



# **Universities Psychotherapy and Counselling Association and UKCP Universities Training College International Conference 2017**

in association with the Research Centre for Therapeutic Education (RCTE)

## **Internet psychotherapy, supervision and training: are you providing this - should you be?**

**Saturday 11<sup>th</sup> November 2017**

**10.00am to 4.30pm**

*Followed by the AGM*

Registration 9.30am

**Whitelands College, University of Roehampton  
Holybourne Avenue, London, SW15 4JD**

**Speakers include: Gerhard Andersson, Onel Brooks;  
Del Loewenthal, Niki Reeves, Christopher Vincent**

UPCA members £80.00; non-UPCA participants £95.00;  
UPCA student members £50.00; non-UPCA student participants £60.00

*(Lunch and refreshments included, refunds not available after 14<sup>th</sup> October 2017)*

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**Attendance 6hrs CPD**



## International Annual Conference 11<sup>th</sup> November 2017

The rate of change brought about by our digital era appears at the very least exponential. It is affecting how we live our lives involving both the 'what' and the 'how' of what clients/ patients bring, together with how we as psychological therapists practice. The internet provides for us such potential changes as: Whether we access clients/patients through our own websites and electronic directories, whether we communicate with our clients/patients through mobiles, text, emails etc; whether we accept payment by electronic transfer, through to whether we provide therapy, supervision and training using the internet. This conference is designed to not only explore the possibilities the internet can open up for us but also whether these changes stand up as worthwhile in the light of criticisms that it alters the very nature of our project.

What are the benefits and limitations of the internet for either therapist or client? What opportunities does it open up or close down? What might it help reveal or conceal? It has been stated that “there is now a large body of evidence suggesting that internet interventions work”, through this is “mainly practical and supportive rather than explicitly therapeutic in orientation” (Andersson and Titov 2014). However, most of the literature reports computer assisted therapy appearing as effective as face-to-face treatments of anxiety and depression (Taylor and Luce 2003). There does seem to be solid evidence that people have benefitted from internet therapy where access is restricted for reasons of geography or mobility. It also would appear that other potential clients will use an internet service when they wouldn't use face-to-face.

This conference is designed to explore research findings and speakers' experiences of internet psychotherapy, supervision and training. However, we will not only be looking at good practice in such provision but also concerns as to what it might not reach. For example, does it fail to allow for the very nature of psychotherapeutic knowledge, which might only be present with the face-to-face as opposed to the inter-face? Thus whilst there are opportunities for us to get into 21st century technology there are many warnings. Heidegger (1977) cautions us against developing a technicity where the problem becomes we are only interested in what functions. Derrida (1996) argued that 'what is no longer archived in the same way is no longer lived in the same way'. Whereas for Levinas, our (ethical) relation to one another 'takes place in the concrete situation of speech'. What then might be the relation of the 'virtual consulting room/training room/supervision' room to 'the concrete situation of speech'? Also, what might interactive therapy/supervision/learning on the net – in the potential absence of an embodied listener - imply for 'responsible relatedness'? There again, according to Pergament (1998) there is a psychoanalytic tradition of correspondence with letters being the cornerstone of Freud's interaction with others. So why not the internet as a continuation of that tradition?

So, should one embrace all or none of how the internet can affect psychotherapeutic practice, and what are the, if any, helpful places in between? This conference is designed to provide an opportunity for two audiences: Those who have had little involvement with the internet, and are wondering whether now is the time to consider venturing further; and, those who are already very involved with aspects of the internet in therapeutic provision and wish to explore this.

