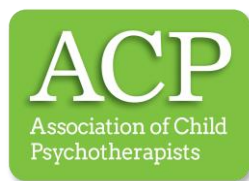


Relating to the Other



ACP Annual Conference

**Manchester Metropolitan University
6 – 8 July 2018**

Our ACP conference this year is an opportunity to examine our collective and individual ways of relating to the otherness of others, and the otherness we find within ourselves.

This manifests itself in multiple domains and relationships. As with wider society and all organisations, as a professional group, colleagues, and clinicians we participate in, and are subject to, the dynamics of otherness.

In his writing about ethnic hatred within the body of psychoanalysis, and the historical context this may relate to, Narendra Keval describes how, " Instead of the inner experience of the ethnic other being contained, it risks becoming marginalised and thwarted within a body of knowledge and a practice which should, one might say, know better. In this way it is given only refugee status, without a home or a receptive container that accommodates and speaks to experience across ethnicities. Having been a historical object of denigration and segregation, might this failure of understanding of the ethnic other within its own domain be a repetition of an unconscious cleansing of the subject matter?"

Keval, N. 2016. Racist States of Mind

We hope our conference weekend will create a setting in which we can collectively provide a home for thinking about such complex matters.

We anticipate that this will be engaging, relevant, and challenging. It's an opportunity to develop and progress our thinking together. We look forward to welcoming you to Manchester.

Simon Cregeen
Chair, Northern Organising Group



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Conference Chairs

Lydia Hartland-Rowe

Lydia Hartland-Rowe is a Portfolio Manager at the Tavistock and Portman NHS Foundation Trust, managing a range of clinical and applied courses. She has a particular interest in Group Relations, and is an Associate Member of OPUS. Between 2015-2017 she was a Cohort Director on the Elizabeth Garrett Anderson NHS Leadership Academy MSc, and her clinical work is based in the Fostering, Adoption and Kinship Care at the Tavistock.

Rajni Sharma

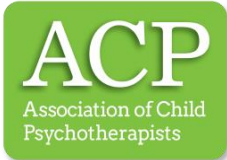
Rajni Sharma is the Lead for Child and Adolescent Psychotherapy in Manchester and Salford CAMHS. She is also the programme lead for the Psychoanalytic Observational Studies programme at NSCAP and teaches on the Child and Adolescent Psychotherapy clinical training.

Conference Presenters

Rachel Abedi, Louise Allnutt, Katie Argent, Faye Brierley, Sarina Campbell, Christine Chester, Jay Dhillon, Sarah Fielding, David Hadley, Sarah Hartley, Ann Horne, Anne Hurley, Hillel Mirvis, Valérie Mortin, Anthony Ogoe, Akin Ojumu, Isobel Pick, Kate Purdy, Katie Reid, Coretta Samms, Sonia Stephenson, Julie Trice, Jane Turner and Rosie Winter.

Northern Organising Group

Nigel Barrow, Faye Brierley, Simon Cregeen, Louise Hursey, Paula Land, Katie Reid, Leanne Stelmaszczyk, Jane Turner and Nick Waggett.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other



Welcome to Manchester

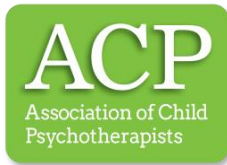
Diverse, energetic and bursting with character, Manchester is a great place to visit... Bordered by the rugged beauty of the Peak District National Park and The Pennine Hills, Manchester has a proud heritage as the birthplace of the industrial revolution and today is a cutting-edge city, with a lively music, arts and sports scene, beautiful historic and contemporary buildings, great eateries, green spaces and shopping.

Oh and we promise that it doesn't rain all the time!!



