

**Understanding and Working with Emotionally Unstable Personality Disorder**

**Toby Ingham**

**Saturday 22nd January 2022, 10:00AM to 12:30PM**

**Friends’ Meeting House, Henley**

In this CPD session Toby will start by examining clinical thinking around the subject of emotional instability.  He has long been drawn to the complex questions that underly diagnoses of borderline personality disorder and emotionally unstable personality disorder, and finds that in his own private practice, and in the voluntary counselling organisation he works for, it has become increasingly necessary to have a working understanding of these ideas. Being able to think about the multifaceted transferential dynamics that problems of emotional stability raise, can provide us with a lens through which we can more effectively orient ourselves and our work.

In this CPD event Toby will first consider theoretical ideas, and then look at case material. Please come with case material of your own to discuss. The aim of the session is to increase our capacity to reflect on the phenomena of emotional instability. Hopefully we will all come away from it feeling better equipped to work with these often-disturbing clinical experiences and encounters.

**Toby Ingham**

Toby has extensive experience in private practice, in the NHS and in the voluntary sector. He is a UKCP registered psychotherapist, a member of the Guild of Psychotherapists and the Association of Independent Psychotherapists and is the Clinical Director of South Bucks Counselling.

After training within the NHS at St. Barts Hospital and Homerton Hospital in London, he worked as a staff psychotherapist at the Nightingale Hospital. He has also undertaken further training and work in the voluntary sector with the Promis Addiction Centre and Age Concern. He trained as a supervisor with the SAP.

In addition to being clinical lead of South Bucks Counselling, Toby works in private practice, undertaking both clinical work and supervision. Since the outbreak of Covid, he has worked with Oxfordshire and Buckinghamshire NHS and voluntary sector mental health groups.

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**Where:**

Friends’ Meeting House, 45, Northfield Avenue, Henley-on-Thames, Oxon, RG9 2JJ

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

**How to book:**

1. To book, please email this form to CPD@riversidecounsellingservice.co.uk

**OR**

Return by post to: **Toni Harvey, 234 Tilehurst Road, Reading RG30 2NE**

1. 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 your surname followed by initials of speaker as a reference. For example, Harvey / TI

**OR**

Send a cheque payable to Riverside Counselling Service with your booking form to:

Toni Harvey, 234 Tilehurst Road, Reading, RG30 2NE.

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Name:

Address:

Contact No:

Email:

Payment made by: ☐ Bank transfer ☐ Cheque (enclosed)

Where did you hear about this workshop?

*RECEIPTS WILL BE EMAILED ON RECEIPT OF PAYMENT AND CPD CERTIFICATES WILL BE EMAILED AFTER THE EVENT.*

***ENQUIRIES****: PLEASE LEAVE A MESSAGE ON: 01491 876670 AND WE WILL GET BACK TO YOU.*

*\*Riverside Associates: past counsellors, trustees or volunteers of Riverside.* Registered Charity No: 1018853

TI – 22/1/22