

22 & 23 JUNE 2024

ACP Annual Conference

# Inside Digital Lives: Growing up in the Information Age

## ABOUT THE CONFERENCE

Inside Digital Lives: Growing Up in the Information Age has significant meaning for children and adolescents in how their internal emotional worlds are shaped by the external online world and technology. It has relevance for us as Child and Adolescent Psychotherapists in our working lives, not just in the world now but also in the world to come. The title and theme of the conference hopes to broaden and enrich our understanding further – through a contemporary lens – on the relationship between psychoanalytic thinking and personality development which was conceptualised by Margot Waddell (1998) in the iconic work *'Inside Lives' – Psychoanalysis and the Growth of the Personality*, Tavistock Clinic Series, Karnac.

Inside Lives is an introduction to the factors which develop or inhibit the mind in all stages of life from a psychoanalytic point of view. It traces the interplay between influences – internal and external – which contribute to a person's character strength and sense of identity. It provides a perspective on the relationship between psychoanalytic theory and the nature of human development. A quarter of a century later, what are our experiences as clinicians in understanding these processes for the children, young people and families that we work with from a psychoanalytic perspective? In what ways can the online 'world' and its influence on a child's developing internal world be quantified? How does technology exist in the day-to-day interactions between infants, children and adolescents as well as with their primary caregivers? What are the developmental implications for this? In contrast, can technology have a use within clinical work to help facilitate connection and understanding within the therapeutic relationship?

The ACP Conference 2024 aims to provide members with an opportunity to discuss this highly relevant but often polarising subject through a programme of thought-provoking and stimulating presentations. We are extremely pleased that our presenters this year represent members with a broad range of clinical experiences and are working across different settings.

## THIS YEAR'S SPEAKERS

### ACP CONFERENCE CHAIRS

#### Dr Janine Sternberg

Dr Janine Sternberg is now a semi-retired Child and Adolescent Psychotherapist, having been Head of Training for the Independent Training offered by IPCAPA at the BPF and the Anna Freud Centre. She trained originally at the Tavistock Clinic, being based in the Adolescent Department there and worked in Kilburn CAMHS on qualification. She followed that by time at the Tavistock Mulberry Bush Day and then the Portman Clinic. She is the author of a book on the contribution of infant observation to the training of child psychotherapists, the co-editor of a book on infant observation as a research methodology, co-editor of a book about the child work done at the Portman as well as author of numerous articles.

Janine has long been involved in many aspects of the child psychotherapy profession, Chairing the Programme Planning Committee, the ACP's Employment Standards Group and being Vice Chair of the Ethical Practice Group as well as Editor of the JCP. She is now a non-Executive Director on the ACP Board.

#### Dr Lynne Taylor

Dr Lynne Taylor is currently Chair of the ACP and works in private practice. Previously she worked in Leicester CAMHS as Lead Child and Adolescent Psychotherapist. Prior to this role, she worked at North Camden CAMHS (school service) and the Refugee Team, Tavistock and Portman NHS Foundation Trust. She qualified from the Tavistock in 2013 and completed her professional doctorate in working with refugee children in 2018.

Lynne worked within NHS CAMHS services for 19 years, including two tier 4 services and tier 3 community CAMHS. She has a special interest in applied work, as well promoting EDI and leadership and strategic thinking within services. Alongside her work within the ACP, Lynne is also a District Councillor (Green Party) and within this role, she leads on EDI work.

### PAPER PRESENTATIONS

Adele Braun, Jennifer Davids, Maeve Doherty, Dr Judith Edwards, Prof Alessandra Lemma, Ryan Lowe, Jessica Maliphant, Dr Theodora Manolopoulou, Prof Nick Midgley, Hillel Mirvis, Marion Sangster

### CHAIRS OF PAPERS

Dr Rachel Acheson, Dr Anne Alvarez, David Cornelius, Dr Elena Della Rosa, Ricky Emanuel, Claire Hopkins, Ann Horne, Dr Sean Junor-Sheppard, Dr Linda Pae, Dr Alexandra de Rementería, Sam Zuppardi

