



## TALKS PROGRAMME AND INFORMATION 2017 - 2018

Founded over 30 years ago, 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. It provides a forum for professional and interested lay people to achieve a deeper understanding of the human psyche using a number of different approaches.

Our talks are attended by counsellors, psychotherapists, social workers, teachers, nurses, clergy, doctors and people with a purely personal interest and 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 South West 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 the spring, led by speakers who are eminent in their field.

### MONTHLY EVENING TALKS

These are held on **Fridays at 7.45pm**. **VENUE:** Friends Meeting House 13 Bath Place, Taunton TA1 4EP. Details of all talks are included overleaf. Certificates for CPD are provided. There is no need to book, just come along on the night.

### Admission

Free to Members	Membership fee £28 per annum. (from 1 <sup>st</sup> April to 31 <sup>st</sup> March)
Free to Student Members	Membership at reduced fee £20 per annum (if attending a current counselling course)
Non-Members:	£8 on the door
Usual Concessions:	£5

**Venue details:** Friends Meeting House 13 Bath Place, Taunton TA1 4EP. Parking is available in the public car park in The Crescent.



### FURTHER INFORMATION

Go to our website [www.taplimited.org.uk](http://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 call Ian Stevenson Tel: 01278 663215  
Email: [TAPLimited@hotmail.co.uk](mailto:TAPLimited@hotmail.co.uk) Follow us on twitter @tap\_ings or on Facebook [www.facebook.com/taplimited](http://www.facebook.com/taplimited)



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2017 – 2018

(Full details on our website [www.taplimited.org.uk](http://www.taplimited.org.uk))

**May 19<sup>th</sup> 2017**

**MARK CONWAY**

**Developing resilience in schools and other communities**

Mark Conway has been supporting schools to understand the link between positive mental health and good outcomes for children and young people and devising common pathways within schools for the early identification of mental health needs and evidence-based interventions. Mark is passionate about promoting the development of resilience in schools and other areas of the community that moves beyond academic achievement and onto positive outcomes for young people- especially as they transition into adulthood. The presentation will focus on the important facets of resilience development and how this can be promoted for children, young people and adults.

**June 16<sup>th</sup> '17**

**MATTHEW HARWOOD**

**A new approach to healing the past  
An Introduction to Pesso Boyden Psychotherapy**

Conventional therapy is very good at unravelling the underlying problems but its method of healing the problems (usually through the transference) is generally a slow & long-winded process. The Pesso Boyden method is both gentle & respectful, yet powerful, effective & fast. Primarily designed for work in groups it can also be weaved into conventional one-to-one psychotherapy with good results. The talk will include a number of short video clips demonstrating the process in action.

Matthew Harwood ([www.matthewharwood.co.uk](http://www.matthewharwood.co.uk)) is a Jungian Analyst in private practice in Bath & Bristol. He trained at the CG Jung Institute in Zurich. More recently he has also trained in Pesso Boyden Psychotherapy & Internal Family Systems (IFS).

**September 15<sup>th</sup> '17**

**CATHY TOWERS**

**Filthy Lucre - Therapists Relationship with Money**

From Freud's obsession with his poorhouse neurosis to the modern 'heart-centred business' obsession with 6 figure incomes, therapists' relationship with money has been fraught with taboos, guilt and anxiety. Money has been described as "a screen onto which almost any psychological issue can be projected and a magnet which attracts all sorts of emotional concerns".

This talk explores some background to financial exchange and exploration of charging for your time (whether in private practice or voluntary sector). Cathy has 30 years as a therapist in private practice, runs workshops, and teaches and coaches on speaking in public.

**October 20<sup>th</sup> '17**

**LISA FOOTE**

**Looking Beyond Labels - Understanding  
Borderline Personality Disorder**

Lisa Foote currently works as a Training Development Worker for Self-Injury Support and delivers training around self-harm and Borderline Personality Disorder to practitioners in the criminal justice, NHS and voluntary sectors. She is currently helping to develop a Personality Disorders Pathway within Bristol Mental Health services, looking at 'Improving participation in self-harm' research. Lisa also works on a psychoeducational Intervention for parents with personality disorders' and with Styal H M Prison to develop support around self-harm for women entering prison and for prison officers. Lisa is passionate about grassroots mental health activism and service users voices informing service design, delivery, training and improvements for all.

**November 17<sup>th</sup> '17**

**PAUL WELCOMME**

**Boarding School Syndrome**

Popular wisdom has it that boarding schools breed strength of character, self-confidence and qualities of leadership and yet there are damaging psychological effects. Ex-boarders are amongst the most difficult of clients. This is due to the social dimension of the 'syndrome' and the strength of the secret internalised shame. The self in distress is frequently masked by a competent and socially rewarded exterior. Experienced therapists may struggle to skilfully address the needs of this client group.

**January 19<sup>th</sup> 2018**

**ONKAR KAUR**

**Changing times and evolving cultures**

As an Asian psychotherapist, Onkar Kaur has extensive experience of working with patients from Black and Minority Ethnic communities for various agencies. She has taught for numerous counselling and psychotherapy institutions and in both these areas she is constantly struck by the unease that prevails when issues around diversity are introduced. Onkar is a consultant with FORWARD, which is committed to gender equality and safeguarding the rights of African girls and women. She worked for The Refugees and Asylum Seekers Counselling Service with Womankind (Bristol). She has a small private practice in Bristol and is an accredited Race Equality Trainer.

**February 16<sup>th</sup> '18**

**DR RACHEL FREETH**

**Clients taking psychiatric medication – what might  
this mean to you and your client?**

It has become increasingly common for counsellors and psychotherapists to be seeing clients who are also prescribed psychiatric medication. This can raise many questions and sometimes concerns. Rachel Freeth ([www.rachelfreeth.com](http://www.rachelfreeth.com)) is a psychiatrist, counsellor and writer, who for several years has been providing workshops and training materials for counsellors and psychotherapists on the important, yet often neglected, subject of psychiatric medication. Rachel will offer a framework for thinking about the potential effects of medication on the client and on the therapeutic process.