference, open to all, and entitled

Does Neuroscience Change Anything?
Implications of the science of early development for the consulting room and for society

Sue is a psychoanalytic psychotherapist and the author of two books - Why Love Matters: How affection shapes a baby's brain (2004) and The Selfish Society: How we all forgot to love one another and made money instead (2010). She is passionate about the importance of understanding early emotional life and how it affects us as individuals and thus society as a whole. She believes that if we are to build a more collaborative society we need to support the caring qualities learnt in early life, and integrate them into our political and economic thinking.

The Conference will include:
- Two Presentations by Sue
- Small discussion groups
- Dialogue with Sue elaborating on the themes of the day

Details:

Date: Saturday October 15, 2011
Venue: New Oriel Hall, Larkhall, Bath BA1 6RA
Timing: 10.30am – 4.00pm (arrival from 10.00am for tea/coffee)
Cost: £65  lunch included  Catering by David Frost

SEVERN & THAMES PSYCHOTHERAPY NETWORK

Training in
PSYCHOANALYTIC SUPERVISION

STPN presents a unique and specialised training in psychoanalytic and psychodynamic supervision, based in Bristol, running monthly on Saturdays over a period of 10 months. The course is grounded in contemporary models of psychoanalytic supervision and, on completion, it meets both the requirements for membership of the British Association for Psychoanalytic & Psychodynamic Supervision and the UKCP’s proposed training standards for clinical supervisors.

The course features a number of distinct elements:

- Monthly Theory Seminars
- Monthly Balint Group
- Monthly Experiential Group
- Weekly Supervision of Supervision
- Weekly Supervision

Applicants should normally have at least 2 years clinical experience post qualification and be registered with BPC, UKCP or accredited by BACP.

Applications and Enquiries to: The Course Convener, STPN
12 Sydenham Road,
Bristol BS6 5SH
info@severnandthames.org.uk
www.severnandthames.org.uk
SEVERN & THAMES
PSYCHOTHERAPY NETWORK
4 Epworth Terrace
Amberley, GL5 5AJ    Tel: 01453 750765
http://www.severnandthames.org.uk

STPN Work Discussion (Balint) Group - Stroud

STPN is offering a one year course of 10 monthly one and a half hour sessions available to professionals working therapeutically with clients privately or in an organisational setting with contact on a regular basis.

The aim of the course is to enable participants to develop those capacities that foster the relationship between the professional and his/her client through which growth and change may take place. Members take it in turn to present a detailed account of their work to which the group then responds by exploring what surfaces amongst themselves. There will be two presentations per session.

The fee for the course is £150, payable to STPN on acceptance of the application.

The maximum group size will be 8 members, and the group will meet on the second Tuesday of the month (but excluding April 2012) from 4.30 to 6.00 pm.

Meetings will take place in Stroud starting in autumn 2011.

For application forms please contact the Secretary via email to info@severnandthames.org.uk or 01453-750765. For an informal discussion please contact Stephen Morris on 01453-750765.

CPD certificates will be issued on request.
in the third person, but then we find that we are being told things of which she hasn’t any conscious experience. The effect, to me, is that of ‘too much information’ and considerable confusion about whose eyes I am seeing events through.

To me the over-arching presence of the author’s detailed and thorough understanding and analysis of her characters makes it difficult to fully engage with them. Although McCormick does gradually reveal more about the developing situation of the clients and of the therapist, I felt that I wanted to be given more space to develop my own relationship with the characters and have a great deal less mapped out for me. In this respect, Max and his mentally fragile and unstable wife Emily emerge as figures that I, at least, am left wanting to know more about.

Max’s failure to save his twin sister earlier in his life is clearly a huge unresolved burden for him and the marked similarity of Vera to his lost twin is a struggle for him to deal with professionally. Emily, in the meantime, watches his patients come and go from her vantage point in an upstairs window and proclaims that one of them has “a black aura” and will “take him (Max) away from her”. These are clearly characters and issues that are intriguing and may well carry over into the remaining two books that apparently await publication. I admit that I am curious to know more about them.

Overall this novel prompted me into much examination of why I read fiction and what I hope to get from it. I like intellectual stimulation as well as entertainment and both were present here, although I found myself relating to the characters in a more intellectual way than I prefer. I hope that Elizabeth Wilde McCormick persists and wish her luck – it’s perhaps unfortunate that her books will probably be read more by those already ‘converted’ to psychotherapy while perhaps those who are strangers to it would have more to learn and to gain.

Terry Davey
hold on to her man by providing total sexual availability. The inner mental and emotional states of these clients is described graphically and in great detail, with much attention to the dissociative physical feeling-states involved as well as the mental anguish. Often this is revealed, both in real time and in flash-back, within the session room, sometimes also being tracked intuitively by Max. The language by which these feeling-states are described is highly developed and impressive.

For instance Saxon, in a session with Max, “is watching him. Whatever this B movie of the body is, going on inside her, it is getting busy and she is starting to be more aware of it. An elbow prods her insistently and the tingling at the base of her spine continues. If she had been a dog this would have been wagging of the tail.”