## CONFERENCE DETAILS

### CONFERENCE ORGANISING GROUP

Dr Rachel Acheson, Dr Elena Della Rosa, Kate England, Claire Hopkins, Rebecca Howarth, Jessica Jarmon, Prof Nick Midgley, Claire Pestana, Dr Janine Sternberg, Dr Lynne Taylor

### ONLINE CONFERENCE: ACCESS & RUNNING TIMES

*Inside Digital Lives* is an online Conference that will be accessed via Zoom between the following times:

**Saturday 22 June:** 9:00am to 4:00pm

**Sunday 23 June:** 9:00am to 4:00pm (*9am start for trainees and 10am for others*)

You will be sent a Zoom link a few days in advance of the Conference.

### TECHNICAL PREPARATION

This event will be delivered via Zoom. You can download the Zoom application via this link:

<https://zoom.us/download>

In order to access and enjoy the conference with limited disruption, please remember to check your equipment to ensure it is working properly:

- Check that you have a stable internet connection
- Test your microphone, speakers, camera, and screen sharing functions, and adjust the volume and lighting as needed
- Use a wired connection instead of Wi-Fi if possible, and close any unnecessary applications or tabs that might slow down your computer or cause interference

Someone will be available at the ACP to support your access.

**Please email:** [admin@childpsychotherapy.org.uk](mailto:admin@childpsychotherapy.org.uk)

**Or call:** 0207 922 7751

### CONFERENCE ETIQUETTE

Participants are invited and encouraged to turn on their video cameras, but will be muted by the host during presentations to minimise sound interference. We recommend that participants stay in speaker view as opposed to gallery view, to benefit visually from the speaker presentations and discussions.

### RECORDING DISCLAIMER

In line with GDPR and Intellectual Property Rights, attendees are NOT permitted, in any circumstances, to record or share content in this conference.



# PROGRAMME - DAY 1

## Saturday 22 June - 9am to 4pm

9:00 - 9:15	Arrivals
9:15 - 9:30	Chairs' Welcome: <i>Dr Janine Sternberg &amp; Dr Lynne Taylor</i>
9:30 - 10:30	<b>'Becoming sexual in digital times: the risks and harms of online pornography'</b> Main presentation & discussion by Prof Alessandra Lemma <i>Chair: Claire Hopkins</i>
10:30 to 10:40	10-minute break
10:40 - 11:20	<b>'Growing up digital'</b> Presentation & discussion by Ryan Lowe & Adele Braun <i>Chair: David Cornelius</i>
11:20 to 11:30	10-minute break
11:30 - 12:10	<b>'Infant observation during lockdown: the screen as a psychic portal'</b> Presentation & discussion by Maeve Doherty <i>Chair: Dr Alexandra de Rementeria</i>
12:10 - 12:40	30-minute lunch break
12:50 - 13:40	<b>'Instagran'</b> Presentation & discussion by Dr Judith Edwards <i>Chair: Ricky Emanuel</i>
13:40 - 13:50	10-minute break
13:50 - 14:30	<b>'Weaning and separation in the times of cyborgs'</b> Presentation & discussion by Dr Theodora Manolopoulou <i>Chair: Dr Linda Pae</i>
14:30 - 14:40	10-minute break
14:40 - 15:20	<b>'The search for self(ie)'</b> Presentation & discussion by Jessica Maliphant <i>Chair: Dr Anne Alvarez</i>
15:20 - 15:55	<b>Distinguished Guest Speakers - Margot Waddell accompanied by Margaret Rustin,</b> followed by Chairs' reflective space & panel
16:00	Conference Day One close