Prof Del Loewenthal  
Conference Chair



## CONFERENCE PROGRAMME

9.30am - 10.00am	<b>Registration</b>
10.00am - 10.20am	<b>Welcome and introduction to the conference</b> Del Loewenthal - Conference Chair
10.20am - 11.00am	<b>Reflections on why there is little professional dialogue about how hi-tech is changing psychotherapeutic practice</b> Christopher Vincent - Couples psychotherapist, Tavistock Relationships and Southampton University
11.00am - 11.30am	<b>Coffee</b>
11.30am- 12.10pm	<b>Not only CBT? An overview of other therapeutic approaches to internet interventions</b> Gerhard Andersson – Linköping University, Sweden and Karolinska Institute, Sweden
12.10pm – 12.30pm	<b>In the Teeth of Technicity: Heidegger's Critique of Technology</b> Onel Brooks - Psychoanalytic Psychotherapist, Senior Lecturer Roehampton University
12.30pm – 12.50pm	<b>Relationships are changing virtually everyday</b> Catherine Knibbs
12.50pm – 1.50pm	<b>Lunch</b>
1.50pm – 2.10pm	<b>Why it is the responsibility of counselling and psychotherapy to resist the technological wave.</b> Lee White
2.10pm – 2.30pm	<b>The Space Between: Physical vs Virtual</b> Jane Barnfield-Jukes
2.30pm - 2.50pm	<b>'A glimpse of love' the therapist's experience of love in the therapeutic relationship</b> Melita Rova
2.50pm – 3.30pm	<b>What are good practices in internet psychotherapy and supervision?</b> Niki Reeves - Attachment based psychoanalytic psychotherapist
3.30pm – 4.00pm	<b>Tea</b>
4.00pm – 4.30pm	<b>Plenary panel discussion: Internet psychotherapy, supervision and training: are you providing this - should you be?</b> Gerhard Andersson, Del Loewenthal (Chair), Niki Reeves, Christopher Vincent
4.30pm – 5.30pm	<b>UPCA / UTC AGMs</b>



Annual Conference 11<sup>th</sup> November 2017

**Keynote Speakers and Presenters  
Abstracts and Biographies**

**Gerhard Andersson: Not only CBT? An overview of other therapeutic approaches to internet interventions** Internet-delivered psychological treatments have existed since the mid 1990s with the number of controlled trials now approaching 300. Almost all studies and programs have been based on cognitive behaviour therapy (CBT), and overall results suggest that clinician-guided internet CBT can be as effective as face-to-face CBT even if the number of direct comparisons is relatively small. The aim of this talk is to present an overview of trials conducted using psychodynamic and interpersonal psychotherapy approaches. A discussion on how well the internet format works for other approaches than CBT will be provided. It is concluded that psychodynamic approaches hold promise with at least four controlled trials, but that programs arguably differ from face-to-face psychodynamic therapy. Interpersonal psychotherapy to date has not yet been found to be as effective as CBT in the internet format, but there are few trials on guided internet treatment using interpersonal psychotherapy.

Dr. Gerhard Andersson is full professor of Clinical Psychology at Linköping University in the Department of Behavioural Sciences and Learning, affiliated researcher at Karolinska Institutet, Stockholm, and clinically active as psychologist at the local hearing clinic. Andersson has a PhD in psychology and one in medicine and is trained as CBT therapist and supervisor. Professor Andersson is an internationally recognized leader in the field of cognitive-behavior therapy delivered through information and communication technology as evidenced by his over 500 peer-reviewed publications. His research spans over both somatic and psychiatric conditions, and he is a leading researcher in the field of tinnitus and has published extensively on depression and anxiety disorders. Andersson is also the editor-in-chief for the journal *Internet Interventions*. In 2014 he was awarded the Nordic Prize in Medicine. For more information see [www.gerhardandersson.se](http://www.gerhardandersson.se)

**Chris Vincent: Reflections on why there is little professional dialogue about how hi-tech is changing psychotherapeutic practice.** In this presentation Chris will draw on a study he and four colleagues undertook in 2015 to map the ways that hi-tech innovations had impacted on their clinical practice in recent years. This group who were senior in age and experience reviewed how websites, email, VOIP software and on-line banking had 'salience' in their working lives. The report that ensued published in the *BJP* (Vol. 33:1 February 2017) discusses some of the pros and cons of these technological developments. Chris will outline some of the headline findings from this study which showed that while their day to day practices had been changing profoundly under the sway of on-going technical innovations, there was then, and remains now, a dearth of CPD seminars that help consider the advantages and pitfalls arising from these developments. Chris will suggest some overlapping reasons for this oversight as a stimulus for discussion during the day. These will include: - The 'aunt sally' approach-rejecting online therapy to the exclusion of considering other impacts. Guilt at betraying foundational principles of therapy. Anxiety and uncertainty in managing practices which creep into our lives and which we then normalise or take for granted.

