

2021 Annual Conference: The Violent Human

An exploration of the origins and expression
of violence in human personal and social
relationships in its many manifestations.

Introduction

“What a piece of work is a man! How noble in reason, how infinite in faculties, in form and moving how express and admirable, in action how like an angel...”

The oft-quoted lines from Hamlet’s soliloquy indeed pose us a question as we contemplate all that we witness of the human capacity for cruelty and violence through the ages and especially in our own time. Yesterday, today and tomorrow – whether ‘in a faraway country of which we know nothing ‘ or on our own doorsteps or in the secrecy of homes afflicted by violence - events in the world confront us by all that we would call ‘inhuman’ and require us to question the very nature of our species. This Conference takes place at a time when only a submicroscopic virus rivals humankind in its destructive capacity towards other living beings.

‘The Violent Human’ - is an exploration of the origins and expression of violence in human personal and social relationships in its many manifestations (including on the environment) at the different stages of life from childhood to adulthood. The conference will examine the role of psychotherapy in the prevention and therapeutic response to violence, whether in the individual or the group. We will look at the insights that psychoanalysis may offer on the unconscious dynamics that contribute to violent action.

The limitations relating to the Covid-19 pandemic have meant that this conference will be held online in its entirety, with morning, afternoon and evening sessions adequately spaced for respite from the screen, but also providing delegates with a good range of opportunities for discussion – whether in small reflective groups, chat rooms or question times with our speakers or with a panel. In interludes in the day, extracts from literature, the arts, journalism and from ongoing world events will further enrich our thinking and we will ask ourselves ‘Is there such a thing as Justifiable Violence?’

“If you want people to behave thoughtfully to others, then you have to give them the experience of being thought about, otherwise enactment becomes the only means of communication, where people are only taken seriously due to the thoughtless violence of their actions.”

David Morgan in the British Journal of Psychotherapy, August 2019.

The *bpf* Annual Conference: Schedule

| <i>Date</i> | <i>Time</i> | <i>Speakers & Events</i> |
|------------------------|---|--|
| Thursday 25th March | 17.30 18.00 – 20.00 | Welcome & Introduction from Tim Fox Stanley Ruszczynski - <i>'The Psychosocial Roots of Violence'</i> Presentation and Discussion <i>Discussant: Professor Brett Kahr</i> |
| Friday 26th March | 10.00 – 11.00 11.00 – 13.00 14.00 – 15.20 15.40 – 17.00 18.00 – 20.00 | <i>'Afterthoughts'</i> - An open discussion on yesterday's presentation Ann Horne & Teresa Bailey - <i>'But They're Only Children'</i> Dr. Anthony Gunter - <i>'Race, Gangs & Youth Violence'</i> Ariel Nathanson - <i>'Community psychotherapy: creating a therapeutic culture in frontline care organisations'</i> Professor Paul Hoggett - <i>'The Psychology of Ecocide'</i> |
| Saturday 27th March | 09.30 – 10.30 10.30 – 12.30 14.00 - 15.30 16.00 - 17.30 18.00 - 20.00 | <i>'Afterthoughts'</i> - An open discussion on yesterday's presentations Angela Foster & Jessica Collier - <i>'Telling Stories: Enabling Violent Mothers To Progress From Enactment to Psychotherapeutic Engagement'</i> Christine Van Duuren - <i>'Contextualising Violence; Power, Resistance & Logical Bedazzlement'</i> Coline Covington - <i>'Who's To Blame? Personal & Collective Guilt on Trial'</i> David Morgan - Conference Overview - <i>'Do the ends justify the means? Pathological and Justifiable Violence'</i> <i>Discussant: Michael Topolski QC</i> |

About The Speakers



Stanley Ruszczynski - *'The Psycho-Social Roots of Violence'*

Stanley Ruszczynski is a psychoanalyst and a psychoanalytic couple psychotherapist in private practice. He is a Consultant Adult Psychotherapist (and formerly Clinic Director 2005-2016) at the Portman Clinic, part of the Tavistock and Portman NHS Foundation Trust. The Portman Clinic offers a psychoanalytically oriented treatment to children, adolescents and adults who express their distress and disturbance through anti-social and often disturbing acts of delinquency, criminality, violence or sexualised aggression. In addition to his clinical and teaching activities, he provides institutional consultation to teams and organisations in criminal justice settings and in secure hospitals. He is the author of a number of papers in his field and is the contributory co-editor (with David Morgan) of *'Lectures on Violence, Perversion and Delinquency'* (Karnac 2007) and (with James Fisher) of *'Intrusion and Intimacy in the Couple'* (Karnac1995).

Ann Horne & Teresa Bailey - *'But They're Only Children'*



Ann Horne is a Fellow of the British Psychotherapy Foundation. A former head of the child and adolescent psychotherapy training at the *bpf* (then BAP where she trained), she is a past editor of the *Journal of Child Psychotherapy*, co-edited *The Handbook of Child and Adolescent Psychotherapy* and developed the *Independent Psychoanalytic Approaches with Children and Adolescents* series for Routledge - which she now co-edits with Teresa Bailey. Before training, Ann was an English teacher, a college lecturer in Social Policy (specialising in Health and Penal Policy) and a social worker. Routledge published her selected papers *On Children Who Privilege the Body – reflections of an Independent psychotherapist* in 2018. Now retired from NHS work, latterly after 10 years at the Portman Clinic in London, she writes, teaches and still retains a particular interest in children who act rather than being able to access thought and reflection.