## PROGRAMME - DAY 2

### Sunday 23 June - 9:00am to 4pm (9am for trainees, 10am for others)

9:00 - 10:00	<b>Trainee Forum (Trainees only)</b> <i>Chair: Dr Elena Della Rosa</i>
	<b>‘How do CAPTs experience working with children and young people affected by online and technology-facilitated sexual harms?’</b> Research presentation by Marion Sangster
10:00 - 10:15	Chairs’ Welcome: <i>Dr Janine Sternberg &amp; Dr Lynne Taylor</i>
10:15 - 11:30	<b>‘Can we do psychodynamic therapy via text messages? The case of internet-based psychodynamic therapy (IPDT) for depressed adolescents’</b> Main presentation by Prof Nick Midgley <i>Chair: Sam Zuppardi</i>
11:30 - 11:45	15-minute break
11:45 - 12:50	<b>‘The digital object revisited’</b> Presentation & discussion by Jennifer Davids <i>Chair: Ann Horne</i>
12:50 - 13:25	35-minute lunch break
13:35 - 14:15	<b>‘Can digital lives reflect what’s inside adolescents too?’</b> Presentation and discussion by Hillel Mirvis <i>Chair: Dr Rachel Acheson</i>
14:15 - 14:25	10-minute break
14:25 - 15:05	<b>Visual Media &amp; Discussion</b> <i>Chair: Dr Sean Junor-Sheppard</i>
15:05 - 15:55	Chairs’ reflective space & panel
15:55 - 16:00	Thanks from Dr Lynne Taylor, ACP Chair and Conference close

## PAPERS & PRESENTATIONS

# Becoming Sexual in Digital Times: The Risks & Harms of Online Pornography

### GUEST SPEAKER

#### PROF ALESSANDRA LEMMA

Chaired by Claire Hopkins

In this presentation I will explore the challenges of becoming sexual in digital times focusing on the risks and harms of online pornography. I will suggest that the difference between pre-internet and online pornography is not in any straightforward sense only one of degree. I argue that this is because the online medium changes the young person's relationship to the sexual materials by providing a virtual space within which sexual desire is gratified quickly and non-reflectively, undermining the capacity to mentalise one's own sexual desire and that of the other.

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**Prof Alessandra Lemma**, Fellow of the British Psychoanalytic Society and Chartered Clinical Psychologist, is a Visiting Professor in the Psychoanalysis Unit, University College London, Consultant at the Anna Freud Centre and Visiting Professor, Centro Winnicott, Rome. For 16 years she worked at the Tavistock Clinic where she was, at different stages, Head of Psychology and Professor of Psychological Therapies in conjunction with Essex University. She was a recipient of the 2022 Sigourney Award in recognition of her theoretical and clinical contributions to understanding body modification practices, the impacts of technology on psychic functioning and transgender identities as well as for her efforts in developing and disseminating worldwide a brief psychoanalytic intervention for mood disorders. She is the former General Editor of the *New Library of Psychoanalysis* book series and is the current Chair of the International Journal of Psychoanalysis' Management Board.

**Claire Hopkins** qualified from the Northern School of Child and Adolescent Psychotherapy in 2011. Immediately after her training, she (together with 3 fellow CAPT's) set up Impact North Ltd, a Yorkshire based Social Enterprise offering child and family psychotherapy services direct into community settings such as schools and children's centres. In 2018 she also set up Impact Minds Ltd, a sister company focused on providing opportunities for independent practitioners who wished to offer support to children, young people, and families through the Adoption Support Fund. For the past 3 years, she has worked part time within Rotherham Doncaster and South Humber NHS Foundation Trust offering training and consultation in the Mental Health Support Teams and Rotherham's Trauma and Resilience Service. In 2020, she joined the Board of the ACP as a Child Psychotherapist Non-Executive Director. In 2021 she became Director of Finance for the organisation, and in March 2024 was appointed CEO of the ACP.



## PAPERS & PRESENTATIONS

### Growing Up Digital

**RYAN LOWE & ADELE BRAUN**

Chaired by David Cornelius

As Child Psychotherapists we have all seen a frightening rise in mental health disorders in young people over the last decade. While there are clearly a number of factors that contribute to this, the fact remains that the one huge change that has taken place during this same time period is the increase in the use of screens and social media for both children and adults. In this workshop we would like to explore the relationship between growing up with screens and being able to develop in a healthy way, with particular reference to anxiety and identity for both children and parents. The discussion will include considering the experiences and contributions Child & Adolescent Psychotherapists can provide through parent work.

