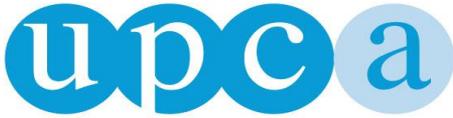




UPCA and UKCP/UTC Conference 2019

**Working with Young Adults: Therapy and  
Therapeutic Ethos**

Saturday 30<sup>th</sup> November 2019 10:00 to 4:30 pm  
University of Cambridge



**Universities Psychotherapy and Counselling Association  
and UKCP Universities Training College  
Conference 2019**

**Working with Young Adults:  
Therapy and Therapeutic Ethos**

**Saturday, 30<sup>th</sup> November 2019**

**10.30am to 5:00**

*Followed by the AGM*

Registration 10.00 a.m.

**University of Cambridge, Faculty of Education, 184 Hills Road,  
Cambridge CB2 8PQ**

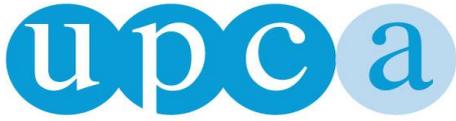
**Speakers: Rotimi Akinsete, Ruxandra Anghel, Geraldine DuFour,  
Susan Kegerreis, Eva Kurz, Del Loewenthal, Anthony McSherry,  
Sally Parsloe, Rowan Williams**

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 15th October 2019)*

**Bookings can be made here:** <https://www.eventbrite.com/e/working-with-young-adults-therapy-and-therapeutic-ethos-tickets-68591028613>

**For further information please contact [admin@upca.co.uk](mailto:admin@upca.co.uk) or [utc@ukcp.org.uk](mailto:utc@ukcp.org.uk)**



**Annual Conference  
30<sup>th</sup> November 2019**

## **Working with Young Adults: Therapy and Therapeutic Ethos**

This conference is for those interested in providing Psychotherapy and Counselling for young adults, and for those who wish to bring a therapeutic sensibility to working with this client group. Two main questions will be addressed: What are the implications of providing a therapeutic ethos for young adults; and what, if any, additional training might be required for psychotherapists and counsellors working with this client group?

In so doing we will explore what is widely regarded as an urgent need for a therapeutic ethos, that includes age- and modality-appropriate psychotherapy and counselling, in order to bring both therapeutic and educational sensibilities to bear on the issue of young adults' wellbeing. This is essential, if truly effective and appropriate policy responses to the current malaise, as witnessed by a steady stream of research reports, are to be fashioned.

Prof Del Loewenthal

Conference Chair



## **PRELIMINARY PROGRAMME**

- 10.00am - 10.30am**      **Registration**
- 10.30am - 10.50am**      **Welcome and introduction to the conference**  
Del Loewenthal (University of Roehampton & Southern Association for Counselling and Psychotherapy) - Conference Chair
- Morning Chair:** Carol Holliday (University of Cambridge)
- 10.50am - 11.20am**      Speaker: Susan Kegerreis (University of Essex)  
'Working with young adults – is specialist training needed to work with this age-group?'
- 11.20am - 11.50am**      **Coffee**
- 11.50am- 12.20pm**      Speaker: Rotimi Akinsete (University of the Arts, London) and Geraldine DuFour (University of Cambridge)  
'Working with Young Adults in a University Setting'
- 12:20pm – 12:40pm**      Speaker: Eva Kurz (Regents College)  
'I will never be good enough!! - Anxiety over employment among young adults'
- 12:40pm – 1:00pm**      Speaker: Anthony McSherry (Southern Association for Counselling and Psychotherapy)  
'A phenomenology of working with an imaginary young adult'
- 1.00pm – 2.10pm**      **Lunch**
- Afternoon Chair:** Julia Cayne (Southern Association for Counselling and Psychotherapy)
- 2.10pm – 2.30pm**      Speaker: Ruxandra Anghel (New School of Psychotherapy and Counselling)  
'Attuning the Generations: An exploration of the world of Gen Z'
- 2:30pm – 2:50pm**      Speaker: Sally Parsloe (Southern Association for Counselling and Psychotherapy)  
'Parental Alienation'
- 2.50pm – 3.30pm**      Speaker: Rowan Williams (University of Cambridge)  
'The Time It Takes: How do we understand personal growth in an age of instant solutions'