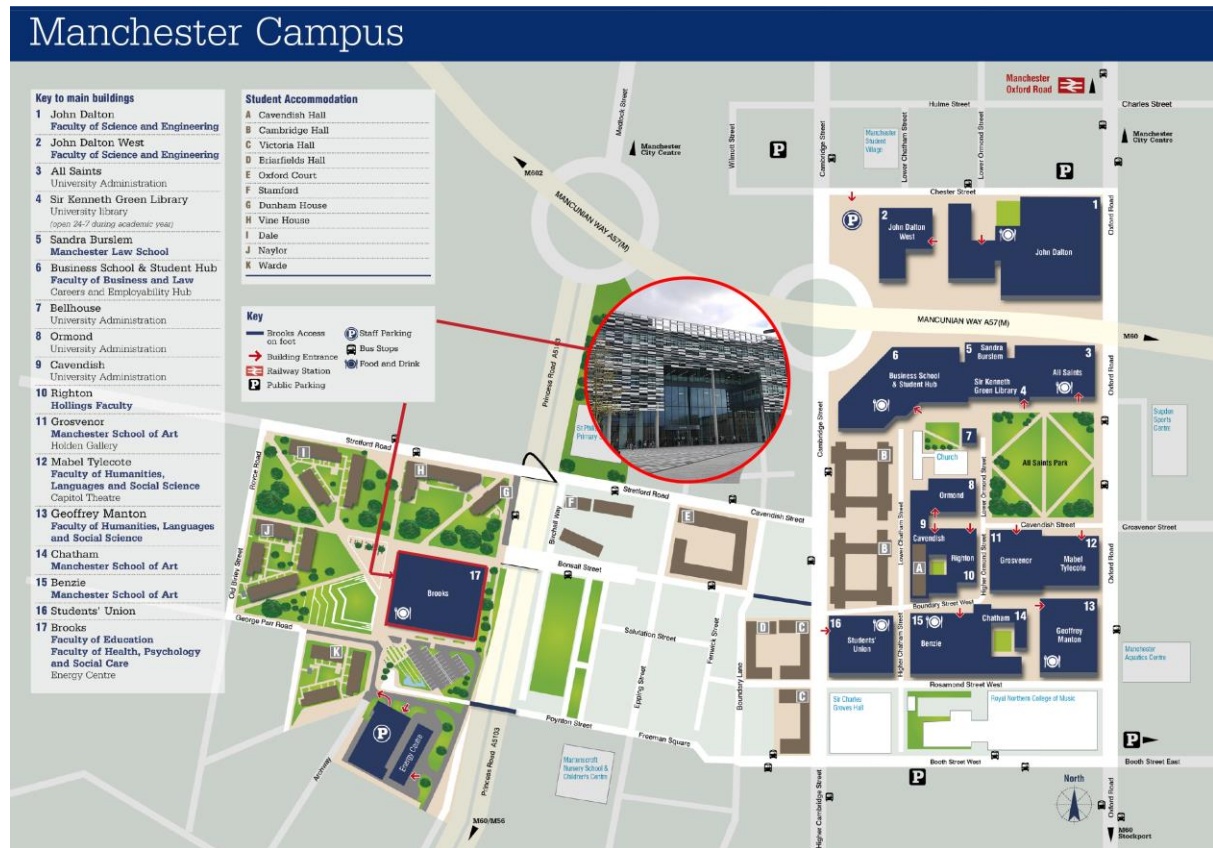
So....Why does a bee keep popping up everywhere?

Yes, it's a bee not a wasp! ... When you visit Manchester, you might find yourself curious about the 'worker bee' emblem dotted around the city (...it appears on everything from the bins to the clock face of the ornate Principal Hotel and is hard to miss). Originally the symbol represented the place the workers of Manchester occupied as 'busy bees' at the heart of the Industrial revolution, but the emblem has become re-invigorated as a mark of pride in the city and solidarity following the terrorist bombing at Manchester Arena last year.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Getting to the conference venue



Local Transport links

Getting there by Road

[Route planners for road travel](#)

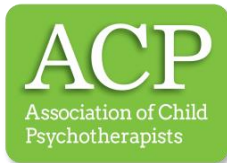
[Transport for Greater Manchester: journey planners](#)

Getting there by public transport

[National Rail enquiries](#)

[Transport for Greater Manchester: Plan my journey](#)

[Metroshuttle: Free bus travel in the city and town centres](#)



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Parking at the venue

There is parking conveniently located next to the conference venue and a reduced cost of parking on site has been arranged for delegates at £2.30 per day.

If you would like to park, please let the events team know your name, vehicle registration number and how long you intend to park **no later than Friday 29 June**.

Please email with your request:
events@childpsychotherapy.org.uk



Wi-Fi

- Select the BT-WIFI-ManMet network
- click 'Get Online'
- No password or email sign up is required

Social Media

Tweet and re-tweet about the conference using the hashtag #ACPconference2018. Don't forget to link in the ACP using our twitter handle @ACPtherapy

Bookstall

BLACKWELL'S
FOR LEARNING · FOR LIFE

Parking instructions at the event

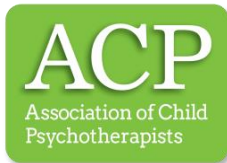
If you have pre-arranged to park at the venue with the events team, please park your vehicle on the day and collect a permit

from the venue reception, then return to your vehicle to Pay and Display.

Accommodation

Accommodation at the conference venue is by pre-booking only – if you would like to enquire as to available spaces, please do not delay in contacting the ACP office
admin@childpsychotherapy.org.uk

- **Check in**
from 15.00 Friday 6 July
- **Check out**
10.00 Sunday 8 July
- **Breakfast served**
9-10am 7 & 8 July in the Brooks Dining Hall



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

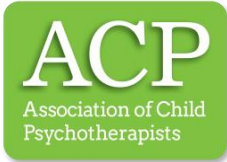
Conference Programme

Friday 6 July

15.45-16.45	Arrival and registration
16.45-17.00	Welcome to the conference
17.00-18.00	Main Paper <i>Fearing the worst: primitive anxieties in the face of a returning enemy</i> Presenter: Louise Allnutt Chair: Conference Chairs
18:05 – 18:40	Performance piece and Q&A <i>Elephant in the room</i> Lanre Malaolu
18.40 - Late	Wine Reception

Saturday 7 July

09.00-10.00	Arrival and registration
10.00-10.15	Opening remarks
10.15-11.15	Main Paper <i>Who are you? Who am I to you?</i> <i>A Mother and infant's experience of difference</i> Presenter: Jane Turner Chair: Conference Chairs
11.15-11.45	Refreshment break
11.45-12.45	Parallel Papers <i>Information overleaf</i>

