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?

Presenters’ Brief CVs

Jamie de Carvalho is a trainee psychotherapist on the MSc in Counselling and Psychotherapy program at the University of Roehampton. He previously studied psychology at the University of Bristol before working for four years in an NHS mental health trust. He completed a short psychotherapeutic course provided by the trust before formally deciding to begin training as a psychotherapist. He currently works for a Carers Trust network partner, supporting unpaid carers in a local hospital in Bristol as well as practicing psychotherapy with a charity working with individuals affected by alcohol and drug use.

Gauri Chauhan works as a counsellor in private practice as well as for Phyllis Tuckwell Hospice Care in Farnham, and is a part time lecturer on a therapeutic counselling course at Guildford College. She is also a research assistant at the University of Roehampton and has just submitted her doctoral thesis exploring comedy and tragedy in therapy.

Dorothea Huber (Keynote Speaker) Professor Dorothea Huber (PhD, MD) studied Psychology and Medicine in Kiel, Freiburg, Hamburg and München. She is director of the Department of Psychosomatic Medicine and Psychotherapy, Klinikum München and Professor for Clinical Psychology and Psychosomatics at the International Psychoanalytic University at Berlin. She is psychoanalyst and member of the German Psychoanalytic Society (DPG) and member of the DPG Research Committee, besides member of the German Collegium of Psychosomatic Medicine. Research domains are: Development and psychometric evaluation of diagnostic instruments. Comparative psychotherapy outcome and process research, especially for depressive and anxiety disorders. Evaluation of psychodynamic inpatient treatment.

Alexandra Knowles, formerly Pokorny, trained over 30 years ago as a Psychoanalytic Psychotherapist working in Therapeutic Communities as well as in private practice, teaching and supervising. In 2006 she attended the first UK conference on ISTDP, put on by David Malan. Subsequently she joined an initial group of UK therapists to be trained in ISTDP. Alexandra was the Founder Chair of ISTDP-UK and currently holds the position of Training Officer. She works in private practice where she sees individuals and couples for 'block
therapy’. In addition she is engaged in training other therapists and is accredited by IEDTA as a teacher and supervisor.

**Candice Lemonius** has completed her MSc in Counselling and Psychotherapy and has a BSc in Psychology. She has been seeing clients therapeutically over the past 3 years, working in the NHS, for a low-cost service and also privately. Candice has a keen interest in the human experience, including the growth and development of people. She is particularly interested in subjective experience and how we as human beings come in and out of each other, also known as intersubjectivity.

**Del Loewenthal (Conference Chair)** is Professor of Psychotherapy and Counselling, and Director of the Research Centre for Therapeutic Education at the University of Roehampton, where he also convenes Doctoral programmes. He is an existential-analytic psychotherapist, chartered psychologist and photographer. He is founding editor of the European Journal of Psychotherapy and Counselling (Routledge). He chairs the Universities Counselling and Psychotherapy Association and is former founding chair of the UK Council for Psychotherapy Research Committee. His books include: *Critical Psychotherapy, Psychoanalysis and Counselling: Implications for Practice*, 'Phototherapy and Therapeutic Photography in a Digital Age'; 'Post-Existentialism and the Psychological Therapies'; 'Towards a Therapy Without Foundations'; 'Case Studies in Relational Research'; with Richard House, 'Critically Engaging CBT'; 'Childhood, Wellbeing and the Therapeutic Ethos' and 'Against and For CBT'; with Andrew Samuels, 'Relational Psychotherapy, Psychoanalysis and Counselling: Appraisals and Reappraisals'; with David Winter, 'What is Psychotherapeutic Research?'; and with Robert Snell, *Postmodernism for Psychotherapists*. Del is currently writing *Existential Psychotherapy and Counselling After Postmodernism* and also has a small private practice in Wimbledon and Brighton.

**Mo Mandić** is an existential psychotherapist in private practice in London, UK. He has recently completed a study on the psychotherapist’s experience of care in the therapeutic relationship, using a hermeneutic phenomenological approach based on Heidegger’s ‘formal indication’.

**Elizabeth Nicholl** is a PhD student at the University of Roehampton. She is a research assistant in the Research Centre for Therapeutic Education and a part-time lecturer on a therapeutic counselling course at Guildford College. She also has a private practice in Dorset.

