As a consequence of stress the capacity to mentalise tends to narrow in patients, therapists and the institution as a group as a whole. Experience has shown that recognising group dynamics at different levels in the unit that we are all involved in has been very important in understanding how to make sense and make interventions to work with these stresses. In this context it has been found that the power of the use of simple metaphors have helped to convey the essential therapeutic spirit and aims of the work, not only to psychotherapists but even more importantly, to patients and professionals of the larger group in the Trust and NHS hierarchy, who are not necessarily familiar with psychodynamic methods. Particularly in supervision the use of metaphor provides a bridge between theory and learning through practice that elicit in therapists how to draw on their own inner resources to recognise and understand the personal experience of relationships and life events of their patients.

Alberto Albeniz is a Consultant Psychiatrist in Psychotherapy at a community outreach personality disorder specialist service in Coventry called the “Olive Tree”. In 2012 the unit was classified as a centre of innovation by the Department of Health, and the unit keeps working with high success outcome rates. Alberto has published articles and research in European and National journals. He is the author of the book “A Walk in the Park: Through the Psychotherapist’s Mind”, which brings together a collection of simple metaphors used in supervision to help clinicians to understand the practical application of theory.

Cost: £50.00 GAN members and IGA students, £65.00 non-members (lunch included)
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To reserve your place please contact: bethan@groupanalysisnorth.com
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GAN AGM continues after the lecture at 3.30 p.m.—4.30 p.m.
All members invited and welcome!