

CPD WORKSHOP

Transference and Countertransference in practice



Saturday, 16 March 2024 | 12:45 to 18:00

Quakers Meeting House, 77 Church Crescent, N10 3NE

Workshop fee:

£65.00 HCC members | £75.00 non-HCC members

Overview:

In this workshop we will explore the meaning of transference and how we think about the dynamic and its meaning, between counsellor and client. How do we recognise the transference and the different shapes it takes? How do we observe the communication from our clients, the way in which they bring themselves, how they speak and act with us? How do we listen to our clients? Our clients' stories tell us about patterns and experiences which may refer to the kind of object-relationship we can expect to be representative in our dynamic in the room - both positive and negative.

It is not only what and how we observe our clients, both in the content and process of what our clients communicate and the way they are communicating in the room with us, it is also how we register and experience the **impact** of our clients. How we listen to these feelings and experiences with our clients which is so peculiar to the dynamic in each session. If the counsellor can allow themselves to be open to this impact, to become aware of it and be able to think about its meaning, without judgement, then the counsellor will have a powerful way of utilising and enriching their grasp and understanding of the transference in their practice.

This workshop will be an exploration and discussion forum stemming from content and vignette examples. We will be focusing on the different presentations of the transference and attempt to cover all aspects of transference, i.e., positive, negative, including the social dimensions of transference. The workshop will include presentations from second year students, illustrating client-work and their reflections on experience and the power of the impact of the transference in their work. The latter part of the day will be made up of film showings - a demonstration of three sessions and time for wider discussion.

We would like to remind you that all content discussed at the workshop is strictly confidential within the forum.

Facilitator:

Kate Hardwicke is a psychoanalytic psychotherapist, accredited with the United Kingdom Council for Psychotherapy. She is a psychodynamic/psychoanalytic supervisor registered with the British Association of Psychoanalytic and Psychodynamic Supervisors. She is also a member of the Arbours Association of Psychotherapists.

Kate began her career in therapeutic communities, providing residential care and treatment to adults in an acute setting. In addition, she worked intensively at the Arbours Crisis Centre, an internationally renowned facility providing an alternative to in-patient hospital treatment for adults experiencing acute emotional distress and mental illness. From there, Kate co-facilitated psychotherapy groups in hospital acute/secure settings and provided clinical supervision in charitable organisations for young people and bereavement services.

She has a private practice in Hackney working with individuals over a broad range of relational and emotional issues. As a private supervisor she supports supervisees in setting up their practice and in their trainings as well as established psychotherapists in their on-going clinical work. She is also a well-established clinical supervisor and tutor at Highgate Counselling Centre.

How to book:

Please email training@highgatecounselling.org.uk to reserve a place, letting us know if you are an HCC member or not. We will then send you an invoice for £65/£75, and once this is paid your place will be confirmed. You can pay online via the link on the invoice or call the office on 020 8883 5427 to make a card payment.