This lively imagery contrasts sometimes with the rather turgid passages referencing theory. For instance Max ponders “on the mysterious technical term ‘transference’, so often misunderstood. He understood it as the process where patients re-experienced the pull of strong feelings connected to old relationship patterns.” While technically accurate, at that point I wasn’t sure whether I was reading a novel or a textbook. A little later we are told that “He (Max) loved the pale green room and the way it offered containment for the understanding and change needed within the therapeutic relationship” and again I wonder what I am reading and feel convinced that the theoretical context necessary for the reader could be introduced in a more flowing and natural way, a way that doesn’t bring the plot to a standstill.

Sometimes it seems that the novel is like an extended case study, where we get to know not just what the view of the therapist over the clients process but also the experience of the client both within and outside the ‘pale green room’ at times augmented by the special and omnipotent viewpoint of the author.

This can be confusing; at one point we are in a therapy session with Vera when she says “Sometimes I find myself in places and I don’t know how I got there.” Max naturally says “Tell me of an example” and then for the next page and a half we are in a narrative telling of Vera’s experience of a lonely night where “she lost contact with a conscious sense of herself” and “tears ran into her mouth and face without her noticing”. In other words initially we seem to move into her reverie, even though described
BOOK REVIEW

The Pale Green Room
By Elizabeth Wilde McCormick
Published 2011 by Woodyard Publications

Who among us has not thought, in the midst of listening attentively to a particularly riveting life story from a client “this would make a wonderful novel”? And then perhaps speculated about how satisfying it would be to write it ourselves? After all, Irving Yalom has been very successful, although at times to limited critical acclaim.

Elizabeth Wilde McCormick has obviously shared this fantasy which has now emerged as a reality with the publication of this book. Like Yalom, she has decided to fashion her writing as fiction, saying that “no characters, life events, psychological material, images, dreams, have been drawn from my professional work as a psychotherapist”.

In The Pale Green Room we meet a London psychotherapist, Dr Max Maxwell, his wife Emma and two very different female patients. The first, Dr Saxon Pierce, a cardiologist, has been required to seek professional help after an incident in Hong Kong harbour, in which a young baby ends up in the water. She leads a very ‘mental’ life and this defensive stance is challenged severely (and of course cautiously) by Max and his questioning. The second, Vera Dodds, of humble origins, has been married to a successful businessman for twenty years only to find that she has been abruptly left for a more poised and aspirational woman. In anticipation of her becoming mentally unstable she has been referred to Max by her husband, a former acquaintance of his.

Max’s understanding of his clients and their journeys of discovery are readily recognisable to most of us: Saxon was forced to become grown-up prematurely due to a trauma in her family, Vera was subject to an abrasive and irresponsible mother and has low self-esteem, desperate to
Tavistock Working with Couples Training:  
CPD Workshops in Bristol

for qualified counsellors and psychotherapists  
who work with couples

A series of training workshops presented in Bristol  
by the Faculty and ex-Faculty of  
The Tavistock Centre for Couple Relationships

17 September 2011 - Attachment and the Couple with Chris Vincent MA, BPhil

5 November 2011 - The Stuck Couple: Managing Blame and Conflict in the Couple Relationship with Stella Vaines MA and Amita Sehgal PhD

Other Workshops to follow:  
3 December 2011 - When a child dies: the Wounded Couple

3 March 2012 - Affairs: The Impact on the Couple Relationship

For more details contact Julia Robinson UKCP registered psychotherapeutic counsellor working with couples and individuals

0117 953 9262  
Julia.coinson65@gmail.com

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Booking:

To reserve your place please fill in the form below

Name  
__________________________________________________________

Address  
__________________________________________________________

__________________________________________________________

Email  
__________________________________________________________

Send to ‘Sue Gerhardt Booking’ BCPC, 1 Walcot Terrace, London Road, Bath BA1 6AB

Please enclose your cheque for £65 made out to BCPC.  
Joining instructions, including the full programme for the day, will be sent out in mid-September. Book early to avoid disappointment!
# Bristol Psychotherapy Association Accounts

## for the Year ended 31st July 2010

### Income and Expenditure Account

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<td>3411</td>
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</table>

| **Expenses**     | £     | £     |                  |         |         |
| Speakers’ fees and expenses | 963  | 1200  |                  |         |         |
| Hire of Meeting room        | 225  | 275   |                  |         |         |
| Administrators’ Fees        | 1044 | 1160  |                  |         |         |
| Printing, postage & stationery | 1068 | 1172  |                  |         |         |
| **Total Expenses**          | 3350 | 4122  |                  |         |         |

### Balance sheet as at 31st July 2011

<table>
<thead>
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<th>31/7/11</th>
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<td>Cash at bank – deposit a/c</td>
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<tr>
<td>Surplus (deficit) for the year</td>
<td>62</td>
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### Accounts published subject to scrutiny by the independent examiner.