Teresa Bailey was Head of Psychoanalytic Child and Adolescent Psychotherapy for a south London NHS Trust for 10 years and before that worked at the Maudsley for 11 years. For many years, she provided training for IPCAPA students and developed a course for IPCAPA Intensive Case Supervisors. She has been the editor of the *Journal of Child Psychotherapy* and now co-edits the *Independent Psychoanalytic Approaches with Children and Adolescents* series for Routledge with Ann Horne. Teresa was a teacher of French and Spanish in state schools in the UK before working in Tanzania where she trained teachers of English and worked with young people in exile from apartheid South Africa. More recently Teresa moved into dramatic writing, completing an MA in Screenwriting at the University of London. Her writing focuses on female-led comedy and the mental health and socio-economic issues that affect young people. Teresa continues to offer regular consultation to senior clinicians who work with traumatised individuals and to those managing clinical services in CAMHS.



About The Speakers

Angela Foster and Jessica Collier - 'Telling stories: Enabling violent mothers to progress from enactment to psychotherapeutic engagement'

Angela Foster is a psychiatric social worker, psychoanalytic psychotherapist, supervisor and consultant. She has worked in the public and voluntary sectors with clinical teams and managers in mental health, forensic services, substance misuse, childcare and student counselling. She gained experience in therapeutic communities and social work education before moving to the Tavistock Clinic where she helped to develop consultancy and training in community care and taught on postgraduate courses in social work and organisational consultation and psychoanalytic approaches. She has published several papers in journals and is co-editor and contributor to the book: *Managing Mental Health in the Community: Chaos and Containment* in 1998, co-editor and contributor to *The Practice of Psychotherapy* series published by Karnac on behalf of the London Centre for Psychotherapy, contributor to *Addictive States of Mind* (2013) and editor of *Mothers Accused and Abused: Addressing Complex Psychological Needs*.



Jessica Collier is an art psychotherapist working with female offenders in prisons. She has also worked with male offenders in secure hospitals and a modified therapeutic community. Jessica is co-convenor of the Forensic Arts Therapies Advisory Group and co-editor in chief of the *International Journal of Forensic Psychotherapy*. She has contributed to the training of art psychotherapists as a visiting lecturer at the University of Hertfordshire and senior lecturer at the University of Roehampton. Jessica has published her work widely including *The End of the Sentence: Psychotherapy with Female Offenders*, co-edited with Pamela Windham Stewart.

Dr. Coline Covington - 'Who's to Blame? Personal and Collective Guilt on Trial'

Dr Coline Covington is a Training Analyst and Supervisor of the Society of Analytical Psychology and the British Psychotherapy Foundation. She is a Fellow of International Dialogue Initiative (IDI), a group formed by Prof. Dr. Vamik Volkan, Lord Alderdice, and Dr. Robi Friedman to apply psychoanalytic concepts in understanding political conflict and the effects of trauma on political behaviour. Coline writes about collective violence and atrocities in her book *Everyday Evils: A Psychoanalytic View of Evil and Morality* (Routledge, 2017). Her most recent book is, *For Goodness Sake: Bravery, Patriotism and Identity*, published by Phoenix Publishing House. Her forthcoming book will be, *Who's to Blame? The Political Morality of Collective Guilt*.



About The Speakers



Christine van Duuren - ‘Contextualising violence; Power, Resistance and “Logical bedazzlement”’

Christine van Duuren is a - now retired - medical doctor and psychoanalytic psychotherapist. In 1982 she worked for the Middle East Council of Churches in a clinic in Beirut during the Israeli invasion of Lebanon. Amongst other medical services she offered first aid to victims of shell fire and to people fleeing the massacre in the Sabra and Shatila Palestinian refugee camps. Subsequently she started specialising in psychiatry in London and then trained as a psychotherapist with the Lincoln Centre. She practiced for many years within the NHS, including in substance misuse, therapeutic communities and a psychotherapy department. She has extensive teaching experience in a number of different settings and is a Balint leader registered with the Balint Society. Among her voluntary activities she is an active member of the UK Palestine Mental Health Network and since retiring she has been involved with a charity working with refugee women, offering psychological support.

Dr. Anthony Gunter - ‘Race, Gangs and Youth Violence’



Dr. Anthony Gunter is Programme Lead for Childhood and Youth Studies in the Open University’s Faculty of Wellbeing, Education and Language Studies, and was formerly Principal Lecturer in Criminology at the University of East London. Prior to his career in academia Anthony worked for over 14 years in both South and East London, within a variety of community settings, as a detached community and youth worker and Project / Area Manager. Dr Gunter is author of *Race, Gangs and Youth Violence: policy, prevention and policing* (Policy Press 2017) in which he argues that serious youth violence is as much a health and education issue as it is a policing and crime one.

