



Universities Psychotherapy and Counselling Association International Conference 2015

In association with Psychodynamic Studies (Continuing Education)
University of Oxford

What future long-term and open-ended psychotherapy & counselling?

Saturday, 5th December 2015

10.00am to 4.30pm

Followed by the AGM

Registration 9.30am

**University of Oxford
Rewley House
Wellington Square
Oxford OX1 2JA**

Speakers include:

**Dorothea Huber (Germany), Del Loewenthal (UK), Rolf Sandell (Sweden),
Rai Waddingham (UK), Janet Weisz (UK)**

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Attendance counts as 6hrs C.P.D. requirement met



**Annual Conference
5th December 2015**

What future long-term and open-ended psychotherapy & counselling?

What has happened to long-term and open-ended psychotherapy & counselling? It would appear that in the UK, as with most other countries, the provision of long-term and open-ended talking therapies in the public services is disappearing. At this conference we wish to explore whether this demise of public service long-term and open-ended therapies is inevitable. A related question is the effect on the public's access and attitudes to private psychotherapy and counselling.

At this conference, we will first examine users' perspectives and recent work carried out in the UK on the state of long-term and open-ended talking therapies. We will then hear speakers from Germany and Sweden where research evidence has convinced governments to sustain such services.

Through both our presentations of international research and our call for papers we wish to consider whether the time is now right to reappraise what is happening in the UK and what research can now be carried out to evaluate the public provision of long-term and open-ended talking therapies.

Prof Del Loewenthal
UPCA and Conference Chair

PROGRAMME

- 9.30am - 10.00am** **Registration**
- 10.00am - 10.20am** **Welcome to conference: Alistair Ross** (Kellogg College, University of Oxford, UK).
Introduction to conference: Del Loewenthal, Conference Chair (Research Centre for Therapeutic Education, University of Roehampton, UK)
- 10.20am - 10.40am** **Addressing the deterioration in public psychotherapy provision: Janet Weisz** (British Psychoanalytic Council and United Kingdom Council for Psychotherapy, UK)
(Chair: Pam Howard)
- 10.40am - 11.00am** **It takes more than *just* time ... the role of long term psychotherapy in healing from so-called 'severe mental illness': Rai Waddingham** (Beyond the Label, UK)
(Chair: Pam Howard)
- 11.00am - 11.30am** **Coffee**
- 11.30am- 12.10pm** **Research evidence and the provision of long-term and open-ended psychotherapy and counselling in Sweden: Rolf Sandell** (Lund University, Sweden)
(Chair: Gary Winship)
- 12.10pm – 12.50pm** Lecture Theatre:
Stories of tragedy and comedy in therapy: Gauri Chauhan
Psychotherapy and 'schizophrenia': Elizabeth Nicholl
(Chair: Steve Buller)
- Room 012
The case of WQ and the importance of low-cost, opened-ended therapy: Jamie de Carvalho
How do psychotherapists experience medical language used by clients and professionals in a cancer care setting?: Giovanna Reitano
(Chair: Fran Renwick)
- Room 018
The importance of theory, if any, in psychotherapists' work with their clients: Seth Osborne
Therapists experience when a client's story comes close to their own: Candice Lemonius
(Chair: Nic Bayley)

12.50pm – 1.50pm	Lunch
1.50pm – 2.50pm	<p>Lecture Theatre</p> <p>Intensive short-term dynamic psychotherapy therapy – a way forward: Alexandra Pokorny</p> <p>How might collaborative drawing inform our experience of the therapeutic space?: Angela Rogers</p> <p>Therapy in time: Mo Mandić</p> <p>(Chair: Fran Renwick)</p> <p>Room 012</p> <p>An exploration of therapists’ experience of working with clients while the therapist is anxious: Sally Parsloe</p> <p>Trainee therapists’ experience of working with clients with hallucinations: Urvashi Sharma</p> <p>(Chair: Steve Buller)</p>
2.50pm – 3.30pm	<p>Research evidence and the provision of long-term and open-ended psychotherapy and counselling in Germany: Dorothea Huber (International Psychoanalytic University, Germany)</p> <p>(Chair: Alistair Ross)</p>
3.30pm – 4.00pm	Tea
4.00pm – 4.30pm	<p>Plenary panel discussion: Establishing the case for re-evaluating UK public provision of long-term and open-ended talking therapies:</p> <p>Dorothea Huber, Del Loewenthal (Chair), Alistair Ross, Rolf Sandell, Rai Waddingham, Janet Weisz</p>
4.30pm – 5.30pm	UPCA AGM