

The Narcissistic Dilemma: A Perspective from Relational Integrative Psychotherapy

With Dr Ruth Birkebaek

Saturday, 18th January 2020, 10.00-16.30
St George's Centre, 206 Andover Road, Newbury RG14 6NU

The psychotherapy of Narcissistic dynamics often revolves around the client's relational dilemma whether "to need or not to need". This dilemma results in behavioural characteristics of extreme self-involvement, grandiosity, an absence of empathy, and a lack of interest in others, even while others are being used to obtain approval and admiration. In this workshop we will distinguish between a Narcissistic Style, Pattern, and a Personality Disorder. We will also discuss the "closet narcissist" - the client who is covertly self-centred while acting shy, timid, and ineffective.

This event will include both didactic teaching and experiential learning, including live supervision. This will focus on the intra-psychoic conflicts and the relational methods that are helpful when working with clients with issues of Narcissistic processing. We will examine the early relational disruptions in the origin of Narcissism and explore our client's script beliefs, attachment patterns, unconscious relational patterns, and styles of self-regulating. We will also discuss the importance of respect, validation, contact, authenticity and involvement in the psychotherapy of clients with Narcissistic dynamics.

This workshop will be helpful to psychotherapists, counsellors and psychologists who wish to enhance their clinical effectiveness by applying theory in identifying, understanding and working sensitively with the Narcissistic Personality.

At this workshop participants will...

- differentiate between various manifestations and characteristics of the Narcissistic Personality
- understand the phenomenological experience of clients with narcissistic dynamics, including their attachment patterns, script beliefs and unconscious relational patterns
- assimilate and comprehend a series of therapeutic interventions in the psychotherapy of narcissistic clients that reflect relational, co-constructive and intersubjective sensitivity
- formulate a therapeutic perspective that will include the significance of attunement to client's affect and rhythm while resonating with the client's level of emotional development

Ruth Birkebaek started her career in Brazil in 1989 as a Plastic Surgeon. After graduating from medical school she became interested in the impact of the mind on the development of physical illness, and did trainings in Psychosomatic Medicine and Jung Therapy followed by a 4-year training in Transactional Analysis. In 2003 she moved to the UK and started a 5-year training in Integrative Psychotherapy with Richard Erskine. She has a wide range of experience working with Richard Erskine for more than 10 years. She now works full time as a psychotherapist and supervisor in private practice in London, and delivers training in Relational Integrative Psychotherapy in Nottingham and Manchester. Ruth is a UKCP registered Psychotherapist, a Certified Integrative Psychotherapy Trainer & Supervisor (CIPTS) by the IIPA (International Integrative Psychotherapy Association) and a Certified Transactional Analyst - Provisional Trainer & Supervisor (PTSTA).

This event will be open to psychological therapists (including trainees) from all modalities
Early bird price before 18th December 2019: £90, or after £99. Includes parking, refreshments but not lunch.

CPD certificates supplied. TO BOOK: <https://www.bramhamtherapy.co.uk/events/>

Contact: events@bramhamtherapy.co.uk or 07599 369566

