



Wendy Bramham Therapy

Counselling, Psychotherapy & Complementary Health
in Newbury & Marlborough

www.wendybramham.co.uk

Feeling the Pain or *Fleeing* the Pain? Working with Self-Harm and Suicidality Pete Holloway

Saturday, 30th September 2017, 10 am – 1 pm
St George's Hall, 206 Andover Road, Newbury RG14 6NU

Introduction

Working with the risk of suicide and acts of self-harm is one of the most demanding and challenging aspects of therapeutic work. Not only is the therapist confronted by the stark negativity and destructiveness of the patient at such times, but also by their own anxiety, frustration, outrage and impotence. This can result in the therapist either entering into a paralysed state of constant alarm or, conversely, becoming complacent and dismissive about the self-destructive potential with which they are presented.

This half-day workshop aims to provide a clear framework for:

- appraising and understanding the function of such self-injurious and risk-taking behaviours
- responding to such behaviours with the seriousness that they deserve without them dominating the therapeutic encounter and paralysing the therapist
- addressing issues of trust/distrust, hope/despair and collaboration/sabotage
- understanding 'the battle of the self'
- maintaining therapeutic optimism in the face of potential destructiveness



Pete Holloway

The workshop will draw on the presenter's 25+ years' experience of working in secure and acute psychiatric wards, intensive day units and community mental health services with 'difficult to engage' and 'high-risk' patients. Drawing on core psychoanalytic principles, field-work research and his own published material, the presenter aims to provide an accessible approach for tolerating the risks, challenges and opportunities for profound change that we can encounter in such work.

Biography - Pete Holloway

Pete Holloway is a Consultant Psychological Practitioner and Locality Lead for secondary care psychological therapies in an NHS mental health service in sKent. He is also a Senior Lecturer in Psychology at Roehampton University. Over the last 25 years he has integrated insights from his experience in forensic psychotherapy, systemic psychotherapy and drama-therapy in order to treat patients with diagnoses of personality disorder and histories of complex trauma.

This seminar will be open to all talking therapists and health professionals.

"Early bird" price before 30th August 2017: £45, or after £55. Includes parking & refreshments, but not lunch. Places limited so early booking advisable. CPD certificates and handouts will be supplied.

Venue: St George's Hall, 206 Andover Road, Newbury, West Berkshire RG14 6NU

TO BOOK: www.wendybramham.co.uk (seminars tab)

Contact: seminars@wendybramham.co.uk or phone 07464 783446

