



Taunton  
Association for  
Psychotherapy

[www.taplimited.org.uk](http://www.taplimited.org.uk)

## TALKS PROGRAMME AND INFORMATION 2020-2021

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 workshops and 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:** Quaker 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, you can RSVP to us on our website Talks Page to let us know or just come along on the night. **ALL WELCOME**

### Admission

Free to Members	Membership fee £30 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:** Quakers 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**. Or for a general chat about TAP ethos and activities;  
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

2020-2021

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

**May 15th 2020**

**FARHAD DALAL**

**The Cognitive Behavioural Tsunami. Politics & the Corruptions of Science.**

In this talk I will outline some of the themes from the book, CBT: Cognitive Behavioural Tsunami, arguing that CBT is not all that it claims to be. I critique CBT's understanding of human suffering and demonstrate that the so-called science of CBT is not just "bad science" but "corrupt science". I also argue that it is managerialist thinking which has infiltrated NICE and IAPT that allows them to generate narratives of success and efficiency. CBT is an exercise in symptom reduction which vastly exaggerates the degree to which symptoms are reduced, the durability of the improvement, as well as the numbers of people it helps.

**June 19th 2020**

**WENDY BURLEY**

**An Integrative Approach to Cancer**

After qualifying as a Nutritional Therapist, Wendy worked in private practice and lectured at the University of West London until 2010 when she moved to the West Country and took the post of Lead Nutritional Therapist at the cancer charity Penny Brohn UK.

The presentation will cover the Penny Brohn Whole Life Approach to living well with cancer including how their approach helps clients to make lifestyle changes, to take more control over their lives and improve outcomes in many ways. It will outline the approach to healthy eating, and share up to date research on many of the aspects covered at the Centre.

**September 18th 2020**

**JANE RENTON**

**Nature & Therapy. It's Elemental!**

The talk will explore the importance of maintaining a connection to the outside world in our client work and many powerful (and often simple) ways we can incorporate nature in our practise, benefitting our clients and ourselves. Jane is a counsellor whose work on using Fire in therapy has been recently published and tries to keep Nature in mind in all aspects of her life and work."

**October 16th 2020**

**GARY COX**

**Getting Emotional - Existentialism, Psychology and the Emotions**

Gary Cox has a PhD in Philosophy from Birmingham University and is the author of several books on Sartre, existentialism, general philosophy and philosophy of sport, including the best selling *How to Be an Existentialist*. He has taught and lectured philosophy for many years to a wide variety of people of all ages and backgrounds. Dr Cox's talk will summarise Sartre's position re the emotions, allowing ample opportunity for questions and discussion.

**November 20th 2020**

**GEOFF LAMB**

**Beyond Oedipus**

You will probably be aware of Freud's theory of psychosexual development, particularly the Oedipal stage. Many people have questioned this. The Oedipus complex, with such pessimistic ideas as 'castration anxiety' and 'penis envy' is seen as of questionable value in helping clients with sex/relationship issues. In this presentation, Geoff will use his paper, based on Willem Poppeliers' work, to present a more optimistic perspective on Oedipal stage of psychosexual development which is also applicable to everyday practice.

Geoff is an experienced psychotherapist, trainer and supervisor (Been in practice 35 years). He specialises in sex and relationship issues, especially couple relationships and sexuality.

**January 15th 2021**

**PROF. MATT LOBLEY**

**Mental Health Issues in the Farming Community**

The high rate of suicide amongst farmers is perhaps the most egregious indicator of mental distress within the farming population. In this talk Professor Matt Lobley will discuss his research on farmer well-being in the South West. The social isolation experienced by many means they may lack important personal & social buffers necessary to maintain their esteem & levels of life satisfaction.

Matt is Professor of Rural Resource Management and Co-Director of the Centre for Rural Policy Research at the University of Exeter. He is a social scientist with 30 years' experience of research in the farming community.

**February 19th 2021**

**CAT CHAPEL & SOPHIE BAYLEY**

**Starting-up in Private Practice - Are You Ready?**

This talk explores Cat and Sophie's journeys of setting up in private practice and how this inspired them to put together their workshop.

When setting up, they found most of the information out there focused on the practicalities of setting up and they instead wanted something more personal, which considered therapists as individuals. They will explore what can happen for practitioners when deciding to start a practice and what the emotional blocks and barriers can be when transitioning from placement work to running your own therapy business.

Cat Chappell and Sophie Bayley Prof Dip. MBACP (Accred) are Integrative Counsellors working in Bristol. Between them they have successful private counselling practices and 20 years of delivering workshops and courses.