



Endings in Psychotherapy With Josefine Speyer

Saturday, 3rd February 2024, 1000-1630, **IN PERSON**
White Horse Bookshop, 136 High Street, Marlborough, SN8 1HW Wiltshire

Introduction

In every ending there is also a new beginning. **The ending phase in psychotherapy is a major and important part of the therapeutic process that we need to be aware of from the beginning.**

There is much focus on attachment and birth, early childhood, youth and beginnings in psychotherapy, as is perhaps generally in our society. Much less emphasis is given to endings, separation, loss, death and limitation. This is also reflected in our training as therapists and in the lack of literature focusing on endings in psychotherapy. **Research suggests that how we approach the final phase of the therapy, determines in some ways the outcome of the therapy.**



The goal of psychotherapy is for the client to be able to leave therapy in a positive way, feeling enabled to live a hopefully more satisfying life without the need of therapy. **Being able to separate in a relational way is a sign of maturity.** Ideally, the ending process is a kind of 'harvest time', a conscious parting with a sense of achievement.

In this workshop we will look at:

- What is involved in promoting a 'good' ending, or a good enough ending?
- How do we know it is time to end?
- What can we expect to happen in the ending process and how do we best facilitate this process? How much time will it take?
- We will look at bad endings and what makes them bad.
- How can bad endings best be avoided?
- What feelings are client and therapist left with in a good or bad ending?
- Thinking about the therapist retiring and planning ahead.
- Unforeseen endings due to illness or death.
- Ethical requirements for the therapist.

Josefine Speyer is a UKCP registered psychotherapist and clinical supervisor. Her approach is integrative and psychodynamic strongly informed by her understanding of the effects of adverse childhood experiences on physical and mental health. Her original training was in body psychotherapy. She was a founder of the Natural Death Centre charity (1991) and co-editor of the Natural Death Handbook (2003). She held death education workshops, Natural Death Salons and presented at conferences. She is a supervisor for a bereavement service. She has a special interest in working with dreams, loss, grief and bereavement.

<https://www.linkedin.com/in/josefine-speyer-18787612>

This is an IN PERSON ONLY EVENT

Open to psychological therapists (including trainees) from all modalities and healthcare professionals.

Early bird price before 8th January: £105, or after £115 CPD certificates will be supplied

Refreshments included but not lunch or parking

TO BOOK: <https://www.bramhamtherapy.co.uk/events> Contact: events@bramhamtherapy.co.uk

Each delegate is responsible for self-care should material within our professional events trigger difficult feelings.