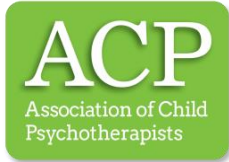


ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Parallel Papers

- *Finding the words to say it: Our realisation of how difficult it is to be curious about difference.*
Presenters: **Faye Brierley, Christine Chester, Sarah Fielding, Katie Reid, Sonia Stephenson and Julie Trice.**
Chair: **Biddy Youell**
- *So I'm a Muslim – What's it to you?*
Presenter: **Rachel Abedi**
Chair: **Phillip McGill**
- *A Complicated Landscape: Relating to the other in psychoanalytic psychotherapy with race in mind*
Presenters: **Jay Dhillon and Coretta Samms**
Chair: **Janine Sternberg**
- *'Him and I. An account of relating to the other in an intensive psychotherapy treatment with a nine year old boy.'*
Presenter: **Kate Purdy**
Chair: **Lynda Ellis**
- *Under the Skin (2013): A psychoanalytic film commentary*
Presenter: **Rosemary Winter**
Chair: **Janet Shaw**

12.45-13.45	Lunch
13.45- 13.55	GROUP Photo – meet on the Spanish Steps
13.55-15.10	Main Paper <i>Can we talk about race and identity in child psychotherapy culture?</i> Presenters: Katie Argent, Sarina Campbell, Anne Hurley, Anthony Ogoe and Rachel Abedi Chair: Conference Chairs
15.10-15.25	Comfort break
15.25-16.55	ACP – Annual General Meeting
16.55-17.25	<i>Refreshment break</i>
17.25-18.25	Reflection groups <i>Opportunity to discuss the themes of the day in small groups</i>
18.25-19.00	<i>Move to evening reception – Z-Arts 335 Stretford Rd, Manchester M15 5ZA</i>
19.00-Late	Evening reception and dinner/food served 19.45



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Elephant in the room

Lanre Malaolu

About the performance

Elephant in the Room explores the complexities of mental health, from a working class black male perspective. Elephant in the Room follows a day in the life of a young man and his constant internal and external battle to be “Normal”.

Using blends of physical theatre, hip hop dance and spoken word, the piece challenges the conventional ideas embedded in our society around mental health.

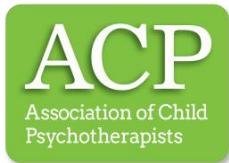
Biography:

Lanre Malaolu is a choreographer and performer. He uses blends of physical theatre, hip-hop dance and text to create work which aims to enhance and challenge our social and political worldviews.

His choreography has been performed at Sadler's Wells Theatre, The Wilderness Festival, as well as internationally in Barcelona & the USA.

In 2016, Lanre was chosen to be a choreographer on the inaugural OLD VIC 12 and was the choreographer and movement artist on The British Council film '*Dear Mr Shakespeare*', which was selected for the Sundance Film Festival in 2017.

Lanre is also a trained actor (Drama Centre London) and has worked extensively in theatre and television.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

So I'm a Muslim – What's it to you?

Rachel Abedi

About the session

This presentation explores how Muslims, a faith group often viewed as 'other', view their faith identity in the context of mental health and CAMHS treatment, and the potential implications for clinical practice.

My current research explores how child and adolescent psychotherapists respond to the faith identity of Muslim patients and their families. To ensure that the eventual research interview questions reflect issues relevant to Muslim service users, I arranged to meet small groups of young Muslims from the local area, to discuss their faith identity, how it relates to their mental health, and to their treatment in CAMHS.

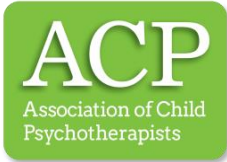
I will present what these young people had to say, and hope that it will stimulate discussion that will help us to think further about these issues.

The research focuses on Muslims because there is some evidence that Muslims already underutilise mental health services, particularly psychotherapy, and that many young Muslims want mental health services to appreciate the significance of faith in their lives.

Furthermore, amid a frequently negative public discourse concerning Muslims, fueled by media coverage of radicalisation and terrorism, refugees and immigration, it is relevant to question how the resulting anxiety might affect the therapeutic relationship.

Biography

Rachel is a child psychotherapy trainee in her third year at the Tavistock and Portman and works at Hammersmith & Fulham CAMHS. Previously, she worked for the Brent Centre for Young People and Place2Be.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Fearing the worst: Primitive anxieties in the face of a returning enemy

Louise Allnutt

About the session

This presentation will explore the emerging problem faced by local authorities nationally of adults, adolescents and children returning from the ISIS Caliphate.

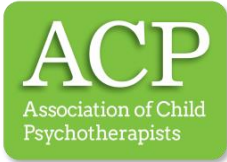
It will explore with case examples the potential in these organisations for the arousal of primitive anxieties in response to the horror of extreme violence and the fear of potential terrorism by those returning and the impact this can have on the ability to respond appropriately and effectively.

I will introduce some of the work we have started within the Returning Families Unit which aims at addressing both the trauma in the families and children as well as the profound impact their return is having on the professional networks that surround them.

Themes from Kamila Shamsie's recent novel, 'Home Fires,' will also be drawn upon to explore problems of identity and the systemic struggle to recognise and perceive the true complexity of personal history when under the sway of primitive phantasy and social prejudice.

Biography

Louise Allnutt is a Child and Adolescent Psychotherapist working at the Tavistock Centre. Louise works clinically in the newly formed, 'Returning Families Unit.' This team have been commissioned by central government to respond to the unique circumstances of the families who are returning from Syria to the UK. The team are primarily focussed on the assessment and treatment of traumatised children and parents. Louise also teaches theory and supervises on the Child Psychotherapy training.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Can we talk about race and identity in child psychotherapy culture?

