



**THE BRITISH ASSOCIATION FOR
PSYCHOANALYTIC AND
PSYCHODYNAMIC SUPERVISION**

AUTUMN CONFERENCE & AGM

Saturday 11th November, 2017

Conference 10.00 – 3.25 followed by AGM 3.30 – 4.30 [9.30 Registration]

***THE CAPACITY FOR SELF-CARE:
IMPLICATIONS FOR PRACTICE AND SUPERVISION***

Dr Maggie Turp

A capacity for self-care is grounded in the care we receive in early life and sustained, or not sustained, through our on-going relationships, both personal and professional. Without a well-functioning capacity for self-care, we are vulnerable to internal and external pressures to take on too much and leave too little time for processing and recovery. Our capacity to support supervisees in their self-care is likewise compromised. In order to better understand the capacity for self-care and the pressures that assail it, the presentation will draw on infant observation extracts and case study examples. There will be opportunities for discussion in large and small groups throughout the day and participants will be invited to share their experience, whether personal or professional, with due regard to confidentiality and appropriate disguise of potentially identifying details.

Workshop topics include: elements involved in self-care; parental care and the internalisation of a self-caring capacity; finding a balance between caution and adventurousness; knowing our limits: the protective function of the psychic skin boundary; finding a balance between emotional and physical self-care; the role of the external and internal supervisor.

9.30 Registration, 10.00 Welcome and whole group presentation: "The capacity for self-care: skin boundaries and skin defences", 11.00 Mid-morning break, 11.30 Small group discussion (development/internalisation), 12.30 Feedback from small groups, large group discussion, 12.45 Lunch, 1.45 Whole group presentation: "Supervision and self-care in clinical practice", 2.00 Small group discussion (clinical practice scenarios and the role of the supervisor), 3.00 Feedback from small groups, large group discussion, 3.20 End

Dr. Maggie Turp is a psychoanalytic psychotherapist and supervisor in private practice and a chartered psychologist. Her academic career has included lectureships at the University of Reading and at Birkbeck College, London. Since retiring from mainstream academic life, she has been an external examiner and visiting lecturer at the Tavistock and Portman NHS Trust. Maggie is a member of the Editorial Boards of the journals *Psychodynamic Practice* and *Infant Observation*. Her publications include journal papers and two books, *Psychosomatic Health: the Body and the Word* (2001 Palgrave) and *Hidden Self-Harm: Narratives from Psychotherapy* (2003 Jessica Kingsley). She is currently working on a third psychotherapy book: *Falling Apart: the Psychology of Skin Containment*.

Maggie welcomes correspondence at maggieturp@gmail.com

Cost including hot lunch and refreshments: Non Members: **£85 / Early Bird: **£75**;**

Members: **£75 / Early Bird: **£60**; Retired BAPPS members; **£45**.**

Early Bird deadline bookings to be made by 22nd September 2017

Payment details: bank transfer to: Co-op Bank Acct No. 50032992 Sort Code 08-92-50 Please use your name as a reference and send confirmatory email to: admin@supervision.org.uk

Cancellations Policy: 1 month = full refund • 2 weeks = 50% refund • 1 week = no refund

**Venue: The Tavistock Centre, 5th floor Lecture Theatre, 120 Belsize Lane, London NW3 5BA
Nearest tubes: Finchley Road, Swiss Cottage**