



Working with Unconscious Processes

Saturday 13 May 2023

The Bagnall Project, Chesham, HP5 1PE, 10am – 4pm

‘When two people get together - they make a relationship whether they like it or not. This applies to all encounters including psychoanalysis.’ (Bion, 1962)

This workshop will endeavour to be curious about the unconscious: both the client’s and the therapist’s. What processes are used by us both when we encounter each other in the consulting room?

Psychodynamic counselling assumes the importance of the client’s inner world. When a client enters a relationship with a therapist, they do so at the level of their deepest need. The quality of their inner world and the nature of their internal relationships will underpin the quality and nature of their relationship to us as their therapist.

Using case material, we will explore the nature of the transference, our countertransference thoughts and feelings and the mechanisms of projection and projective identification. How do these mechanisms communicate the defences and resistance of the client’s inner world to us?

Using play and experiential learning, we will explore how this interplay of conscious and unconscious dynamics present themselves in the room. We will witness the past emerging now firmly in the present dynamic.

THE TUTOR

Joan Bristow draws on 25 years of professional experience in a wide range of settings. She currently works in private practice as a psychodynamic psychotherapist. She has completed a MA on her special interest, working with adults who are on the autistic spectrum. She is a qualified supervisor, supervising both groups and individual therapists. She has a keen interest in training and has led many workshops.

Cost of the workshop is £65 – this includes lunch.