**Katie Argent, Sarina Campbell, Anne Hurley,
Anthony Ogoe and Rachel Abedi**

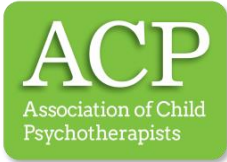
About the session

The aim is to generate discussion about how we as child psychotherapists approach race and cultural identity. What difference do issues and questions of identity make to us as patients, clinicians, trainees and trainers? What difference does it make whether we see group as well as individual identity as intrinsic to emotional life? What anxieties do we find ourselves managing or defending against when these questions arise? Can a psychoanalytic framework for thinking help us with understanding how we have developed as a child psychotherapy culture?

We are taking race/culture as our starting point; discussions may also consider class, sexuality, gender and other aspects of identity.

The presenters are trainee and qualified child psychotherapists working as clinicians, tutors and seminar leaders. We will each speak for about 5 minutes drawing on our individual personal and working experience and pointing to questions, issues and dilemmas that are alive for us and may be alive for us as a conference and as a profession.

The conference will then work in small groups to think about the questions raised and their application to our work and to the dynamics of Child Psychotherapy culture before coming back together as a large group to continue the discussion.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Biographies

Rachel Abedi is a child psychotherapy trainee in her third year at the Tavistock and Portman and works at Hammersmith & Fulham CAMHS. Previously, Rachel worked for the Brent Centre for Young People and Place2Be.

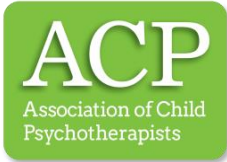
Katie Argent is Head of Child and Adolescent Psychotherapy at the Tavistock and Portman NHS Foundation Trust. She is a consultant child and adolescent psychotherapist in the Fostering, Adoption and Kinship Care Team and manages a portfolio of psychoanalytic applied training courses at the Tavistock. Katie has a special interest in the usefulness of psychoanalytic thinking outside the clinic and in school-based psychotherapeutic work and has a background in housing and homelessness policy and research.

Sarina Nyechoray Campbell is Course Lead for Psychological Therapies with Children, Young People and Families at the Tavistock and Portman NHS Foundation Trust. She is a child and adolescent psychotherapist and service supervisor in the Family Mental Health Team at the Tavistock.

Sarina also manages a Training Skills Escalator there to promote the development of students from diverse backgrounds. She has particular interest in working with adolescents and with groups and an extensive background of setting up and running therapeutic projects in schools.

Anne Hurley is Consultant Child and Adolescent Psychotherapist at the Tavistock and Portman NHS Foundation Trust in London where she leads the portfolio of psychoanalytic clinical training programmes. She is also Consultant Lead Child and Adolescent Psychotherapist at Hertfordshire Partnership University NHS Foundation Trust. Anne was previously the Co-Editor of the Journal of Child Psychotherapy (2009-2013).

Anthony Ogoe is a third-year trainee child and adolescent psychotherapist working in North London Tavistock CAMHS Team and Simmons House Tier 4 adolescent unit and has previous career experience working as a family practitioner in a local authority setting and as therapeutic staff in inpatient, hospital, nursery and school settings.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Finding the words to say it:
Our realisation of how difficult it is to be curious about difference

**Faye Brierley, Christine Chester, Sarah Fielding,
Katie Reid, Sonia Stephenson and Julie Trice**

About the session

Our title borrows from Marie Cardinal's evocative autobiographical novel, *The Words To Say It*, which traces the writer's parallel journeys through her childhood in French Algeria and her psychoanalysis. It is a powerful account of the healing and transformation that can be brought about by putting difficult experiences and feelings into words.

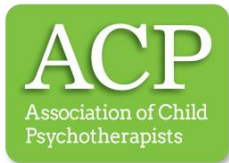
We would like to share something of our experience of struggling to think and talk about difference in our professional group as colleagues and in our clinical work. Difference and otherness is both terrifying and intriguing. None of us are the same and all of us are 'other,' and yet when an overt and undeniable difference comes to the fore, something complicated can happen. For the purposes of this presentation, we refer to 'difference' and 'otherness' as knowable differences between 'us' and 'them.' This may be visible, or via the knowledge of information that sets 'them' as different from ourselves.

As a group of Child and Adolescent Psychotherapists working in Greater Manchester, we were keen to present at the conference. During our conversations around the theme, however, we quickly stumbled upon how difficult it was to be curious about difference. Our initial enthusiasm gave way to frustration, disappointment, guilt and a question of why we couldn't do this more successfully.

In our discussions we have noticed that persecutory anxiety can be quickly stirred up, unwanted feelings can be projected into the other, and creative discourse can be blocked. We have had 'live' experiences of how difficult it can be to find a 'third position' from which to reflect on this issue. We aim to explore the reasons why this is so challenging and to consider what psychoanalytic thinking can contribute to a deeper understanding of this difficulty. Neville Symington speaks of how "psychoanalysis...is a complex reality which is both intra-psychic and interpersonal, both individual and social." We are interested in discovering what happens in the space between the outside world, with the prejudices and inequalities we cannot deny, and the complex inner worlds of our patients and ourselves.

