



Wendy Bramham Therapy

The Newbury Centre for Counselling, Psychotherapy
& Complementary Health

PROFESSIONAL SEMINARS FOR THERAPISTS – 2014

Dynamic Interpersonal Therapy – D.I.T. - A psychodynamic answer to CBT? *Beni Woolmer*

Saturday, 20th September. 10 am to 12 noon (registration 0930)

Introduction

DIT (Dynamic Interpersonal Therapy), now recognised by NICE, offers a distinctive, effective contribution to public mental health. It is a time-limited therapy for depressed and/or anxious patients, offering 16 weekly sessions shaped around the formulation and working through of a recurrent, interpersonal - affective pattern that becomes the focus of the work.

DIT systematically focuses on the activation in the present of one selected, internalised, often unconscious object relationship that is meaningfully linked to the presenting problem. DIT focuses on the patient's mind rather than his behaviour and careful attention is paid to the patient's affective state throughout the therapy. DIT has two primary aims: to help the patient understand the connection between his presenting symptoms and what is happening in his relationships through identifying a core, unconscious, repetitive pattern of relating that becomes the focus of therapy. It works to encourage the patient to reflect on his own states of mind and so enhance his ability to manage interpersonal difficulties.

DIT aims to help the patient understand the interplay between external and internal reality as it relates to a problematic circumscribed relational pattern.

Biography

Beni Woolmer is a psychoanalytically trained psychotherapist (BPF/BCP) and has worked and supervised in a variety of NHS, public and private sector settings over the last 30 years. She worked as a senior social worker in a day centre and in-patient service at King's College Hospital, then Psychotherapist at London University College. She worked in 2 Surrey CAMHS and ran a multi-disciplinary supervision group, and was Consultant Psychotherapist in an NHS primary care team, supervising all psychodynamic staff.

This seminar will be open to counsellors and psychotherapists with an understanding of psychodynamic principles, both those in training and qualified.

"Early bird" price before 20th August - £35; or after £45.

Venue: Wendy Bramham Therapy, Newbury clinic

For bookings: seminars@wendybramham.co.uk or phone 01635 226880.

To see our full seminar programme: www.wendybramham.co.uk

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