



TALKS PROGRAMME AND INFORMATION 2019-20

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 £30 per annum. (from 1 st April to 31 st 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 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 Follow us on twitter @tap_ings or on Facebook www.facebook.com/taplimited



TALKS PROGRAMME AND INFORMATION

2019-2020

(Full details on our website www.taplimited.org.uk)

May 17^h 2019

MATTHEW COTT

Responding to our client's metaphors

Through metaphor clients can often find words to express complex feelings or gain new insights to a problem. Disclosing information about one's feelings and experiences through metaphor is less direct so clients can feel safer and more comfortable. Use of metaphors has also been found to strengthen the therapeutic relationship and can also be invaluable in supervision. Given these and other benefits it is not surprising that skilful use of metaphor is commonly expected of counsellors and psychotherapists. This Talk will provide a basic introduction to metaphor in therapy and will explore ways of working with client's metaphors.

June 21st '19

RACHEL FREETH

Psychiatric Diagnosis – What might this mean for your client and to you?

This talk considers the powerful place of psychiatric diagnosis within the current landscape of mental healthcare and increasingly within the world of counselling and psychotherapy. It will explore some of its uses as well as some of the main critiques and controversies. It will also consider some potential meanings for clients who have been given a psychiatric diagnosis, when it is helpful and when it might be unhelpful and perhaps even harmful. Rachel is a psychiatrist, counsellor and writer, who for several years has provided workshops and training materials for counsellors and psychotherapists on subjects relating to psychiatry and mental healthcare.

September 20th '19

LIZZY OAKLEY

Fibromyalgia – Journey to acceptance

Lizzy works as a qualified private practice counsellor and has a profile in the local media, support groups and worldwide on online support groups. She says: 'In 2011 after a seven-year struggle with pain, fatigue, general ill health and low mood, I was finally diagnosed with Fibromyalgia and Chronic fatigue. In those seven years I had been to see every doctor, consultant or hospital. Only from 2011 did I start my long journey to acceptance' Fibromyalgia is a debilitating and life changing condition and Lizzie is keen to share that journey with counsellors, psychotherapists and other professionals, so that they can further support them and give them hope.

October 18th '19

JANE WOODEND

The Long Goodbye: A psycho-social investigation of endings in life and therapy.

Endings are an inevitable part of life for all of us, in our personal relationships and family life, in our work and social life, and in our counselling or psychotherapy. This talk looks at how the impact of the endings we experience in our life plays into how we experience endings in therapy – from the perspective of both clients and therapists. Jane will also talk on her application of different models of endings with clients and will seek to engage with the audience about their own experiences of endings with clients. Jane is a psychodynamic counsellor and supervisor. She is interested in combining practice and research and has recently published a chapter in 'Further Researching Beneath the Surface: Psychosocial Research Methods in Practice'

November 15th '19

BERKELEY WILDE

Diversity in practice

Berkeley Wilde is the Founder and Director of the Diversity Trust. In this talk Berkeley will focus on how professionals can improve the engagement, services and support offered to Lesbian, Gay, Bisexual and Transgender (LGBT+) people. The talk will include an overview of key equalities legislation, relevant to gender, identity and sexual orientation, research on the experiences of the LGBT+ community, barriers faced when accessing services and support, best practice guidelines to help improve engagement with LGBT+ people and practical ideas and tips on how to support LGBT+ people

January 17th 2020

MARK CONWAY

Working with trauma and emotional dysregulation from a skills-based perspective

Mark Conway has previously given a very successful TAP Talk on developing resilience in schools and we are delighted to welcome him back to speak on working with trauma. Children and young people who have experienced trauma(s) often find it difficult to articulate or process their experiences. These needs are often expressed through episodes of emotional dysregulation or use of substances and there is a significant impact on life chances. This talk will focus on the interaction between trauma and emotional regulation and the role that a skills-based approach can play in supporting change when engaging therapeutically.

February 21st '20

CLAIRE PLEWS

Resilience in therapy

The forces of fate that bear down on man and threaten to break him also have the capacity to ennoble him' (Lukas 1984) This quote underpins Claire's understanding of resilience within therapy and raises some interesting questions... Why is it that some individuals crumble and break when faced with adversity whereas others find an inner strength that enables them to grow into something greater than they were before? These questions will be examined as part of Claire's talk on resilience and are an area that she is currently researching as part of her Doctoral research at the University of Bristol. Claire also has 17 years working in private practice and as lecturer on a Counselling degree program at Weston College.