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**Ryan Lowe** is a Child Psychotherapist and the Clinical Director of a Group of Private CAMHS clinics, The Therapeutic Consultants (TTC). She works with children and parents within TTC and has developed a particular interest in understanding the hugely increasing statistics for young people experiencing mental health problems. She feels that the digital revolution is a factor that plays a significant part in this.

**Adele Braun** is a Child Psychotherapist who trained at the Tavistock. She previously worked as Team Co-ordinator for LAC CAMHS in West London and as Lead Therapist for Tavistock Outreach Psychotherapy in Schools (TOPS). She currently lives in Spain, where she works with children and parents privately and with TTC online. She has become increasingly interested in the growing role of social media and technological advancement in the experience of childhood and family life today and the ways this may be impacting children's development.

**David Cornelius** lives and works in Aberdeen and is currently Principal Child & Adolescent Psychotherapist in NHS Grampian. David grew up in South Wales but left for London and after a stint working in residential care with young people in Ealing he trained as a Social Worker qualifying in 1999. After a brief spell working in adult and old age psychiatry in Camden, he relocated to the north east in 2001 and worked in CAMHS in North Tyneside before undertaking his clinical training as a CAPt at the Northern School of Child Psychotherapy, qualifying in 2013. After working in Newcastle and Gateshead (CYPS) as a CAPt from 2013, he took up his current post with NHS Grampian in 2022. David is a member of the ACP Climate Emergency Group and Co-chair of the ACP Scottish National & Regional Group.

## PAPERS & PRESENTATIONS

### Infant observation during lockdown: The screen as psychic portal

MAEVE DOHERTY

Chaired by Dr Alexandra de Rementeria

This paper reflects on the experience of doing my infant observation online during lockdown in 2020. I explore the idea of psychoanalytic observation presuming bodily presence and how this was disrupted by the virus with the necessary move to an almost totally screen-based intimate life.

Thinking about the screen as a 'psychic portal', I look at how it reorients our understanding of subject/object, here/there, inside/outside - a mediat(is)ation that impacts not only our collective life but the formation of our subjectivity. Through looking at vignettes of my video observations I explore what infant observation tells us about desire, safety, love and connection and their particular poignancy during the pandemic.

I also consider the different functions the screen performs - connective device, hard edge, voyeur, mirror, obtruding third and consider how these technologies do not simply emerge from the world but refashion it in their emergence, refashioning us as we use them.

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**Maeve Doherty** is a Child and Adolescent Psychotherapy trainee at the Tavistock, working across the Fostering and Adoption team and a Perinatal service.

**Dr Alexandra de Rementeria** is a Principal Psychoanalytic Child and Adolescent Psychotherapist at South London and Maudsley NHS Trust, former Editor in Chief of the Journal of Child Psychotherapy and Assessment and Liaison Tutor for M7 at the Tavistock and Portman NHS Trust. She is also a tutor and doctoral examiner on the Child Psychotherapy Training (M80) at the Tavistock and lectures nationally and internationally. She has published various articles and co-authored '*Finding Your Way With Your Baby*' a BMA award winning book, with Dilys Daws.



## PAPERS & PRESENTATIONS

### Instagran

**DR JUDITH EDWARDS**

Chaired by Ricky Emanuel

How did lockdown affect our relationships? How can we adapt effectively to carry on in a helpful way? Atul Gawande maintained that if talking were a drug 'it would cost millions of pounds'. We as psychotherapists would of course agree, but how can talking adapt to digital technology, and how can grandparents, often grandmothers, retain, maintain and develop what had been growing as they met their grandchildren in person? It has been shown scientifically that therapy in person generally has a more beneficial effect than online work, but for some, working online is a preferred way forward. This reflective session, will allow us to think together about how to manage digital technology, which is both beneficial and problematic, and enable us to pool our resources and use what we now have in contacting our grandchildren in a creative way.