The theme of the conference has provided an opportunity to explore this difficult and exposing subject. Working as a group has provided a container which has enabled us to hold onto thoughts that, at times, have felt messy, clumsy, and uncomfortable. We cannot create a 'language' on our own, we rely on others, with all their differences, to develop this with us. We are inviting the audience to continue to work with us on this struggle.

Continues overleaf



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

The presentation will be made up of several short films that we have developed, combined with some linking theoretic ideas. We aim to create a wider group with the audience to consider how we, as a professional group and as individuals can create a safe space to struggle with difference. We hope, ultimately, to demonstrate that this is important and worthwhile endeavour.

Biographies

Faye Brierley is a Child and Adolescent Psychoanalytic Psychotherapist who works in Stockport Healthy Young Minds (formerly CAMHS) and Salford CAMHS for Looked After and Adopted Children. Faye qualified from NSCAP in 2016 and worked as a nursery nurse and youth worker prior to training.

Christine Chester is a Child and Adolescent Psychotherapist working in Stockport's Infant Parent Service. Her previous experience is in Manchester's CAMHS Looked After Children team and in Generic CAMHS. Christine has a keen interest in early infant parent mental health, promoting early social and emotional development and helping young children and their parents/carers prepare for nursery and school. She is passionate about group work and multi-disciplinary and multi-agency working.

Sarah Fielding works as a Child and Adolescent Psychotherapist at Healthy Young Minds (formerly CAMHS) in Oldham and in private practice. Sarah trained at the Tavistock Centre in London. She previously worked as a music therapist in Bristol and Bath.

Katie Reid is a Child and Adolescent Psychoanalytic Psychotherapist who has worked with parents and infants in Tameside and Glossop Early Attachment Service since 2014. Katie has 25 years' experience of working in the NHS in both adult and child mental health services and has previously taught on the Tavistock Centre M.A. in Psychoanalytic Observational Studies in Liverpool.

Sonia Stephenson currently works at Healthy Young Minds in Rochdale. She qualified as a Child and Adolescent Psychotherapist at BTPP in 2010. Prior to this, Sonia spent several years working at a senior level as a Social Worker. She is passionate about working with children and their parents, especially infant mental health.

Julie Trice is a Child and Adolescent Psychotherapist working with Tameside and Glossop's Early Attachment Service. She has previously worked in Tier 3 CAMHS for 10 years, including the 4 years clinical training there. Prior to training, Julie worked as a primary school teacher for 8 years and became interested in the impact of early trauma and prior to this, she worked as a children's nurse on a burns and plastics ward, dealing with families' trauma as well as more practical issues. She is a mother of two grown up sons.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

A Complicated Landscape: Relating to the Other in psychoanalytic psychotherapy with Race in mind

Jay Dhillon and Coretta Samms

About the session

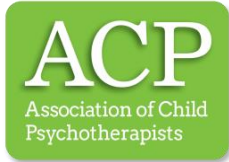
This presentation addresses two cases in which the mothers experience difficulties in relating to their child. The difficulties comprise of: sense of self, sense of the other, intimacy and cultural displacement. The presence of the therapist in each case, externally mirrors something of their internal struggles.

Winnicott's ideas about Primary Maternal Preoccupation (1956) and Communicating and not Communicating (1963) and Caldwell's exploration of Winnicott's use of black in the consulting room (2016) are helpful in understanding both the psychic and environmental landscapes these dyads find themselves in.

The authors will attempt in a limited time frame, to respectfully give account of two complex clinical cases that were seen in two culturally diverse CAMHS settings. The first case, presented by Dhillon, gives an account of a nine year old mixed-race girl presenting with psychosomatic symptoms. The intense relationship with her white mother and the absence of her black father impacts greatly on her sense of self and her well-being. This is further complicated by her depressed mother who is unable to allow a two-ness to come out of the one-ness of mother and child (Joyce, personal communication). In addition, the role the therapist's ethnicity plays in the transference relationship and externally, represents the complicated landscape of both parents as she is neither black nor white.

The second case presented by Samms, will look at parent-infant psychotherapy treatment with a young mother who was seen during the third trimester (6 months) through to when her baby turned one. In this case, the mother who had suffered depression and significant repeated trauma since childhood, worked with the therapist to untangle the Ghosts (Fraiberg, 1975) in her internal world.

This allowed her to develop a maternal preoccupation in pregnancy to facilitate the process of bonding with her unplanned, unborn baby. The therapist's ethnicity was significant in the therapeutic alliance because of the external similarities between mother and therapist.

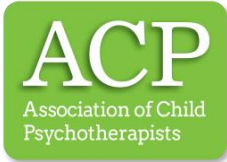


ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Biographies

Jay Dhillon is entering year three of the IPCAPA training. She is training at City and Hackney CAMHS. Jay previously trained as a Social Worker and Person-Centred therapist working in Scotland, after completing the Psychoanalytic Observations course at Northumbria University. She moved to London to train at IPCAPA as she had a special interest in learning about the Independent and Anna Freudian traditions.