**3.30pm – 4.00pm**

**Tea**

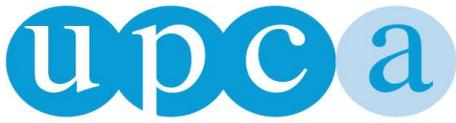
**4.00pm – 4.30pm**

**Plenary/ Community discussion**

Rotimi Akinsete, Geraldine DuFour, Susan Kegerris, Del Loewenthal (Chair), Rowan Williams

**4.30pm – 5.00pm**

**UTC AGM**



## **Rotimi Akinsete (University of the Arts, London) and Geraldine DuFour (University of Cambridge), 'Working with Young Adults in a University Setting'**

With five times as many students as 10 years ago disclosing a mental health issue to their university, leaders of Universities are being urged to make student mental health and wellbeing a strategic priority. It is no longer simply a matter of sending people on training courses, nor of giving them time for personal development. Leading organisations have recognised that to achieve exceptional performance, they need to ensure that they have highly capable students and staff performing to their best ability and with full engagement with the organisation's objectives and strategy. This recognition has led to many providing over-arching development interventions, and many institutions have recognised the need to re-invest in the mental and emotional wellbeing of their community. This evidence-based session will explore the work of universities and student focussed organisations on the wellbeing of young people in HE institutions.

Rotimi Akinsete is a therapeutic counsellor and clinical supervisor with extensive experience in community, NHS and HE counselling services. He is currently the Associate Dean of Students at the University of the Arts, London and is an executive member of the Association of Managers in Student Services (AMOSSHE). Rotimi has held a post as service lead for adolescent counselling in the NHS and has sat on a number of panels and workshops around the subject of counselling, psychotherapy and intersectionality. Rotimi is also the founder and director of Black Men on the Couch, a special interest project focusing on psychotherapy and identity politics of African and Caribbean men and boys and has recently published his first book entitled: *This Book Could Help: The Men's Headspace Manual*

As the Head of Counselling at the University of Cambridge, Géraldine Dufour oversees the provision of psychological support for the collegiate university, leading a large team of counsellors, CBT therapists, mindfulness teachers, university sexual harassment and assault advisor and mental health advisors. She is the past Chair of the BACP Universities & Colleges Division and the national group for Heads of University Counselling Services (HUCS). She taught on the MA in Counselling at Leicester and Birmingham Universities. Géraldine is a member on a number of national committees related to student mental health and wellbeing, a speaker at national conferences, a contributor to research and journals.

## **Ruxandra Anghel (New School of Psychotherapy and Counselling), 'Attuning the Generations: An exploration of the world of Gen Z'**

The session aims to draw attention to the world of young adults of 'Gen Z' with the scope of trying to get insight into their set of values, their passions and the challenges they are facing. The message of this session also emphasises the importance of attuning in the process of exploration and invites participants to reflect upon ways in which we could facilitate the bridging between the generations. With a better understanding of the frame of reference of young adults, practitioners, parents, tutors, managers and all adults interacting with Gen Z would be better prepared to engage in a more meaningful and productive cooperation. By bridging the generational gap, we can create more meaning in our social lives. The presentation includes a brief experiential exercise followed by reflexivity and questions.

Ruxandra Anghel is developing her second career in Psychology, following a successful career in Communications. Ruxandra is currently training as an existential psychotherapist, undertaking a doctoral programme in psychotherapy at the NSPC. Her doctoral research project focuses on Generation Z and explores their experience of "joy of living". Ruxandra is also a psychology teaching fellow in academia and she is the founder of a wellbeing programme for students. She had also worked with young people as a senior mentor in personal development and currently practices as a school counsellor. When not working with young people, Ruxandra practices psychotherapy in the NHS as well as she works as a brain injury rehabilitation assistant.

