

## Keynote Opening Address: Cathy McQuaid

After a death there is an immediate disconnection, a rupture in the bond, that takes time to be reconnected or restored in some way. I have termed this the ABC of Grief. During this keynote you will be introduced to the ABC of grief, examples will be shared from the research, along with ideas regarding what helped and hindered the participants in their grief. You will be encouraged to explore how this knowledge may influence your work particularly when working with others who are grieving.

*Cathy McQuaid is a trainer, supervisor, psychotherapy training consultant and researcher. Her interest in research and training led to her first book *What You Really Need to Know About Counselling and Psychotherapy Training: An Essential Guide* published by Routledge in 2014. Her most recent research project has resulted her latest book *Understanding Bereaved Parents and Siblings: A Handbook for Professionals, Family and Friends* published in May 2021. In addition to writing and researching Cathy runs a supervision and consultancy practice in the North-West offering research, clinical and training supervision along with various CPD training courses and workshops.*

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## Transformational Loss: How we and our loss change over time

**Cathy McQuaid, TSTA(P) CTA(P)**

Someone who is bereaved is forever changed, transformed by their loss. The bereaved person's experience changes and transforms over time as they adjust to their new normal and learn to live without their loved one.

As a result of her research exploring the experience of bereaved parents and siblings, Cathy applied Mezirowa's phases of Transformational Learning\* to grief. During this workshop participants will be introduced to these phases and invited to consider how they may apply them to their client work. They will be encouraged to explore how this knowledge may influence their work, particularly with others who are grieving.

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## Working With The Space Between In Couples Therapy: Imago Relationship Therapy & The Relational Paradigm

**Ian Tomlinson, PTSTA (P)**

Imago Relationship Therapy operates from a relational paradigm when working with couples. This workshop will focus on what this means and demonstrate how working with the space between a couple is a powerful and effective way of bringing partners into connection and healing.

*Ian Tomlinson PTSTA(P) is a UKCP registered psychotherapist who works with individuals and couples. He supervises and trains other therapists in Acceptance and Commitment Therapy and Imago Relationship Therapy. Ian is an associate member of the Imago International Training Institute and helps therapists move from uncertainty in their couples work to being confident, potent, certified couples therapists.*

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## The Fear of Connection: How to Honour the Traumatized Child

**Katrina Garg**, Diploma in Transactional Analysis

Within this workshop I will raise participants awareness of how the traumatized child will manage connection. I will facilitate a discussion around how to honour the traumatized child whilst remaining in connection.

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## Ego States and Projective Identification: A Six Stage Relational Methodology

**Alastair Berlin**, PTSTA, MSC in Psychotherapy

This online workshop explores the themes of disconnection, connection and the space between these states, through the concept of projective identification. It will offer a simple and clear understanding of the process of projective identification by considering its three distinct stages. The stages will be visually represented and brought to life through three new ego state diagrams. They will also be illustrated by selected video clips from TV and film which show what the process of projective identification can look like. A methodology for working with projective identification will be presented. The workshop will include group discussions and exercises.

*Alistair Berlin is a Provisional Teaching and Supervising Transactional Analyst (psychotherapy) who maintains a private practice as a psychotherapist and supervisor in London Bridge. His work focuses on a relational, long-term approach to psychotherapy. He has experience working with individuals, couples and groups and currently teaches at the Metanoia Institute.*

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## Immigration and Cultural Transference: Otherness, Connection and Belonging of a Foreigner

**Hanna Konoplianyk**, CTA

I believe that everyone at some point is faced with the question: "How can I be myself and belong at the same time?" For immigrants, this question takes on a particular depth and complexity. It is reflected in every element of an outlandish culture, changing its shades with every attempt to adapt to a new life.

I invite you to think together about cultural diversity, what we project to others and whether it is possible to maintain mutual OKness while accounting for differences.

*Hanna (Ganna) Konoplianyk is a CTA who was born and raised in a multicultural family in Ukraine. She started her psychotherapy practice after moving to Leeds 7 years ago. Most of her clients are immigrants, expats or people from multicultural families. She has worked with*

*clients who are citizens or residents of more than 20 different countries, often supporting them in finding and understanding their cultural identities. This work together with her own life experience has awakened her special interest in the influence of culture on personality traits and unconscious processes related to cultural backgrounds.*

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## Cyber-Space – The Virtual Space Between: Embodied Connections and Disconnections in Screen Relationships

**Sally Evans**, CTA with MSc (TA) and **Steff Oates**, TSTA

The Covid-19 pandemic changed the therapeutic frame from co-presence working to working at a distance via technology. Technology overnight became the “architect of our intimacies” and provided practitioners with the capacity to carry on and work in cyber-space where screen relationships take centre stage. Yet, what are the challenges (disconnections) and potential (connections) of working without the co-presence of the other?