Coretta Samms is working at Newham CAMHS and qualified three years ago at IPCAPA. She is currently developing the Parent-Infant Psychotherapy Service in Newham and is completing the Psychoanalytic Parent-Infant Psychotherapy training at the Anna Freud National Centre for Children and Families. Coretta is a tutor and Infant Observation Seminar Leader on the BPF/ Birkbeck College MSc Psychodynamics of Human Development course.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Varifocal supervision in a rainbow world

David Hadley

About the session

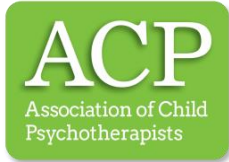
The paper explores the experience of providing supervision of psychodynamic psychotherapeutic interventions when working within another culture, across racial and economic divides.

The institutional dynamics of post-apartheid South Africa are considered with reference to what is described by Eagle, a South African psychotherapist, as 'a rent in the social fabric'. A range of images from the landscape and a series of clinical examples are used to explore the implications for effective practice, supervision and use of theory in these straightened circumstances.

The thinking of Lanyado, Winnicott, Britton, Ogden, Bion and Freud provide elements for a theoretical frame for considering the shifts in focus required of the supervisor in accommodating to such a context. Through this a model is developed which is considered to have wider relevance to practice and to supervision, in particular where cultural trauma and difference is encountered.

Biography

David Hadley was an educational psychologist for ten years before training as a child and adolescent psychotherapist at the Tavistock Clinic and moving to work in the NHS. There he worked as a Consultant, Head of Profession and Manager in Child and Adolescent Mental Health Services until his retirement. David continues to train, advise on training, supervise and consult with a range of institutions in health, education, social care and the voluntary sector in the UK and South Africa.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

**The space between us:
Transformational potential or defence against otherness**

Ann Horne

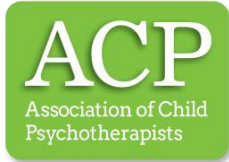
About the session

There are times when we do and when we do not bear to engage fully with our counter-transference. Where difference or otherness is felt to be too great, threatening or incomprehensible, I think we temper our use of the counter-transference and try to keep our own integrity in the face of drowning in the 'other', losing the self.

We also do this when we feel vulnerable ourselves as we often are in today's NHS, and are aware of not quite being able to listen with our usual alert resilience because our survival becomes part of the equation. The paper will venture into clinical work, training, shame and the ego ideal in looking at the making of otherness on the micro level of child psychotherapy.

Biography

Ann Horne trained at the BAP (now IPCAPA at the bpf); retired from clinical work but retains an interest in children who are compelled to act rather than reflect. Selected Papers (*On Children Who Privilege the Body – reflections of an Independent psychotherapist*) due to be published by Routledge this year.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Some reflections on being locked out of the consulting room

Hillel Mirvis

About the session

This paper describes on-going weekly psychotherapy with an adopted latency boy, 'David,' who experienced institutional neglect in a foreign orphanage before being adopted at 18 months and has since presented with quasi-autistic features.

David's extremely limited capacity to 'relate to the other' has vexed me for the duration of our work together. The early months of treatment were characterised by David locking me out of the consulting room and by hopelessness in the counter-transference regarding David's capacity to tolerate sharing space with me of any kind.

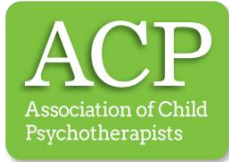
I will suggest that the room itself became a maternal object, or mind, for David which he felt he had to own exclusively at my expense. I also suggest that the door between us may have been convenient for us both, as much representing my difficulty in relating to the 'otherness' of David's experience in the orphanage as his difficulty in relating to me.

I describe a session in detail from a year into therapy, which saw David spontaneously introduce 'the coin game,' which was seemingly a compromised expression on David's part of a desire to relate to the other, albeit with the consulting room door between us as part of the game.

This, too, ultimately proved to deteriorate into deadly, repetitive meaninglessness, with little hope of development of any kind. Ironically, seven months later, David was locked out of his usual CAMHS building, as, surprisingly, an unsolicited and abrupt change to the building and room I saw David in seemed, immediately, to unfreeze his defences and to stimulate his potential in being able to relate to his therapist. I attempt to make sense of how this was possible, paradoxical as it may seem.

Biography

Hillel Mirvis is a child psychotherapist at Barnet CAMHS (West), and until recently was child psychotherapist for the Barnet CAMHS Looked After Children team. Hillel qualified at IPCAPA at the BPF in 2015 and has since been particularly drawn to working with disturbed adolescents. This has been reflected in his articles in the JCP (the second of which is due to be published), which have focussed on psychosis, and adolescent overdose, respectively.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Disgust discussed...Too taboo?

Valérie Mortin and Sarah Hartley

About the session

Disgust is in the news following recent research on the subject...Still hard to focus on such a topic since the whole body is geared to avoid it.

Val Curtis (a disgustologist) and her team (2018) have found that the types of disgust in the brain were more closely linked to the actions that people need to take to avoid disease and it is an automatic emotional response to things people find repulsive – for example avoiding someone with skin outbreak.

This is an evolutionary view of an emotion aiming at increasing our chances of survival and reproduction. Researchers say the findings could be used to develop instruments for measuring disgust, to investigate how disgust might vary across cultures and to understand how moral disgust, for example, relates to disease disgust.

We would like to explore the subject by way of discussion rather than present a paper. As child psychotherapists, we met parents who were repulsed by their babies, young people who were disgusted by their bodies; Also, we worked in institutions where disgust seemed to be projected by the staff onto the children.