## **Susan Kegerreis (University of Essex), 'Working with young adults – is specialist training needed to work with this age-group?'**

Working with older adolescents and young adults is somewhat disputed territory. Those with qualifications in work with adults can easily adapt to working with this age-group, and historically this has been the most usual route into the role. In this paper I argue, however, that there is likely to be a difference between their approach and that of those who have had a specialist training to work with children and adolescents. Such trainings are likely to imbue in clinicians a much stronger awareness of: the developmental perspective; the power of ongoing family dynamics; the vexed trajectory into individual independence and identity formation and the particular vicissitudes of the learning experience. Experience of having also worked with younger children provides counsellors/therapists with a different appreciation of defensive constellations and a nuanced awareness of transference dynamics when the age and status differences between practitioner and client are greater. Working with younger people also requires a sophisticated understanding of organisational and network dynamics - which are less likely to feature in adult trainings. These elements provide a significantly different perspective on the work which therefore suggests that specialist training input is of great value. Examples are given in the paper to illustrate these ideas.

Sue Kegerreis is Senior Lecturer at the Department of Psychosocial and Psychoanalytic Studies at the University of Essex. As a psychotherapist and counsellor (both child/adolescent and adult) she has practised in health, education and community settings as well as in private practice. She devised and ran the MSc Psychodynamic Counselling with Children and Adolescents at Birkbeck and established the MA Psychodynamic Counselling at the University of Essex. She has also taught on numerous other psychotherapy/counselling trainings. She has published widely in professional journals, is Managing Editor of Psychodynamic Practice and her book Psychodynamic Counselling with Children and Adolescents appeared in 2010.

## **Eva Kurz (Regents College) 'I will never be good enough!! - Anxiety over employment among young adults'**

Lack of employment opportunities has been ranked top of a list of challenges faced by young Brits today. There is a growing mismatch between the skills and qualifications of the younger workforce and their employment prospects. Even the best qualified graduates face hundreds of rejections and can often not secure employment in their chosen field, when competing for few places among hundreds or even thousands of applicants. Rather than being able to move from adolescence via university to full independence, young people are riddled with anxiety as to how and when they will be able to settle into a career and move out of their parents' home. They see others succeed and feel inferior and hopeless about their future at a time when they imagined they would be in control of shaping their lives.

Eva studied law at Oxford University where she gained a scholarship to do a MA in EU law at Brussels Free University. She then qualified as a solicitor with Clifford Chance and worked for ten years as a lawyer and investment banker in the City. Eva embarked on a career change and gained a MA and an Advanced Diploma in Psychotherapy and Counselling Psychology at Regents College. Since 2005 she has been working as a psychotherapist in the NHS, in charitable organisations and in private practice. Eva is fluent in four languages and has an in depth understanding of the challenges in the workplace from her previous careers. She has been working as a psychotherapist and as a coach with professionals and teams and as a student mentor.

## **Del Loewenthal (University of Roehampton & Southern Association for Counselling and Psychotherapy), 'Working with Young Adults: Therapy and therapeutic ethos'**

See above conference brief.

Del Loewenthal is Emeritus Professor of Psychotherapy and Counselling at the University of Roehampton, Chair of the Universities Training Council and the Southern Association for Psychotherapy and Counselling ([www.safpac.co.uk/](http://www.safpac.co.uk/)). He is also on the faculty of the Philadelphia Association, and an existential-analytic psychotherapist. His books include: Existential Psychotherapy and Counselling after Postmodernism: The selected works of Del Loewenthal. (World Library of Mental Health, Routledge), Why Not CBT? Against and For CBT Revisited, (PCCS), Developments in Psychotherapeutic Qualitative Research (Routledge), Towards Transcultural Histories of Psychotherapies. (Routledge) and Beyond the Therapeutic State (Routledge). He is also founding editor of the European Journal of Psychotherapy and Counselling (Routledge) ([www.delloewenthal.com](http://www.delloewenthal.com)).

