



# Wendy Bramham Therapy

The Newbury Centre for Counselling, Psychotherapy  
& Complementary Health

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## PROFESSIONAL SEMINARS FOR THERAPISTS - NEWBURY

### Working with Depression

*Gill Bannister*

**Saturday, 26<sup>th</sup> September, 2015 - 10 am to 4 pm**  
St Nicolas Hall, West Mills, Newbury, RG14 5HG

#### Introduction

Depression is arguably the most common reason for people seeking therapy. However, depression tends to be a "blanket" term which requires unravelling and understanding in more depth if we are to be effective in helping our clients. In severe cases of depression, the client can become quite unreachable.

This workshop will explore the experience of depression from a psychodynamic viewpoint. The day will include a mixture of theoretical input, discussion and experiential exercises, designed to help participants:

- ❖ focus on their work with depressed clients,
- ❖ gain insight into their depressed clients' internal worlds,
- ❖ understand the causes of depression, and
- ❖ look together at how to work as effectively as possible with a depressed person.

#### Biography

**Gill Bannister** is an experienced psychoanalytic psychotherapist, having trained at WPF Therapy, and has a full time private practice in East London. She is a Training Therapist for WPF, AGIP and The Guild, and a Training Supervisor for WPF, and has been running workshops for counselling centres for nearly 30 years. Gill was counselling co-ordinator at Enfield Counselling Centre for four years, and also worked as a supervisor and clinical assessor at Chelmsford Counselling Service and Croydon Pastoral Foundation.

*This seminar will be open to counsellors and psychotherapists from all disciplines - qualified or in training - who are working with clients. However, therapists should have a basic understanding of psychodynamic principles and familiarity with object relations language.*

“Early bird” price before 26<sup>th</sup> August - £70; or after £80, and does not include lunch

Venue: St Nicolas Hall, West Mills, Newbury, West Berkshire RG14 5HG

For bookings: [seminars@wendybramham.co.uk](mailto:seminars@wendybramham.co.uk) or phone 07921 393879

To see our full seminar programme: [www.wendybramham.co.uk](http://www.wendybramham.co.uk) (seminars tab)