In this workshop, Steff and Sally will look at theories including relational Transactional Analysis, Neuro-science and Body Psychotherapy to see what we can tweak or adapt as we seek to find our clients through the conduit of technology in the between us space; as we seek to engage with another, as we move from embodied co-presence to embodied virtual-presence.

### **Sally Evans**

*Sally is a CTA (P) and ACTO registered Certified Cyber Therapist/Supervisor based in Manchester and Cyber-space. She has many years’ experience of working at a distance (W@D) both privately and for Kooth.com (Clinical Lead). She is the author of several articles regarding working with technology, has trained practitioners to W@D and been involved in national organisations (UKCP, BACP, OCTIA) promoting and understanding this new(ish) therapy space. She is interested in the paradox of W@D and its impact on screen relationship.*

### **Steff Oates**

*Steff is a TSTA (P) practising in Cheshire. She is a keen writer, publishing TAJ articles in working with hard-to-reach clients. Through the pandemic she has also become interested in what may be lost but also what maybe gained in online work, in particular, freedoms gained for some where face to face contact is overwhelming.*

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## Where Are You – And Who Am I (without you)?: what we disconnect from and connect with in the process of mourning

**Nicole Lenner**, PTSTA-C and **Traian Bossenmayer**

When someone dear to us passes away we enter a process of mourning. We gradually get used to the fact that the persons physical existence is gone, and we learn to cope with the loss we experience. In this workshop we invite participants to ponder on the space between disconnection and connection in the face of losing someone – and on intrapersonal changes that may take place. We will share some theory, thoughts, and experiences around that and take you on a treasure hunt for new meanings and an altered way of connecting with the one who passed away and ourselves. In the end we

will summarise our findings by answering the question: how can we as professionals support mourners in their process?

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## Intersectional Healing: The Art of Jin Shin meets Transactional Analysis

**Alexis Brink**, TAP

This workshop focuses on the intersection between Transactional Analysis and the Japanese light-touch healing practice, The Art of Jin Shin. I will present how the two modalities overlap and complement each other. I will teach attendees basic Jin Shin self help techniques that they can practice on themselves to enhance wellbeing and alleviate stress, as well as share practices with their clients when needed in sessions.

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## Acknowledging the Horse in the Room: Core self and Ego – working with the horse and the rider

**Beren Aldridge**, PTSTA

Imagine a person has a core self, a body with drives, hungers and needs that has a specific identity that persists throughout their life. We might then consider that a person develops an ego structure to mediate the relationship between their core and the world around them. We can liken this developing relationship between our ego and core self, as that between a rider and a horse, and begin to be curious about how this horse was tamed.

Many people learn to discount, disconnect or dissociate from their core self, in a bid to 'learn to ride', to maintain important relationships in their life. In this workshop we will explore the value of this way of considering a person, their ego states, and the somatically held script decisions and relational habits they have developed. We will consider and explore the techniques of connection and relationship that can support a practitioner to calm and soothe the frightened horses that our clients can lead into our rooms.

*Beren Aldridge PTSTA CTA MSc Beren is a Certified Transactional Analyst, psychotherapist and supervisor working in private practice in Kendal. He is a member of the teaching faculty at the TA Training Organisation in Leeds and teaches on both their Foundation and Advanced Clinical programmes. Additionally, he is one of the UK's delegates to EATA, a member of EATA's Commission of Certification, and UKATA's Training, Accreditation and Standards Committee, and a member of the Editorial Board of the Transactional Analysis Journal.*

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## Closing Plenary: Maps and Gaps – Putting the Concept of Frames of Reference to Practical Use

**Matthew Elton**, Diploma in Transactional Analysis Counselling (CPTI. Edinburgh)

When our clients have different maps of the world from other important people in their lives, how can we help them manage the tensions that will arise without either pathologising others or themselves? Frames of reference can be so all encompassing that it's hard to see outside of them. And even when we can intellectually see beyond them, in a theoretical way, this is not always enough. We'll explore some practical techniques for helping people reflect on their own and others' maps of the world and to both intellectually and viscerally see beyond them.

*Matthew Elton's formative training was in Transactional Analysis. While remaining committed to TA, he has also developed a strong interest in Narrative Therapy. He has a general counselling / psychotherapy practice, based in Edinburgh. In addition, he specialises in therapeutic work with artists and writers. In some former lives he has been an academic philosopher and a manager in the third sector. His book about therapy, Talking It Better (PCCS Books), was published in 2021. <http://www.extra-help.org.uk>*