

## CPD FOR THERAPISTS

### Exploring the Sibling Matrix: How Siblings Shape our Lives With Val Parker

Saturday, 4<sup>th</sup> February 2023, 1000-1600

Live ONLINE-only event with full interaction and participation

#### Introduction

Sibling relationships have a huge impact on our lives, and yet they are curiously neglected in the theory and practice of counselling and psychotherapy. Basing this workshop on her recently published book: *A Group Analytic Exploration of the Sibling Matrix: How Siblings Shape our Lives* Val will invite you to consider the vital importance of sibling relationships in our lives – not only how they influence our early emotional development but how they continue to impact on us throughout the life cycle.

Sibling issues often have much more influence and power than we realise, and can be overlooked in therapy, concealed by an over-emphasis on parental dynamics. This workshop will help you to recognise hidden sibling issues and work more confidently with them in the consulting room, ultimately enabling your patients to develop more constructive and collaborative relationships not only with their own siblings but also with friends, partners and colleagues.

This workshop will be both informative and interactive, giving you a chance to explore your own sibling issues and reflect on your clinical work, as well as expand your knowledge and expertise.

#### **Attention will be given to:**

- Exploring your personal sibling matrix including its impact on your life and relationships and on you as a therapist.
- Considering the developmental importance of siblings.
- Reflecting on specific sibling issues such as step-families, sibling loss, adoption and fostering.
- Expanding your ability to engage with sibling issues in therapy, including working with the sibling transference.
- Reflecting on the impact of the sibling matrix in groups, organisations, and communities.

**Val Parker** is a psychodynamic psychotherapist, group analyst, supervisor and writer working in private practice in West Oxfordshire. She is an experienced teacher and trainer and was a tutor for 12 years in the Department of Psychodynamic Studies at the University of Oxford. She currently works as a supervisor and seminar leader on the London Qualifying course in Group Analysis, is a member of the staff team on the Oxford Foundation Course in Group Analysis and the Qualifying Course in Group Analysis in Tirana, Albania. Her book 'A Group Analytic Exploration of the Sibling Matrix: How Siblings Shape our Lives' was published in 2020 and has been received with widespread critical acclaim:

*"... this is an important contribution to our thinking about sibling relationships, clearly and engagingly written, succinct and persuasive." - Christine Thornton, Group Analysis: The International Journal of Group-Analytic Psychotherapy*

*"This is a gem of a book...Parker's handy little volume will need to be put on every reading list of every psychodynamically and psychoanalytically orientated training course in the country, indeed on the reading list of every psychotherapy or psychology training course, whatever its denomination. This is essential reading." - Amélie Noack, Psychodynamic Practice*

*"One of the great pleasures in reading this book was the many sibling memories it evoked in me. Perhaps it was not just the topic itself but also the straightforward way the book is written and the author's use of both clinical and personal material.....the ...achievement of the book is bringing the sibling matrix to our attention in a lively, well-written and skilfully presented way." - Sue Einhorn, British Journal of Psychotherapy*

**Open to psychological therapists (including trainees) from all modalities and health professionals**

**Fee for online attendance: early bird before 14<sup>th</sup> January 2023: £95, or after £105**

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