Ariel Nathanson - ‘Community psychotherapy: creating a therapeutic culture in frontline care organizations’

Ariel Nathanson is a Consultant Child, Adolescent and Adult Psychotherapist. He is the lead child psychotherapist at the Portman Clinic in London where he specialises in the assessment and treatment of children, adolescents and young adults who display perverse, delinquent and violent behaviours. He consults to professional networks about young people presenting as harmful to others. He has a private practice, where he clinically works with adolescents and adults, and as an organisational consultant to therapeutic communities for highly disturbed young people. Ariel is a clinical supervisor and consultant to other clinicians and frontline workers who engage violent young people in gangs and in prisons.



About The Speakers

Paul Hoggett - *'The Psychology of Ecocide'*

Paul Hoggett helped set up and was the first Chair of the Climate Psychology Alliance. He is Emeritus Professor of Social Policy at UWE, where he was Director of the interdisciplinary Centre for Psycho-Social Studies. He is a psychoanalytic psychotherapist who trained at the Lincoln and is now a training therapist at the Severnside Institute for Psychotherapy. He was the founding joint editor of *Organisational and Social Dynamics*, the journal of the Tavistock Group Relations tradition. His recent books include (with Simon Clarke) *Researching Beneath the Surface: Psycho-Social Research Methods in Practice* (Karnac, 2009), *Politics, Identity & Emotion* (Paradigm Publishers, 2009) and *Climate Psychology: On Indifference to Disaster* (2019: Palgrave).



David Morgan - *'Do the ends justify the means? Pathological and Justifiable Violence'*



David Morgan worked as a consultant psychotherapist in the NHS for over 25 years at the Tavistock and Portman Clinic. He is a member of the BPAS, *bpf* and BPA. He is chair of the Political Minds Seminars at the Institute of Psychoanalysis. He lectures nationally and internationally, most recently at the Acropolis. He has focused on the psychological implications of whistleblowing and political issues. He also presented a podcast called *Frontier Psychoanalyst*.

His latest book is *The Unconscious in Social and Political Life* (2019) and it's sequel *'A Deeper Cut' Further Explorations of the Unconscious in Political and Social Life* (2020 in Press). He is a member of the Think Tank on Intractable Conflict and the IPA committee for Humanitarian Organisations.

Tim Fox - *Welcome and Introduction*

Dr Tim Fox is a Senior Member and Training Therapist for the Psychoanalytic Psychotherapy Association (PPA) of the *bpf*. Prior to becoming a psychotherapist his career was in medicine, initially as a hospital physician and later as a family doctor. He was a senior editor for the first UK evidence-based journal on medicines and prescribing, *Drug and Therapeutics Bulletin*, published by the Consumers' Association. However, his work as a doctor, supported by his membership of a Balint Group, led him increasingly to a search for a fuller understanding of the psychological context of his patients' presentations and of the doctor-patient relationship, eventually training as a psychoanalytic psychotherapist with the BAP. He nowadays works full-time as a psychotherapist in private practice in rural north Essex with a special interest in psychosomatic disorders and hysteria.



About The *bpf*

The British Psychotherapy Foundation is an organisation of psychotherapists who are working to ensure that the benefits of psychotherapy are available to as many people who need it as possible.

With around 650 members, we are one of the largest psychotherapy membership and training organisations in Europe. We are also a charity. Our approach is based on the rich tradition of psychoanalytic and Jungian theory and practice, while also drawing on scientific advances in our understanding of the human mind and development.

our vision

We believe that the rich body of knowledge contained in the psychoanalytic and Jungian traditions, when combined with scientific advances in our understanding of the human mind and development, provides the most rigorous possible basis for psychotherapy. It also provides a powerful and distinctive perspective on many issues that we face: questions of mental wellbeing, health and social policy, issues around sexuality and gender, how we make sense of contemporary media and culture are just some examples.

Our overarching aim then is to make the benefits of this type of therapy available to as many people who need it as possible, as well as to acquaint as many people as possible with this extraordinary body of ideas. We believe that in pursuing this goal we can help change people's lives for the better.

our key ambitions

excellence - At the heart of the organisation is a commitment to excellence – the highest standards of clinical practice. This is central to our clinical training programmes which are intensive and demanding, equipping people to become the very best psychotherapists. Our professional development activity, including supervision activity, is designed to ensure that those standards are maintained throughout people's careers.

access - Our Clinical Service is at the forefront of making high quality psychotherapy available to those who need it. This includes our Low Fee Service whereby people can access intensive psychotherapy for very low fees. We are currently looking at ways we can significantly expand our service and widen access even further. We are committed to making our training programmes and our organisation as a whole more reflective of the diverse demography of the UK.

engagement - The insights derived from the psychoanalytic and Jungian traditions can make a huge contribution to many issues within mental health, but also more generally within questions of health, social care and social policy. Our programme of short courses and events aims to engage fellow professionals, policy makers, opinion formers and members of the public with psychoanalytically-informed thinking around a range of issues.

future-focused - We are training the next generation of psychotherapists. But we also need to work to help psychotherapists at the start of their career face the challenges within a tough working environment whether they choose to work in the public, the voluntary or the private sector.