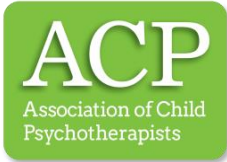
We will present clinical vignettes from our work in the UK and in Kazaksthan as some illustrations on PowerPoint, along with the views of A. Schore (2012) and other researchers.

Our hope is to initiate a discussion around this difficult and under-researched subject and we would like to invite you to this exploration with us.

References

Curtis V, de Barra M. 2018. The structure and function of pathogen disgust. *Philosophical Transactions of the Royal Society: Biological Sciences*. DOI: 10.1098/RSTB.2017.0208"

Schore, A. N. (2012) "The science of the art of psychotherapy". New York: W. W. Norton & Company.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Biographies

Valérie Mortin is a child and adolescent psychotherapist trained at the BPF, graduating in 2007. She works with PAIRS (Parent and Infant Relationship Service) for the Maudsley NHS Trust & LEAP (Lambeth Early Action Partnership) as a child and adolescent psychotherapist/parent infant psychotherapist. She undertook the Oxpip training as a parent infant therapist.

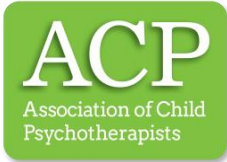
Sarah Hartley is also a child and adolescent psychotherapist. Sarah trained in the Tavistock Clinic and from 2011 to 2015, lived and worked in Kazakhstan, from where she has recently returned.

In Kazakhstan Sarah worked in various orphanages, hospitals, schools and a newly developed group of mother and baby houses. She also trained local care workers, psychologists and psychotherapists and introduced and ran infant observation groups.

She currently works privately from home and continues to run infant observation groups and supervision in Kazakhstan via Skype.

Valerie and Sarah both share a passionate interest in parenthood, infancy and early years and their impact on future development. This shared interest brought Valerie to Kazakhstan where they are both involved in a charity project developing lectures and a training program connected to the introduction of fostering and adoption and with helping to train the staff in the mother and baby houses.

Sarah and Valérie met at the Cassel hospital just before embarking on their respective child and adolescent trainings over a decade ago.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

The roots: Interpreting race in the transference

Anthony Ogoe

About the session

This paper explores some of the ways in which racial identities can be active in the psychotherapeutic relationship, presenting both opportunities for development and avoidance when working with adolescents.

Presented is short-term psychoanalytic psychotherapy work with a depressed mixed-race adolescent girl, who appears developmentally arrested behind profound internal splits. Captured is what arises when she is met with a black male therapist, who represents both an internal and external unknown.

While we are aware of the experience of 'self' and 'other', sameness and difference, during adolescent development, little has been written about the way in which racial identities impress on the process of individuation, and how racial transference emerges and impacts on both patient and therapist. Considering the unsettling nature of racial discourse, it can often become something to get past, rather than live within, giving it a capacity to disrupt as oppose to enhance our thinking.

Through the discussion of clinical material, this paper discovers the technical dilemmas of interpreting internal conflicts that appear racially infused. Exemplified is the patient's splitting of internal parental figures, complicatedly split on racial lines. The therapist grapples with when and how to take up race more directly in the transference.

The author notes how the patient's hair, a commix of her racial heritage, becomes a symbol of the patient's struggle to navigate her internal conflict and emerging identity. The therapist's awareness of, and capacity to hold in mind, the socio-cultural historical context of the patient's racialised experience becomes an essential aspect of the containment necessary in helping towards integration.

This paper aims to facilitate further discussion about a personal, uncomfortable but important area of child psychotherapy work.

Biography

Anthony Ogoe is a third-year trainee child and adolescent psychotherapist working in North London Tavistock CAMHS Team and Simmons House Tier 4 adolescent unit and has previous career experience working as a family practitioner in a local authority setting and as therapeutic staff in inpatient, hospital, nursery and school settings.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Lost in Translation – learning to speak a shared language in the therapy room

Akin Ojumu

About the session

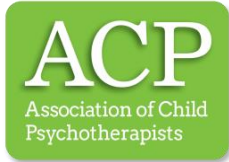
Lost in Translation is a clinical presentation of a long-term intensive therapy that looks at how differences in race, religion and culture between therapist and patient can have a profound effect on the development of a therapeutic relationship.

In this account of a therapy between a mixed-race Muslim girl and a black male psychotherapist, the patient initially retreated into a defensive fantasy world using an indecipherable imaginary language that she occasionally translated for her therapist. At times the external differences between us literally meant we were unable to speak the same language.

The sense of disconnect was characterised by a negative transference as I felt that I often represented an alien and unreliable object to her. There was a powerful feeling of non-attunement and at times it felt as if we were watching each other from behind a screen. It seemed as if the external differences between us at first presented a barrier to creating a therapeutic alliance but eventually became a way for us to begin exploring her internal world together. This process was at the centre of a therapy that lasted two years.

One of my struggles was thinking about how to talk about my difference, particularly addressing her ideas about my own background and what it represented to her. My supervision helped me to create my own language to talk about my experience of what our differences seemed to stir up at various points during the therapy. In time it became more able to link her worries about my difference and her wish to be known and understood with the traumatic maternal loss she had suffered before her therapy started. A powerful maternal transference began to emerge as the work progressed, and I came to understand that her early reactions to me could be seen as a negative maternal transference and an overwhelming anxiety about making an intimate connection with a new object.

