



## TALKS PROGRAMME AND INFORMATION 2018 - 2019

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)



## TALKS PROGRAMME AND INFORMATION

2018 – 2019

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

**May 18<sup>th</sup> 2018**

**IAN STEVENSON**

**Cutting Edge Spirituality Take Two**

Ian Stevenson will develop the 2017 TAP conference theme of 'Connections between Spirituality and Psychotherapy'. What do we mean by spirituality? How do we encounter it and what it is we encounter? How has current thinking changed our viewpoint and how does all this relate to counselling and psychotherapy? It raises questions of meaning and purpose. Time will be given over to allow people to raise points for discussion. Ian is a Senior counsellor at SCC and has been an active member of TAP for many years

**June 15<sup>th</sup> '18**

**MAX DALDA MULLER**

**Black Mirror: the influence of technology and social media on the therapeutic relationship.**

10 years ago the iPhone was first released. Today, 80% of the UK population own a smartphone and spend an average 2 hours a day using it, mostly on social media. Smartphones and social media are changing the way we communicate with one another, as well as influencing the way we see ourselves and the world. How can we as therapists respond to these changes? Can we use technology and social media as a therapeutic tool? What about our own relationship with technology? Technology is a useful tool which brings people together. At other times it is the cause of discord, arguments and conflict. At its worst, it has developed into addiction and isolation. Max is a counsellor in private practice, teacher and trainer at Bridgwater and Taunton College

**September 14<sup>th</sup> '18**

**NICK & CORINNA WOOD**

**Working with clients on the autistic spectrum**

It is becoming increasingly common for therapists to see clients who have an autistic spectrum condition such as Asperger's syndrome. Therapists often find the work challenging and that traditional skills associated with listening therapies, such as maintaining eye contact, don't appear productive. This talk looks at ASC from the viewpoint of the 'sensory funnel' and explores how knowledge of the condition and some core strategies can build a secure therapeutic relationship with a client for whom social interaction and relationships are normally difficult to experience and maintain. Nick is a BACP accredited therapist specialising in workplace and equalities issues. Corinna has a Masters in autism studies and is a freelance family support worker and trainer.

**October 19<sup>th</sup> '18**

**ANDREW PRITCHARD**

**A local mental health charity, what it does, when, where, and how**

Andrew Pritchard, CEO, Mind in Taunton & West Somerset, a local mental health charity providing services to our local community. Mind TWS has over 5000 contacts annually, offering out of hours helplines, community support, guidance and information, in-patient complementary therapies, suicide bereavement support, young people's support, anti-stigma and peer support groups and more. This talk will cover the range of work that the charity offers, information on mental health provision in the county, including thresholds and referral pathways. Andrew has worked for Mind for 18 years, operating in a number of different areas, and delivers Mental Health First Aid (MHFA) and Applied Suicide Intervention Skills Training (ASIST).

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

**JOHNNY SCOTT**

**Mental health: a young person's perspective**

Ever wondered what it's like for a young person growing up with all the pressures of modern day life as well as trying to manage a mental health issues? This session will give an opportunity to listen to young people who have managed issues such as anxiety, depression, self-harm, and hear how they have come out the other side to live a positive life.

Alongside these inspiring young people Johnny Scott from the Somerset NHS CAMHS (Child Adolescent Mental Health Service) will be speaking about his role and how he helps young people find their voice and effect change to the service they have used.

**January 18<sup>th</sup> 2019**

**OLIVIA ROWLATT**

**Having conversations about sex**

What happens when sex is talked about in a therapeutic situation? Understanding what happens when sex is talked about allows the subject to be explored within counselling professions. How do those conversations fit into counselling and psychotherapy? What are the different things that can happen when talking about sex in the therapeutic setting? What is erotic transference? What aspects of ethical frameworks are relevant when talking about sex in a therapeutic situation? This talk will consider these questions. Olivia is a relationship counsellor and sex therapist. She has a post-graduate Diploma in Sex and Relationship Therapy difficulties and is an accredited member of the College of Sex and Relationship Therapists.

**February 15<sup>th</sup> '19**

**MATTHEW HARWOOD**

**Unlocking the secrets of dreams**

A noted analyst once wrote: 'Dreams are like roots that reach far down into the nourishing depths of the earth of our souls, and help energy flow upward so our growth and development are possible.' And yet, why is it that when someone tells us a dream we so often feel helpless as to how to understand it? Matthew will share some of the basic, practical, techniques of working with dreams which he has found to be effective, and which can be used by all therapists irrespective of orientation.

Matthew is a Jungian Analyst and Psychotherapist and is also trained in Pesso Boyden Psychotherapy EMDR & Internal Family Systems Therapy