Couples psychotherapist, Tavistock Relationships and Southampton University  
Lecturer and researcher based on Hayling Island, Hampshire. After reading PPE at Oxford, Chris worked as a Community Service Volunteer before training as a social worker. Periods in community and paediatric social work led him to a job at what is now Tavistock Relationships in London where he trained as a couple and individual psychotherapist. He then worked part time as a Consultant Psychotherapist in an adult psychiatric hospital setting before concentrating in his private practice. He is a Visiting Lecturer at Tavistock Relationships and is a member of the Mental Health Research Group in the Faculty of Health Sciences at Southampton University where he is completing a research degree exploring the impact of Huntingtons Disease on couple relationships.

### **Dr Onel Brooks: In the Teeth of Technicity: Heidegger's Critique of Technology**

This brief presentation sets out what I take to be at the heart of Heidegger's concern with technology, or rather, how I now read and hear what he has to say about technology. I claim that echoes of Heidegger's preoccupation with technology or technological thinking and its dangers can be heard in an important novel, as well as the critical comments about science and technology in the writings of the later Wittgenstein. I claim, too, in passing, that both Heidegger and Wittgenstein were influenced in this regard by the writings of Kierkegaard and Nietzsche. This presentation touches on the implications of Heidegger's critique, and with its echoes, not only for psychology in general but, in particular, psychiatry and psychotherapy, as well as for education. Heidegger, I claim, is like Kierkegaard, Nietzsche and Wittgenstein, afraid of what the modern world of efficiency, order, rationality and detached theoretical knowledge -which has science and technology as its crown, compelling argument and model- easily takes from us. These philosophers are not suggesting that we are in danger of losing just another possibility of being human; they seem to be warning us against the possibilities and dangers of losing touch with ourselves that lurks in our taking a rationalistic scientific and technicist view of our lives.

Onel Brooks, PhD, completed a doctorate in philosophy before training as a social worker and then as a psychoanalytic psychotherapist. He is a senior lecturer in Psychotherapy, Counselling and Counselling Psychology at Roehampton University, where he contributes to the Research Centre for Therapeutic Education, which is in the Psychology Department. He has held a number of posts as a senior counsellor and was a senior social worker and psychotherapist at the Tavistock Clinic for a number of years. He is in independent practice as a psychotherapist and supervisor, and is a member of the Philadelphia Association. He is interested in the details of our theoretical models and claims, as well as the details of what we actually say and do with clients. He is particularly interested in Nietzsche and Winnicott, and often finds that he is provoked into thinking by his experiences with clients and colleagues as well as by psychoanalysis, philosophy and literature.

**Niki Reeves: What are good practices in internet psychotherapy and supervision?** This paper considers processes additional to face-to-face work that are necessary to create and hold a frame that leads to successful therapy. Far from thinking of this medium as a replacement to face-to-face work, I demonstrate making the online space a safe space enables clients to find a 'zone of proximal safety' that enables effective therapy to take place when this may otherwise not be possible. Difficult early attachment experiences can make connection to a therapist a particularly threatening prospect. Where clients fear loss of control, or overwhelm, a way is found to hold the therapist and the feared emotions at a safe distance. This allows time and space to think about separation and connection, in order that the client can feel a sense of control they would not in traditional contexts. As the trust grows the relationship deepens enabling an experience of a secure attachment relationship not achieved before. Far from a 'second best' approach to our work I believe clients who seek working on-line often demonstrate the strength of the human spirit to find a way of engaging with other. However, the skills used in traditional therapy are not sufficient when working via VSee. Additional thought and skills need to be employed to engage effectively, and achieve connection in which effective relational work can occur.