**Seth Osborne**: Education: 2010 – PsychD Psychotherapy and Counselling at Roehampton University; 2006-7 MSc Research in Psychology at Oxford University; 2001-4 BSc Psychology at Nottingham University. Employment: 2008 – Primary Mental Health Development Worker in Primary Child and Adolescent Mental Health Services, Oxford Health NHS; 2013 – ongoing - Counsellor in private practice (MBACP reg)

**Sally Parsloe** has completed her MSc in Counselling and Psychotherapy at Roehampton University. She has been working as a Trainee Counsellor in the NHS and privately for three years. She has been a Family Solicitor for 30 years, a Family Mediator for 15 years and a solicitor Supervisor for 20 years. She has led workshops on anxiety within the legal
profession. She is on the Law Society Children's Expert Panel and has sat on the Lord Chancellor’s Child Abduction Panel. She has worked in the Women's Refuge organisation, and as Child Protection officer in a voluntary organisation.

Giovanna Reitano has completed an MSc in Counselling & Psychotherapy. She has been working with adults and children in NHS and community settings, and has a particular interest in cancer care. Giovanna is a classical trained harpist. She holds Master’s degrees in Music Performance and Applied Theatre and worked for two decades in the field of classical and contemporary music. Following her interest in the psychological aspects of performance Giovanna started collaboration with BAPAM to increase awareness on performers’ wellbeing and the prevention of performance related conditions. She is a Guest lecturer for the MSc in Performing Arts Medicine at UCL.

Angela Rogers is currently a student on the Psychotherapy and Counselling MSC at Roehampton University. As an artist she works with drawing and dialogue in their widest senses, both as a practitioner and a researcher. She has had residencies in the UK, USA and Europe and was a Research Fellow at the Creativity Centre, University of Brighton, where she co-authored a series of booklets on Drawing to Learn in Higher Education. Since 2011 she has tutored on the Open College of the Arts international Fine Art MA.

Alistair Ross, Dean of Kellogg College, Director of Psychodynamic Studies, and Associate Professor in Psychotherapy at the Department for Continuing Education, University of Oxford. Alistair’s research focusses on the relationships between the sacred, spirituality, religion, psychoanalysis and psychotherapy. Recent books include Research Ethics for Counsellors, Nurses and Social Workers (with Dee Danchev, Sage 2014) and Counselling: A Practical Guide (Icon 2014). He is currently working on a book on Freud to be published by the History Press in 2015. Other lectures/articles/chapters include: ‘Michael Eigen – Psychoanalytic Mystic’, ‘Letters from Vienna: Freud and his friend Pastor Pfister’; ‘Sacred Psychoanalysis’ – the emergence of spirituality in contemporary psychoanalysis; ‘Spiritual factors in therapy’; ‘Harry Guntrip: an early relational psychoanalyst’; and ‘Winnicott’s analysis of Guntrip revisited’.

Rolf Sandell (Keynote Speaker) is emeritus professor of clinical psychology at Linköping University and senior researcher at Lund University in Sweden. He is a psychoanalyst, member of the Swedish Psychoanalytic Association. As the research director at the Institute of Psychotherapy in Stockholm he was the director of the Stockholm Outcome of Psychotherapy and Psychoanalysis Project (STOPPP) 1994-2005. He is currently the director of the POSE project at Lund University, which is a randomized comparison between randomized and preference-based assignment of a cognitive-behavioural or a psychodynamic therapy for patients with panic disorder.

Urvashi Sharma originally trained as an engineer, and went on to do a PhD in healthcare information systems implementation and evaluation. She decided to pursue counselling and psychotherapy due to personal encounters. She is interested in working with clients with hallucinatory experiences and with clients for whom substance use has become problematic.
Rachel (Rai) Waddingham (Keynote Speaker) is an international trainer and consultant with personal experience hearing voices, paranoia, trauma and a whole host of experiences that led to her diagnosis and hospitalisation. Having found her way through this difficult time, she now uses her experiences to develop services and support for others who struggle with distressing voices, visions and experiences (including services for young people and people in prison). She is Vice Chair of ISPS UK, a member the international executive committee of ISPS and a trustee of the English Hearing Voices Network.

Janet Weisz (Keynote Speaker) has been Chair of UKCP since 2012. She was previously Chair of the Council for Psychoanalysis and Jungian Analysis, a college of UKCP, for four years. She is a Psychoanalytic Psychotherapist and a Psychodynamic Counsellor, and works both in private practice and in NHS primary care. She has over 20 years of clinical experience in both settings, and has first-hand experience of how the provision of psychological therapy on the NHS has changed.