

## **Reflecting on our thoughts, feelings, and reverie in the therapeutic encounter to enhance understanding of our clients**

**Paul Terry**

**May 2021 Saturday (date tbc), 11:30am to 14:00pm**

**Henley-on-Thames**

Half a century after Freud introduced the Talking Cure there was a seismic development when his followers came to understand that instead of the therapist's feelings being a hindrance upon reflection these feelings can reveal unconscious communication from the client. The counter-transference which refers to the therapist's thoughts, feeling and reverie has since become central to psychoanalytic and psychodynamic practice. In a workshop format Paul Terry will present a case study of his reflections on his counter-transference in an example of short-term psychotherapy for discussion. He also encourages members of the workshop to bring examples for discussion. He will discuss his theoretical understanding of the projective processes underlying counter-transference and the implications of this understanding for how to use the counter-counter-transference in practice.

The workshop is suitable for qualified and trainee counsellors and therapists.

**Paul Terry** is a Consultant Clinical Psychologist in private practice. During his career in the NHS he worked in child, adolescent, and adult mental health, forensic settings, and latterly in specialist mental health team for older people. In tandem with his clinical work in the NHS Paul was Lecturer in Counselling at Birkbeck College, University of London. He has a particular interest in the application of psychodynamic ideas to counselling and psychotherapy in different contexts. He has written extensively about his clinical work, and in 2008 he published a revised second edition of his book *Counselling and Psychotherapy with Older People: A Psychodynamic Approach* (London: Palgrave Macmillan).

# HOW TO BOOK?

1. To book, please email Cath Muston at [CPD@riversidecounsellingservice.co.uk](mailto:CPD@riversidecounsellingservice.co.uk)

**OR**

Print this form and return by post to: **Cath Muston, 12A Woods Rd, Caversham, Reading RG4 6NA**

2. To secure your place payment needs to be made in advance. You can pay by bank transfer to **Lloyds Bank Account Number: 00792754, Sort Code 30-94-13** using CPD followed by your surname and then the initials of speaker as a reference. For example: CPD / Muston / PT

**OR**

Send a cheque payable to Riverside Counselling Service with your booking form to:  
Cath Muston, 12A Woods Rd, Caversham, Reading RG4 6NA.

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Name:

Address:

Contact No:

Email:

Payment made by:     Bank transfer                       Cheque (enclosed)

Where did you hear about this workshop?

## **Where is the Workshop?**

Riverside Counselling Service, Friends' Meeting House, 45 Northfield End, Henley, RG9 2JJ. Directions and parking instructions available at: [www.riversidecounsellingservice.co.uk](http://www.riversidecounsellingservice.co.uk)



**Cost:** £30 (£20 concessionary rate for students & Riverside Associates\*)

*Receipts will be emailed on receipt of payment and CPD certificates will be issued on the day.*

**ENQUIRIES:** *Please leave a message on 01491 876670 and we will get back to you.*

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