*UKCP MBACP Accred BA(Hons) Psychoanalytic Psychotherapist.* Niki trained at The Bowlby Centre in London as an Attachment Based Psychoanalytic Psychotherapist following an initial training as a Psychodynamic Counsellor. Niki has been in clinical practice in Southampton for more than 20 years, is a qualified Supervisor, and a senior lecturer in counselling at Basingstoke College. In addition, Niki runs workshops on Attachment across the UK. Following a term as 'Head of Counselling' at Southampton Counselling, Niki began writing for publication. Currently writing a book "Applying Attachment Theory to Clinical Practice". Niki has been a member of the Professional Conduct Committee of the UKCP and been part of the Ethics Committees of the Bowlby Centre, and the UKCP where she has worked on the new Ethics Code to be released next year.

**Del Loewenthal:** Abstract - please see the conference brief.

Del Loewenthal is Professor of Psychotherapy and Counselling and directs the Research Centre for Therapeutic Education, Department of Psychology, University of Roehampton where he also convenes Doctoral programmes. He is an existential-analytic psychotherapist (Wimbledon and Brighton), chartered psychologist and photographer. He chairs the Southern Association for Psychotherapy and Counselling's (SAFPAC's) Critical Existential-Analytic UKCP/UPCA Psychotherapy Training Programme; and, both UPCA and the Universities Training Council. He is co-founder of the Society for Critical Psychotherapy and founding editor of the European Journal of Psychotherapy and Counselling (Routledge). He is also Chair of the Philadelphia Association's training committee. His books include: *Existential Psychotherapy and Counselling after Postmodernism* (Routledge, 2017).

**Jane Barnfield-Jukes: The Space Between: Physical vs. virtual.** In this paper I will attempt to address the space between the ever-increasing need for therapy and the inability of both private and social provision to meet that requirement. The question is asked 'Can technology, online digital space provide a solution?'. Indeed, is it possible that we could enjoy the internet's benefits whilst limiting the impact on the therapeutic experience not only for our clients/patients but ourselves as therapists? Examples will be given of the advantages the World Wide Web may offer to lessen the space between geographical location and personal psychological restrictions caused by age and ability. Consideration will be given as to how online listings, middlemen, SEO, advertising, website hosting and security can work together to create an online therapeutic presence. The argument is presented that by not commoditising the client or the therapist we are able to create an affordable, safe space for both, physically and virtually. The client has changed the way they interface with us, we in turn can meet them where they are: to engage and adapt to this new situatedness.

Jane achieved various qualifications in counselling culminating in a BSc from Roehampton. She has worked in both the public and private sector as a Psychotherapist. Integrating Psychoanalytic/Existential, phenomenological modalities, with individuals/couples and as a group facilitator. She currently runs two private Psychology/Psychotherapy/counselling services in Surrey, providing both psychical and online therapy. She also works in the commercial sector offering, Organisational and professional development. She is passionate about addressing and finding a solution too, the inability of both private and public services to meet the ever-increasing space between provisions and need in our societies psychological health provision.