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**Dr Judith Edwards** is a retired consultant Child and Adolescent Psychotherapist who has taught and supervised on various courses at the Tavistock Clinic, where she has worked in various capacities since the 1980s. Since retirement she has worked there as a visiting lecturer and also at Roehampton University. Her book of selected papers *Love the Wild Swan* was published in Routledge's World Mental Health series in 2016. She was course tutor for the Tavistock's MA in Psychoanalytic Studies for non-clinical students for ten years until July 2011. A past editor of the Journal of Child Psychotherapy, she has published her work in papers and academic books internationally, the most recent being 'Media and the Inner World' 2014 (Eds. Bainbridge and Yates, Palgrave Macmillan). In 2010 she was awarded the Jan Lee Memorial Prize for the best paper linking psychoanalysis and the arts during that year. Her book *Grandmotherland* was published by Karnac in 2023. Apart from her clinical experience over the years, one of her principal interests has been in the links between psychoanalysis, culture and the arts, as well as making psychoanalytic ideas accessible to a wide audience. To that end she has published a pamphlet 'HELP!' for parents and children about psychoanalytic psychotherapy. Her memoir *Pieces of Molly: An Ordinary Life* was published by Karnac in November 2014.

**Ricky Emanuel** is a Child, Adolescent and Adult Psychotherapist who trained at the Tavistock clinic. He has worked in various CAMHS services, as Head of Child Psychotherapy in Camden and Islington, as well as at the Royal Free Hospital for over 30 years. Ricky managed the commissioning of CAMHS services in Camden as Clinical Lead for a number of years and led a restructuring of the whole service to create the entity of Camden CAMHS. He sat on various Government bodies representing child psychotherapy, including the NICE guideline development group for children with depression and the National Service Framework for CAMHS and Every Child Matters. Ricky has held various roles in the ACP including Chair of the Training Council and Ethics Committee. He retired from the NHS in 2017 and now works privately with adults and supervising child psychotherapists, trainees and qualified. Ricky also teaches at the Tavistock Clinic, Birmingham Trust for Psychoanalytic Psychotherapy and at the Centro Studi Martha Harris in Florence. His main interests are working with trauma and bereavement as well as the interface of neuroscience, mindfulness and body states in psychotherapy.

## PAPERS & PRESENTATIONS

### Weaning and separation in the times of cyborgs

DR THEODORA MANOLOPOULOU

Chaired by Dr Linda Pae

This paper delves into the psychological impact of screens on the development of children under five years old, with a particular focus on weaning and separation. A closer look will be taken at what happens when technology stops being a tool but instead becomes a pseudo-object for the parents and/or the infant. Examples will be presented where screens become an unhelpful transitional object, or the third in the parent-infant relationship. The paper will examine the way that screens encourage feelings of dependency by being accessible at all times, impacting the notion of time and space for parents and young children.

The paper also draws on Margot Waddell's chapter on "Early Childhood, Weaning and Separation" to explore the shifting dynamics in relationships in the era of technological change.

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**Dr Theodora Manolopoulou** trained as a Child and Adolescent Psychoanalytic Psychotherapist with the Independent Psychoanalytic Child and Adolescent Psychotherapy Association (IPCAPA). She has a longstanding interest in working therapeutically with adopted and looked-after children and completed her Doctorate at the Anna Freud Centre/UCL in this area. Theodora is currently working in a specialist Under 5s Service in CAMHS in Central London and also works in private practice. She leads a Work Discussion Seminar at Anna Freud Centre/UCL.

**Dr Linda Pae** was Consultant Child & Adolescent Psychotherapist and Lead Clinician for the Generic & Looked After & Adopted Children's teams at Bromley CAMHS until she semi-retired in 2020. She now has a private practice, one part mainly working with a range of children from early years to adolescence who are adopted or who are/or have been Looked After by the Local Authority. Linda offers treatments to young people and their families or guardians, focusing on attachment and other trauma. The other part of her practice is working with Bromley Health Care where she offers consultancy to four of their specialist community nursing and health visiting teams and Family Nurse Partnership service.

Additionally, Linda offers supervision to qualified CAPts and other professionals, and is currently an intensive case supervisor for IPCAPA doctoral training, with the pleasure of supervising an 0-5s case with a 2nd year IPCAPA trainee. She also periodically works for the Tavistock Child & Adolescent Psychotherapy doctoral training as a Viva examiner.



