



THE BRITISH ASSOCIATION FOR PSYCHOANALYTIC & PSYCHODYNAMIC SUPERVISION

AUTUMN CONFERENCE

Saturday 10th November 2018

10.00 – 3.30 (9.30 Registration) followed by AGM 3.40 – 4.40

The Tavistock Clinic, London

The Unconscious Work of the Supervisee

ALISON VASPE

There is an area of supervision that receives relatively little attention, and that is the role of the supervisee in making supervision a creative process. The word itself – ‘supervisee’ – represents a receptive position: that of being supervised. I want to consider how, as supervisors, we can give attention to the supervisee’s active, if unconscious process of thinking: a way in which supervision can help the supervisee dream the patient into being.

I will do this by reflecting on my own experience of supervision from several supervisors over a number of years. In addition to the essential, ‘bread and butter’ tasks of supervision (helping me to think about, account for, and deepen understanding of the work), I want to consider ways in which supervision has contributed to a form of understanding that feels closer to the unconscious mind. If this process of mental digestion and creative insight is blocked by a supervisory superego – which may be real or imagined – then the therapist may end up as just a supervisee - a passive recipient of supervision, working from an understanding that is intellectual rather than truly metabolised: effectively a ‘False Self’ therapist.

The day will continue with group work in which those attending can explore their own experiences of being supervised, and end with a plenary discussion.

Alison Vaspe is a psychoanalyst and psychoanalytic psychotherapist. In addition to her private analytic practice, she has worked therapeutically in the public sector, including primary care and hospital settings, with general medical staff and students. Most recently she has worked with mental health staff experiencing psychological and emotional difficulties in the workplace. She is contributing editor of *Psychoanalysis, the NHS, and Mental Health Work Today*, a volume in the Psychoanalytic Ideas series (Karnac 2017).

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 made by 31st July 2018

admin@supervision.org.uk

WWW.SUPERVISION.ORG.UK

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

Cancellations Policy: 1 month = full refund • 2 weeks = 50% refund • 1 week = no refund: **Cheques payable to: BAPPS**