**Melita Rova: 'A glimpse of love' The therapist's experience of love in the therapeutic relationship.** This paper explores the therapist's experience of love in the consulting room. Six experienced therapists were interviewed and verbatim was analysed following Smith's interpretative phenomenological analysis (IPA). IPA was chosen as one of the ways that might help the researcher to explore what can be learned by giving primacy to human experience and the process of meaning-making. The findings revealed love as a notion, a discourse and an experience. From a transcendental idea to an existential struggle, opened up in a discourse where cultural barriers dumb the voice of the therapist and close down discourse, love nearly escapes description when it is finally experienced in an idiosyncratic way within the therapeutic relationship. Therapists experience love as a response to suffering, an ideal parental protective function from harm. At the same time, therapists doubt love's validity, because it is ephemeral and limited by the therapeutic frame. The common denominator is the conundrum between love's impossibility and love's inevitability. This research makes the claim that through an exploration of love what is illuminated is the psychological significance of language, embodiment and political awareness for therapeutic research and practice. If this is true, then a new arises on how is love experienced via internet therapeutic sessions? How do therapists think about language and embodiment and are there any political implications when the interaction is transferred from the immediate to the detached time and space of an on-line session? The conclusion is that a question about love is a curiosity on the future direction of the world and a possible response to a current global cry for help in a time when life seems more perishable than ever, war far easier to occur than peace and intimacy more fragile than digital exchange. *Keywords: Love, Relational, Phenomenology, Taboo, Experience.*

I am a newly qualified therapist (MSc) with three years and ongoing experience in individual short-term and open-ended integrative (16+) counselling and psychotherapy in community counselling and therapeutic services. My practice is relational and is critically engaging with humanistic, analytic and existential schools of thoughts. My endeavour is to start from the experience and develop an open and curious appreciation of the other within our shared cultural and political context. In addition, I am a HCPC registered and experienced social worker with a 12 year post qualified experience in social work field practice and management in public and private sector, NGO and charities for children, young people and adults. I have worked with a range of complex needs, cultural groups, difference and multiple disadvantaged populations within the community.

**Lee White: Why it is the responsibility of counselling and psychotherapy to resist the technological wave.** What is at threat of being lost with internet counselling is something that is at the foundation of counselling and psychotherapy, the ability to be with each other on a truly human level. The argument That the internet is a way to connect seems to be disproving its self. In a time when the internet means we can talk to people all over the world in an instant, isolation has become one of the biggest issues of our time. Something is being lost, something far more powerful then visual or auditory communication. My work in a mental health crisis project has shown me that people have a fundamental need for human contact. whilst I am sure that some people can have a truly therapeutic experience with online therapy, the idea that this should be advocated as some sort of advancement is ludicrous. It may serve a need, but the importance of being with another human being can not be underestimated. I have seen with my own eyes how people can reappear from a place of true darkness simply by someone being willing to sit with them, not only to witness their pain and confusion but to be present through it, to be truly by their side.

I finished studying integrative counselling at Roehampton university in 2012. I then took a break from counselling, to go travelling, spending some time in a silent meditation retreat in India. I also returned to my day job as decorator. At the of 2015 I decided it was time to pick up my counselling career. I began a general counselling placement and set up private practice. I currently see clients in private practice and as volunteer counsellor in Brixton prison. I am also a mental health worker in a residential project for people with complex mental health needs such as schizophrenia, chronic suicidal ideation and psychosis. In this role I facilitate group work as well as working 1-1 to help people manage their mental health.

**Catherine Knibbs: Relationships are changing virtually everyday.** The paper/workshop will discuss the impact of cyber based technologies and how the relational skills of children and young people are affected by use of technology, in particular social media. There will be a discussion about psychological theories and how these can be applied to the changing nature of technology and the impact on brain development and relational capacities. The discussions will also focus on how as therapists we need to keep abreast of technological advances, issues and psychotherapy issues in context of social media and safeguarding. Furthermore, behaviours of both the client and therapist within the therapeutic relationship will be explored and ethical considerations around this topic.

Catherine is both an author, published and leading researcher in the UK around the topic of cybertrauma. She writes for the largest UK e-safety companies, presents at National conferences including NSPCC, Marie Collins and has presented at ACTIO (Leading online counselling organisation), Confer and other leading Psychotherapy Organisation conferences around this topic. She regularly blogs and has been on Shrink Rap Radio and Trauma Therapist podcasts in the US (alongside names such as Dan Seigel). She is BACP (Accred) and UKCP MSc Child & Adult Psychotherapist.