## PAPERS & PRESENTATIONS

### The Search for Self(ie)

JESSICA MALIPHANT

Chaired by Dr Anne Alvarez

This paper examines the impact of smartphone use on the developing personality. Whilst holding in mind the potentially positive aspects of smartphone engagement, such as providing solace and support to marginalised groups, the focus is on the idea that excessive smartphone use by children and adolescents can impair development by providing a source of constant distraction, inhibiting the capacity to manage transitions and solitude, and by limiting creativity.

Central to the paper is the understanding that adolescence heralds a period in which much of the infantile stage may be re-enacted or forged anew to support development. I will probe the underlying motivations behind excessive selfie-posting and pose the following questions: Might the selfie, posted online for others to respond to, signal a wish for something akin to reverie? Might we expect young people who post excessive selfies to be those that unconsciously seek to make up for something not adequately internalised during infancy?

This paper will also explore the effect of the increasing amount of time parents spend on digital devices; epitomised by the 2017 UK teacher's initiative encouraging parents to 'Greet your child with a smile, not a phone' and considers how we, as professionals, might support parents to better navigate this digital revolution.

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**Jessica Maliphant** is a Child and Adolescent Psychoanalytic Psychotherapist and has worked with children, young people and their families for the past twenty years in London, Miami and Bristol. This experience includes work within mainstream primary and secondary schools, SEN, early-years settings and CAMHS. Her work is underpinned by her learning at The Tavistock and Portman NHS Trust, London where she undertook a Masters in Infant Observation Studies and the Clinical Doctorate in Child and Adolescent Psychotherapy. Jessica is particularly interested in preverbal trauma, intergenerational trauma and working with autistic children and young people.

**Dr Anne Alvarez**, PhD, M.A.C.P is a Consultant Child and Adolescent Psychotherapist (and retired Co-Convener of the Autism Service, Child and Family Dep't. Tavistock Clinic, London, where she still teaches). She is author of *Live Company: Psychotherapy with Autistic, Borderline, Deprived and Abused Children* and has edited with Susan Reid, *Autism and Personality: Findings from the Tavistock Autism Workshop*. A book in her honour, edited by Judith Edwards, entitled *Being Alive: Building on the Work of Anne Alvarez* was published in 2002. She was Visiting Professor at the San Francisco Psychoanalytic Society in November 2005 and is an Honorary Member of the Psychoanalytic Centre of California. Her latest book, *The Thinking Heart: Three Levels of Psychoanalytic Therapy with Disturbed Children* was published in April 2012 by Routledge. A book by Galit Gampel on Alvarez in a series on influential thinkers in psychoanalysis is in preparation for Routledge.



## PAPERS & PRESENTATIONS

### TRAINEE SECTION

for ACP trainees only

## How do CAPts experience working with children & young people affected by online & technology-facilitated sexual harms?

MARION SANGSTER

Chaired by Dr Elena Della Rosa

This presentation is based on a doctoral research thesis submitted in October 2023. I conducted a qualitative study exploring the clinical experiences of seven qualified Child and Adolescent Psychotherapists who were interviewed individually about working with children and young people affected by online and technology-facilitated sexual risks and harms. Interview data was subject to reflexive thematic analysis. Main findings will be presented, which hopefully will provoke discussion and debate about problematic aspects of sexualised digital lives, and sexual development in the digital age.

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**Marion Sangster** currently works for Oxleas NHS Trust in the Greenwich CAMHS LAC/Edge of Care/Adoption team. She is also a visiting lecturer at the Tavistock, where she trained in a split post with the Portman Clinic and North Camden CAMHS. Prior to training as a CAPt, she worked therapeutically in schools, and spent over 20 years as an NHS paramedic in Glasgow and then London. Marion began her working life in theatre and the community arts after studying drama and acting at the Royal Conservatoire of Scotland (formerly RSAMD).

**Dr Elena Della Rosa** trained at the Tavistock Centre, has worked in the NHS and has been teaching at the Centre for Psychoanalytic Studies at the University of Essex. She is currently working in private practice. She has an interest in research and is a research supervisor on the clinical training at the Tavistock. She is currently Deputy Director of the Scientific Committee at the ACP.