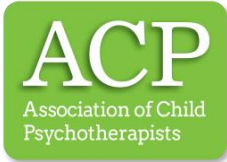
This paper aims to address some contemporary issues and technical challenges relevant to child psychotherapists working in a multi-cultural setting. What happens when a therapist and patient initially view each other as 'the Other', defined by their differences? How much should a therapist talk about their own difference in the therapy room? I hope this paper will be a useful addition to the ongoing discussion of how issues of race and culture are revealed in the consulting room.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Biography

Akin Ojumu trained as a child and adolescent psychotherapist at IPCAPA after working as a school counsellor and a journalist. He currently works in a CAMHS team for the NHS Oxleas Foundation Trust.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Him and I.
An account of relating to the other in an intensive
psychotherapy treatment with a nine-year-old boy

Kate Purdy

About the session

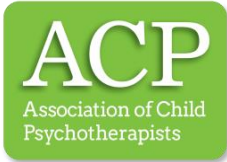
This paper explores an intensive psychotherapy treatment undertaken with a very aggressive and disturbed nine year old boy over a two year period.

The therapist's difficulty in managing to stay in the room and tolerate the material and the sense of otherness are explored. Aspects of the transference are thought about in terms of the boy's shift from a defensive identification with the aggressor to being able to tolerate more vulnerable parts in himself.

The therapist's changing position in the transference is explored alongside this. The adaptation of technique particularly around interpretation is considered, and the work of Anne Alvarez and Betty Joseph help to illuminate these ideas. The ending of the work is reflected upon and remaining unresolved aspects in the therapy are discussed.

Biography

Kate Purdy is a newly qualified child and adolescent psychotherapist, having finished her training at NSCAP in 2017. Kate works for the Newcastle Parent Infant Partnership (NEWPIP) as a parent infant therapist. Before re-training, she had a long career as an English teacher in secondary schools, having studied literature at graduate and post-graduate level. Kate maintains her passionate interest in fiction, drama and poetry.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Who are you? Who am I to you? **A Mother and Infant's experience of difference**

Jane Turner

About the session

I explore my work with a Parent and Infant which I carried out within a perinatal project at a Women's only therapy service. I consider a mother's own early traumatic life history, her experience of being groomed and trafficked and how this impacts on her relationship with her infant.

I am interested in exploring the origins of fundamentalist thinking and how this influences women's relationships and their mothering.

The work involved took place over a period of 18 months and I will discuss some of the challenges I faced in learning different techniques in working with parents and infants, for example in the use of video, and in working on the floor.

I will reflect on my experience of the difference between myself and this mother and think about issues of power, which had potential to be denied in the context of us both being female and because the work took place in a female only organisation. I would also like to link this with wider cultural and institutional dynamics where I found the infant would often become invisible.

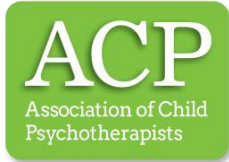
Biography

Jane Turner is a Child and Adolescent Psychotherapist and Parent Infant Psychotherapist and currently works 3 days a week as a Parent Infant Psychotherapist in a perinatal project in Bradford.

Jane also work at a Parent Infant Partnership project called NewPIP with Children North East in Newcastle, teaching on the Infant Mental Health course and running a group for parents and infants.

Jane also provides consultation to a Mother and Baby Unit, together with a colleague, and supports a Perinatal interest group in her role as an associate with NSCAP.

She has 25 years' experience of working in public services, including the NHS, Social Care, and including charities and community projects both as a therapist and Manager and works privately with adults, children and young people, and as a supervisor.



ACP Annual Conference 2018
Friday 6 July – Sunday 8 July
Relating to the Other

Under the Skin (2013) A Psychoanalytic Film Commentary

Rosie Winter

About the session

This psychoanalytically informed film commentary explores themes of alienation and gender and considers how they are presented in the film *Under the Skin* (2013) by Jonathan Glaser. The film follows the murderous exploits of a nameless Alien (Johansson) as she prowls the streets of Glasgow for lone male victims. The expression of primitive anxiety, alienation and of psychic privation are keenly and brilliantly crafted in this film in my view.

Whilst remaining outlandish, strange and at times very beautiful, this film also works to present a vision of the brutality and psychic poverty that is both knowable and disturbing.

I was also struck by the use of the female body and its place in the film; the absence of female character and how female internal spaces are represented as places of desire and horror. I am interested in how this links to the alienation of male characters in the film and what this says about the development of psychic life.

From its gaze, to its characterisations, the film deliberately excludes a female world view. It is a hellish vision of a landscape without women, without psychic birth and without parental objects.

I do not claim a definitive interpretation of the film, I am an interested audience member only and I hope to open up some questions and topics for further discussion.

Biography

Rosemary Winter is a Child & Adolescent Psychotherapist working in Sheffield CAMHS and LAC Service. Prior to clinical training she has a first degree in English Literature from Lancaster University and trained as a Secondary English Teacher at Goldsmiths College London.

She spent 8 years in the Education sector, primarily as a Secondary English and Media teacher and then as a Further Education College Lecturer. Her long held interest is in Literature, Film and the Arts and the relationship between the Arts and psychoanalytic ideas and experience.