## **Anthony McSherry (Southern Association for Counselling and Psychotherapy) 'A phenomenology of working with an imaginary young adult'**

This paper presents a phenomenology of working with a young adult through an imaginary case study. There are three interweaving aspects. The first is collusion with the authorities in what constitutes the right way to live. The authority is often the fearful, worried, or controlling parent, holding the purse strings. The second is how our own authority bears on a young person who is only just finding space to think for themselves. What do we desire for a young adult? Can we allow them to make their own mistakes? Does the therapist's envy with respect to youth play a negative role? Is it inevitable that our own story will affect the client? Thirdly, it seems a young person needs the therapist, if possible, to hold fast, to be stable but not grasping, so that they may let go of what may be overburdening and live their own story creatively.

Tony McSherry is registered with the UKCP as an Integrative Psychotherapist, Existential-Analytical Psychotherapist, and Psychotherapeutic Counsellor. As a person and in his work he is interested in phenomenology, informed by existential and analytical ideas. He is against the constricted version of knowledge promulgated in the human sciences through scientific method and which dominates current psychological and healthcare paradigms. Instead, he is interested in human science as phenomenology, the sensual-perceptual-linguistic experience of the world as the original source of all experience and knowledge of being.

## **Sally Parsloe (Southern Association for Counselling and Psychotherapy), 'Parental Alienation'**

When families are in conflict, high levels of emotional action can take place between the adults. One aspect of this is when one parent excommunicates the other parent. This is sometimes called parental alienation. What lies behind this label is considered and the possible effects of the phenomenon for the child's mind and emotional landscape are explored. A consideration of the involvement and limitations of the court system reveals the lonely predicament of the child. This paper thinks about how we as therapists may help young people to make sense of their experience of being caught up in destructive family narratives by claiming their own understanding and narrative.

Reference is made to the work of Alan Jaffe, A.L Baker, the Cardiff University Review commissioned by the Child and Family Court Advisory Service (Wales), John Bowlby, Freud, and post-modern ideas about narrative and deconstruction.

Sally Parsloe is an existential analytic adult psychotherapist in private practice in London. She has experience of counselling and group work in voluntary and charitable organisations ('Stand Alone' and 'Mediation in Divorce') and in the NHS. She is Secretary of the Critical Psychotherapy Network and a member of SAFPAC. She has spoken and written on themes such as Anxiety, Working with Domestic Abuse, Anger in the Mediation Process, The Post Romantic Era and An Introduction to Therapy for Lawyers. Sally is also a family solicitor and has been on the Law Society Children Panel representing children in court proceedings for 30 years and she is a family mediator qualified to consult with children.

## **Rowan Williams (University of Cambridge) 'The Time It Takes: How do we understand personal growth in an age of instant solutions'**

Most of our cultural habits these days are affected by the idea that taking less time is always a good thing – from cookery to internet access to political decision-making. Are we any longer capable of making sense of the notion that we have gradual cumulative processes to go through in becoming human in the fullest way we can? This talk will look at some of the ways in which this impacts on younger people and also at those aspects of our social and imaginative life that pull in a less feverish direction.

Dr Rowan Williams took up the mastership of Magdalene College, Cambridge on 1 January 2013. His previous appointments include Lady Margaret Professor of Divinity at Oxford, Bishop of Monmouth, Archbishop of Wales and Archbishop of Canterbury. He was awarded the Oxford higher degree of Doctor of Divinity, an Oxford honorary DCL degree; a Cambridge honorary DD. He holds several honorary doctorates. He has been elected a Fellow of the British Academy, a Fellow of the Royal Society of Literature and of the Learned Society of Wales. In 2013, he was made a life peer, becoming Lord Williams of Oystermouth, in the City and County of Swansea. Dr Williams is a noted poet and translator of poetry, and, has published studies of Arius, Teresa of Avila, Dostoevsky and Sergii Bulgakov, together with writings on a wide range of theological, historical and political themes.