## PAPERS & PRESENTATIONS

### Can we do psychodynamic therapy via text-messages? The case of internet-based psychodynamic therapy (IPDT) for depressed adolescents.

#### MAIN PAPER

#### PROF NICK MIDGLEY

Chaired by Sam Zuppardi

In this talk, I will introduce Internet Based Psychodynamic Therapy (IPDT), and describe a study I worked on during the COVID lockdown, to test a text-based therapy for adolescent depression. I will describe some of the reasons for doing the study, the background of IPDT, and what has been learned so far by researchers using this approach. In illustrating the way that the therapy works, I will invite the audience to think whether it is really possible to work in a psychodynamic way when the only contact with the therapist is via text-based chat sessions?

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**Prof Nick Midgley** is a Child and Adolescent Psychotherapist and Professor of Psychological Therapies with Children and Young People at UCL and the Anna Freud Centre, London. He was until recently the Academic Director of the Independent Training, delivered in collaboration with IPCAPA. Nick's publications include: *Minding the Child: Mentalization-Based Interventions with Children, Young People and Families* (Routledge, 2012), *Essential Research Findings in Child and Adolescent Therapy* (Sage, 2017), *Time-Limited Mentalization-Based Treatment for Children: a Treatment Guide* (APA, 2017), *Ideal-Type Analysis: A Qualitative Approach to Constructing Typologies* (APA, 2021) and *Therapeutic Work for Children with Complex Trauma: A Three-Track Psychodynamic Approach* (Routledge, 2023). As a researcher, Nick worked for several years on the IMPACT study, and his current research focuses primarily on interventions for children in foster care, including a randomised controlled trial to evaluate the Reflective Fostering Study.

**Sam Zuppardi** studied English Literature at Exeter University and trained as a social worker at York University before training as a Child and Adolescent Psychotherapist at the Northern School of Child and Adolescent Psychotherapy, in Leeds. He has published papers in the *Journal of Infant Observation*, the *Journal of Child and Adolescent Psychotherapy* and has written and illustrated several picture books for children, published by Walker Books. He currently works in a CAMHS near Bradford. For the last few years, Sam has been the co-chair of the ACP Yorkshire & Humber National & Regional Group.

## PAPERS & PRESENTATIONS

### The Digital Object Revisited

JENNIFER DAVIDS

Chaired by Ann Horne

In this paper I describe and outline the qualities of the digital objects and our evolving relationships with them. I argue that the digital object can become a new family member in family structures in the western world, which are already altering as the sense of community weakens, particularly in urban areas. I will discuss children's, adolescents' and parents' array of responses to the cyber world. Brief composite clinical vignettes will be presented. I will share images as illustration of the inherent issues and as triggers for discussion and reflection.

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**Jennifer Davids** Fellow BPaS, FIPA, is a Chartered Clinical Psychologist and Clinician Researcher, Child, Adolescent and Adult Psychoanalyst, who trained in child and adolescent psychoanalysis and psychotherapy at the Anna Freud Centre and then in adult psychoanalysis at the British Psychoanalytical Society. She is a supervising analyst for child and adolescent psychoanalysis and psychotherapy. She lives and works in London, UK. Jennifer has worked in the public and private sector. After qualifying in 1989 in child and adolescent analysis, Jennifer worked as a clinical and teaching staff member at the AFC for 20 years, as well as working in the National Health service as a Consultant Psychotherapist leading a generic team. Jennifer has taught on the faculty of the BPaS, the Tavistock Clinic, IPCAPA, University College London, and at the Maudsley Hospital. Jennifer teaches internationally and has published widely. She is completing her second book. Jennifer is a member of the editorial board of the British Journal of Psychotherapy and is a peer reviewer for the IJP and the Journal of Child Psychotherapy. She is on the faculty of the Harlem Family Institute and is a community member of the Psychoanalytic Institute of Northern California.

