

DOING A LOT ABOUT A LITTLE

A Psychodynamic-Integrative Approach to Time-Limited Counselling

facilitated by Peter Lewis MBACP (Accred), UKCP Reg.

*The aim of every moment of every session is to put the patient in touch with as much of his true feelings as he can bear*¹

The ability to provide effective counselling over the course of a few sessions is an essential requirement for counsellors and therapists seeking employment within the NHS, voluntary sector, student counselling services and employee assistance programmes. This workshop provides a two-day intensive introduction to the theory and practice of Time-Limited Counselling and Psychotherapy, with a particular focus on key principles of brief dynamic therapy.

This two-day workshop combines theoretical input, experiential work, group supervision and opportunities to experience time-limited work from both the client's and therapist's point of view. We will be examining our attitudes towards time and considering the merits or otherwise of time-limited approaches versus longer-term work. A large portion of the weekend will be given over to working with the concepts of the Triangle of Conflict and Triangle of Person – as developed by David Malan and his associates at the Tavistock Clinic in the 1960's and 70's. En route, we will revisit our understanding of Transference, Countertransference and psychological defences. There will also be input on client assessment and contracting for time-limited work.

Like time-limited counselling itself, the workshop aims to make best use of a limited, known number of hours contained within a firm time boundary. It therefore demands a high level of focused participation from attendees. Where possible, participants should be prepared to present their work with clients for discussion in the group.

Peter Lewis MA, DipPsychotherapy, DipSupervision, MBACP (Accred), UKCP Reg.

Peter is an integrative psychotherapist, counsellor, supervisor and trainer. He taught previously on accredited counselling courses in London and Northern Ireland, and now works in Bath, where he holds the position of Course Director for Counselling at Bath Centre for Psychotherapy and Counselling (BCPC), in addition to maintaining a private practice in Bristol.

Peter also has several years' experience of work in an NHS Psychological Therapies Service, where he developed his own integration of brief psychodynamic therapy and humanistic counselling.

¹ David Malan (1997)