

Working with the Family in Mind

Psychotherapy and counselling work, is often crowded with the unseen presence of family and kinship members. This day sets out to help us understand how the family system that each participant brings to the therapeutic encounter can be mapped and held in mind to illuminate the unique intersubjectivity of the psychotherapy and counselling relationship. We will set out frameworks to build a layered understanding of the family: as an emotional system; journeying through the life cycle; within a cultural milieu; possessed by shared fantasies; and in the grip of love, anxiety, and conflict. Intersubjectivity and self psychology, will be intersected with systemic, psychoanalytic, and attachment theory paradigms and integrated throughout the day through experiential work and in-depth work with cases. Jeremy and David will bring clinical material and experience to illustrate the theoretical points and the experiential work that unfolds. In addition we would ask participants to come with a willingness to work with their internalised family. We would also ask participants, who are able, to bring suitable clinical material to work with during the day.

Dr Jeremy Woodcock is a couples and family psychotherapist who has led and supervised staff within both systemic and psychoanalytic traditions, and worked with couples and families from all over the world, and been active as an academic and teacher. Throughout his career as a psychotherapist Jeremy has sought to work, teach and write about the connections between the internal and external world, through the medium of systemic ideas, attachment theory, politically engaged psychoanalysis, spirituality, and more lately intersubjectivity. He is currently in private practice as a psychotherapist, organisational consultant and supervisor.

David Pocock is Head of Family Therapy at the Child and Family Consultation Service in Swindon; a psychoanalytic psychotherapist in independent practice; visiting lecturer to the Bristol University Training in Family Therapy, and an assessor and past member of the editorial board of the *Journal of Family Therapy*. He has long standing commitments to the integration of ideas of self and system and against the limitations imposed by the factionalism of psychotherapeutic models. His published work ranges across systems theory, psychoanalysis, culture, and the philosophical underpinnings of psychotherapy.