



PROGRAMME AND INFORMATION May 2011 to April 2012

Founded over 25 years ago now, TAP offers an annual programme of diverse and stimulating evening talks given by people from a wide professional and geographical field on the theme of psychological understanding.

TAP provides a forum for professional and interested lay people to achieve a deeper understanding of the human psyche using a psychodynamic approach. Psychodynamics refers to the interplay of conscious and unconscious processes, though not all our speakers use the psychodynamic model.

Our talks are attended by counsellors, psychotherapists, social workers, teachers, nurses, clergy, doctors and people with a purely personal interest.

TAP believes that we have much to gain from sharing individual insights developed in a variety of settings. TAP offers an opening for people in the Taunton area to talk and hear about relevant material, theoretical and clinical. It also acts as a channel through which we can meet people from further afield whose ideas and work are of particular interest.

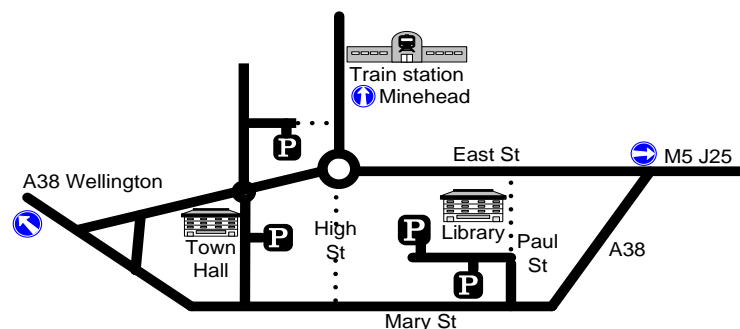
TAP also organises an annual one day Conference in March, led by speakers who are eminent in their field.

MONTHLY EVENING TALKS

These are held on Thursdays and Fridays at Taunton Library Meeting Room, Paul Street, Taunton TA1 3XZ at 7.45pm. Details of all talks overleaf. Certificates for CPD are provided. There is no need to book, just come along on the night.

Admission

Free to Members	Membership fee £20 per annum (from 1 st April to 31 st March)
Free to Student Members	Reduced fee £15 per annum (if attending a current counselling course)
Non-Members:	£5 on the door
Usual Concessions:	£2.50



The entrance to the Meeting Room is on the corner of the Library in Paul Street

FURTHER INFORMATION

Go to our website www.taplimited.org.uk for the latest on current activities, the benefits of membership and info on *How to Join TAP*. For a general chat about TAP ethos and activities:

Ian Stevenson (Hon Treasurer) Tel: 01278 663215

Email: TAPLimited@hotmail.co.uk



PROGRAMME OF EVENING TALKS 2011-2012

20th May '11

ANNA COLGAN

Don't go there!

Using mind and body to go there, safely.

Trauma is a fact of life, as Peter Levine, founder of Somatic Experiencing, says in *Waking the Tiger*. Whether the trauma is recent or the legacy of early wounding, by accessing the body and mind together as a unit, Somatic Experiencing (SE) can bring a client's process alive in the room where it is available for healing. Anna Colgan, Core Process psychotherapist and Somatic Experiencing practitioner, looks at how to bring about lasting change without re-traumatising.

16th Jun '11 (Thursday)

JAN OAKLEY

The Lightning Process

The Lightning Process is a 3 day training programme that effectively teaches people how to influence their own physiology by over-riding the over aroused Emergency Response System in the body, as in the case of chronic fatigue syndrome, post viral fatigue, burn out, anxiety, panic attacks and PTSD. Furthermore it teaches people to retrain the brain to stop running destructive programmes automatically and to fire up healthy programmes instead.

16th Sep '11

DR HEATHER O'MAHEN

Therapies for perinatal depression:

What do they have to offer?

Approximately one in eight women experience diagnosable levels of perinatal depression, rendering functioning significantly impaired during a critical life period. This talk will discuss perinatal depression and recent research on its impact on children; two empirically supported psychotherapies for perinatal depression (Interpersonal Psychotherapy and Cognitive Behavioural Therapy) & will compare and contrast these treatments with each other and with traditional psychodynamic treatment.

13th Oct '11 (Thursday)

DI GAMMAGE

Playing in the Therapeutic Relationship

Di Gammage, play and drama therapist, Senior Trainee in Core Process (Buddhist) Psychotherapy shares her enquiry into the significance of play in the therapeutic relationship. Di will draw on her work with looked-after children, adults and groups to illustrate the value of metaphor, ritual, role play and storytelling in creating safety for the most vulnerable clients, and the potential transformation for all clients.

18th Nov '11

KATINA NOBLE

Bulimia – Feed Me/Poison Me

Bulimia can be understood as a powerful message within a relationship. It is all about ambivalence: gorging and vomiting, neediness/withdrawal, nurturance/poison. So how do we, as therapists, establish an effective working alliance where ambivalence and the possibility of sabotage are so present? Katina will explore the various meanings of this complex condition, including a feminist psychoanalytic perspective, and look at ways of working effectively with the bulimic client.

19th Jan '12 (Thursday)

ANNIE LLOYD

A Necessary grief

A Mindfulness based, multi-dimensional systems approach to helping children so damaged by their early experiences in highly dysfunctional family systems that they have been taken into care for their own protection. The focus of this talk will be to explore both the value of working with traumatised children from a Transpersonal Body-Centered perspective and the issues that adopting families face both externally and internally.

10th Feb '12

DAVID HENDERSON

Thinking about not knowing

It is hard to orient oneself in the world of analysis. Leon Grinberg observed that, "In spite of its tremendous impact on mankind, paradoxically enough, it has not yet been possible to place and classify psychoanalysis within any of the existing fields of knowledge." How can we think about the fact of unknowing in psychotherapy? One aspect of David's research is to determine whether there are modes of thinking in the traditions of negative theology that can be resources for psychotherapists in their on-going struggle to think about the unknown and the unknowable.

Conference 2012 24th March

AGM 2012 April 20th

Further details to be posted on website