**Ann Horne** was Head of the Independent Child Psychotherapy Training at the BAP (now IPCAPA at the British Psychotherapy Foundation) where she trained, and later co-ordinated post-graduate development for Child & Adolescent Psychotherapists. Co-editor of *The Handbook of Child and Adolescent Psychotherapy*, she is progenitor, Series Editor and Great Auntie to the *Independent Psychoanalytic Approaches with Children and Adolescents* series of eight volumes published by Routledge; three more are in preparation. Long retired from clinical work, latterly with almost ten years at the Portman Clinic, she anticipates full retirement from supervising, consultation and even writing, in summer.



## PAPERS & PRESENTATIONS

### Can 'digital lives' reflect what's 'inside' adolescents too?

**HILLEL MIRVIS**

Chaired by Dr Rachel Acheson

Whilst acknowledging potentially deleterious effects on adolescent mental health in living in the 'digital world' (a world which, at times may seem quite against the service of 'real' personality development), this presentation suggests that it can be invaluable as clinicians to pay close attention to how individual adolescents are participating in the digital world, and to consider how this might be linked with their lived experience and internal world. Recognising that adolescents' 'digital lives' inevitably affect their 'Inside lives', this presentation also considers that individual adolescents' unique participation in the 'digital world' may also be an expression of their 'inside lives', and curiosity about this as clinicians can lead to therapeutic progress.

Clinical material about adolescents whose descriptions of their 'digital lives' featured prominently in their therapy (which was originally shared at last year's ACP conference on 'Borders and Boundaries') is briefly summarised and revisited. Previously, this discussion had already felt apposite in acknowledging the shattering of psychological borders and boundaries between adolescents through their use of technology. Several further discussions including those with trainees whose training had been significantly affected by the pandemic, have led the presenter to consider that our own immersion in digital working can make it difficult to consider adolescents' descriptions of their digital lives in a nuanced way - their 'loss' is our 'loss' too. However, it is suggested that 'digital lives' are worth listening to, and can reflect what's 'inside' too.

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**Hillel Mirvis** is a Senior Child & Adolescent Psychotherapist and Service Supervisor based in Dunstable CAMHS and Luton Neurodevelopmental Team. He is a training supervisor at IPCAPA, and is a member of their Training Advisory Group. Hillel has a particular interest in working with looked-after children and adolescents struggling in their search for identity, and has published several papers in the Journal of Child Psychotherapy in these areas.

**Dr Rachel Acheson** is an ACP registered Child and Adolescent Psychotherapist trained at IPCAPA. She works predominantly with adolescents, and has experience of working in school settings, NHS CAMHS, inpatient and hospital services, as well as in the voluntary sector. Her doctoral research focussed on silence in adolescent psychotherapy and used data from the IMPACT study. She has taught on pre-clinical MSc courses the Anna Freud Centre and Birkbeck and is Editor in Chief of the Journal of Child Psychotherapy.

## PAPERS & PRESENTATIONS

### Visual Media & Discussion

Chaired by Dr Sean Junor-Sheppard

#### Childhood 2.0: A Social Media Dangers | A Documentary

Mental illness and suicide have become one of the greatest threats to school-aged children. Many parents still view dangers as primarily physical and external, but this misses the real danger: kids spending more time online and less engagement in real life, free play, and autonomy. What are the effects on the mental, physical, and relational development for children and young people.

In this section we will watch a segment of the Childhood 2.0 documentary and hear the perspective of young people, parents and professionals. We will be guided by Dr Sean Junor-Shepard (Principal Child & Adolescent Psychotherapist) to share our reflections on this material.

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**Dr Sean Junor-Sheppard** is the Principal Child and Adolescent Psychotherapist with the Tavistock and Portman's North Camden Community Team (NCCT). He is a Child and Adolescent Psychotherapist working in the NHS and in private practice. Sean is passionate about psychoanalysis' potential to respond to how issues of race, culture and diversity can be thought of, and worked with in psychoanalytic treatment. His Ph.D. on the investigation of the transference in cross-cultural psychoanalytic psychotherapy is an example of this, as it explores the transference relationship's usefulness in tending to the effect on the patient's self from the social, political and religious contexts they inhabit. Dr Sean Junor-Sheppard is a visiting lecturer at the Tavistock and Portman's pre-clinical Child Psychotherapy training.