

ANZAP PRE-CONFERENCE WORKSHOPS

Friday, 18 October 2024

We welcome members and non-members to join us in-person or online

Wattle Room | Aerial UTS Function Centre
Building 10 | Level 7 | 235 Jones Street | Ultimo

Morning Workshop 9:00 am to Noon

Attachment, Trauma and Bodymind: Deep Listening with an Ear for Attachment in our Psychotherapeutic Space Time

Presented by A/Prof Loyola McLean

Hobson deeply attended to *Forms of Feeling*, at a time when attachment theory had not yet delivered the fullness of gifts it has since. We now understand the importance of attachment histories and current states of mind and the role of acute, chronic and complex trauma in presentations for psychotherapy. However, we have not all had enough training in applying the body of knowledge from attachment, trauma, neuroscience and linguistics in a practical way to our assessments and formulation and integrated management plans and helping us understand moments of collision and impasse.

This workshop will share an introduction to knowledge from a coder and trainer in the Adult Attachment Interview and experience in trauma-informed psychiatry, bodymind medicine and psychotherapy with extensive clinical, teaching and research experience.

The aim is to deepen the listening skills of clinicians with some knowledge of the living data in the room to improve our assessments and formulations and psychotherapeutic journeys. Some poignant material from clinical AAIs and sessions will be considered through that attachment and discourse lens to help us deeply listen to the experience and voice of the patient and close observation of embodiment to consider how we can formulate collaboratively and positively and contingently connect. Some templates and resources will be shared to support this area of practice. From the “cradle to grave”, from the “womb to the tomb”, we need each other, and our organization and disorganization across the layers of “systems” speaks to what is good enough and what “gets in the way”.



A/Prof Loyola McLean is a Consultation-Liaison Psychiatrist, Psychotherapist and Psychotherapy Educator in public, private and academic practice. She holds appointments as: an Associate Professor with the BMRI, University of Sydney; a Psychotherapy Educator and the Psychotherapy Coordinator for the Sydney West and Greater Southern Psychiatry Training Network (WSLHD); a Faculty member of the Westmead Psychotherapy Program for Complex Traumatic Disorders, Discipline of Psychiatry, Sydney Medical School; an Honorary Consultation-Liaison Psychiatrist with Royal North Shore Hospital. She is a certified Adult Attachment Interview (AAI) Coder. She applies an interdisciplinary biopsychosocial model to her research and clinical work, informed by attachment, neuroscience and the modern conceptions of the Self and Trauma in the Conversational Model.

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Afternoon Workshop
1:00 - 4:00 pm

From Deadness and Emptiness to Aliveness and Joy

Presented by Cécile Barral with Jocelyn Ormerod

Note for Attendees:

This workshop will examine Jo's journey through a long, arduous and eventually successful therapy and describes intimate work between herself and her therapist, Cécile. Difficult material may be revealed, and we ask you to be respectful of our presenters, and of yourself. Please attend with this in mind, allowing the workshop to become a therapeutic space.

At the time of Jo's birth, her family was in a state of trauma, unrelated to the birth. This trauma had a profound impact on the development of satisfactory relationships between Jo and the other members of the family and resulted in Jo growing up with a sense of emptiness and invisibility and having great difficulty in forming satisfactory relationships with others. The workshop will start with a brief account of the traumatic family situation happening at the time of Jo's birth. It will move on to discuss her childhood and its consequences regarding the difficulties she was experiencing that finally led her to pursue therapy.

The therapy sessions, and what happened in them will be an important part of the workshop. Jo and Cécile will discuss what occurred in those sessions that helped Jo to become the person she is today – a vibrant 80-year-old woman who works with children with emotional difficulties.

Cécile will also engage Jo in reference to Bob Hobson's *Forms of Feelings*, especially chapter 12: '*Towards a model of psychotherapy*'.

There will be plenty of opportunities for questions and exchanges both during and at the end of the workshop. A power point presentation will be created to emphasise the concepts being discussed and to show relevant artwork created by Jo through the therapy.



Cécile Barral is a CM psychotherapist who works in private practice in Newcastle. She graduated from ANZAP in 1996 after having trained in somatic psychotherapy in London before emigrating to Australia. She did a 3-year training in Embodied Imagination with Robert Bosnak and has been involved in the English translation of one of Pierre Janet's books. She has a special interest in the use of writing to process trauma. Cecile and her daughter have published a two-voice memoir of a traumatic time in their lives. Cecile joined ANZAP faculty in 2008 and enjoys passing on some of her therapeutic experience to the ANZAP trainees and contributing to their development into excellent therapists.



Jo Ormerod has worked in a variety of special education settings and currently works as a special education teacher with students who have a variety of mental disorders, including anxiety, autism, trauma, attention deficit disorder and ODD. Jo has completed a Diploma in Social Welfare and completed a teaching degree, training as a primary teacher. Jo's first placement was in a primary school, where she taught for eleven years. She particularly enjoyed working with those students who presented with emotional disorders and learning difficulties. She then transferred to a school specialising in teaching students with emotional disorders. Jo remained there for another eleven years before transferring to a high school to teach in their Support Unit, a separate unit in some high schools, set up to accommodate students who are not suitable for mainstream classes. These units usually have seven to ten students per class. Jo particularly enjoys working with high school students. Jo is a mother with three grown children, ten grandchildren and one great granddaughter.

Cost (online or in-person):

	1 Workshop	Both Workshops
ANZAP AU Members & Graduates	\$165	\$310
ANZAP AU Assoc Members	\$185	\$350
ANZAP NZ Members & Graduates	\$125	\$230
ANZAP NZ Assoc Members	\$145	\$270
Westmead Student	\$45	\$70
ANZAP Trainees	\$0	\$0
All other Trainees	\$105	\$190
Non-Members	\$225	\$430

To Register through TryBooking please use the following links: (50c registration fee applies)

Morning workshop with A/Prof Loyola McLean - <https://www.trybooking.com/CTKXP>

Afternoon Workshop with Cecile Barral & Jo Ormerod - <https://www.trybooking.com/CTKYP>

Both Workshops - <https://www.trybooking.com/CTKZE>

Or EFT:

Bank: Westpac

BSB:032-069 | Account No: 46-9778 | Acc Name: ANZAP (NSW) Ltd

Please use your *surname* as identifier and indicate “**morning**” or “**afternoon**” or indicate “**Both**”

Enquiries:

Contact: info@anzap.com.au

Cancellation Policy:

No refunds for cancellations received after 11 Oct as final numbers will have been advised to the venue.