

# AFT 2019 Annual Conference

in association with AFT North East

## *(Re)visioning the landscape of practice*

Thursday 19 and Friday 20 September 2019

Newcastle/Gateshead Hilton Hotel, Newcastle-upon-Tyne



# AFT

AFT North East is proud to welcome you to Newcastle and Gateshead Quayside for AFT's 44th national conference. We are delighted with the programme and the range of keynote speakers and workshops, which we hope will connect you with the theme of the conference; how systemic practice is shaped by and can help shape wider social and political landscapes.

We hope that you enjoy the conference and your time in the North East. If you have any questions during the conference please approach one of our branch members. You will find us wearing orange lanyards and an AFT North East name badge. If you are new to conference let us know and join us for coffee and chat over refreshment breaks.

Best wishes,

Margaret Dimmock (chair), Alex, Caroline, Kevin and Tonia, the 2019 Newcastle organising committee



# Conference timetable

Optional Wednesday evening 18th September					
5.30pm – 7.30pm		Pre-conference registration: Hotel entrance area			
7.00pm for 7.30pm		Wednesday evening meal: Hotel restaurant			
Thursday 19th September					
8.30am – 12.00pm		Registration – coffee available on arrival – conference foyer area			
10.00am – Gateshead Suite		Welcome – North East branch and Barbara McKay <i>A story of a girl from County Durham – Part 1</i>			
10.30am – Gateshead Suite		Opening plenary – Paolo Bertrando <i>Dialogical responsibility in the landscapes of therapy</i>			
11.30 – 11.55am		Coffee and comfort break – conference foyer area			
11.55am – Gateshead Suite		Plenary – Taiwo Afuape <i>Liberation praxis – a ‘radical’ view of landscapes of consciousness and action</i>			
1.00pm – 2.10pm		Lunch – conference foyer area & restaurant			
2.15pm – 3.30pm		Workshops			
Main conference area: Level 0		Workshop rooms: Level -1			
Gateshead	Hillgate	Room 6-8	Room 1	Room 2	Boardroom
Paolo Bertrando & Claudia Lini <i>Finding one’s place: Micro-processes in systemic dialogues</i>	Amanda Middleton & Jenny Wood <i>Our gender/s, their gender/s, the gender/s: Self reflexive dialogues in a changing landscape of gender</i>	Facilitated by Reenee Singh, AFT chief executive, members of the AFT Research Group and Sarah Niblock, UKCP chief executive <i>Systemic research tapestry and poster presentations Part 1</i>	Paper presentations:  Claudia Kustner & Marc van Roosmalen <i>Joining systemic landscapes – systemic team formulation and a whole systems relational model of intervention</i>  Raphael Cadenhead <i>Culture in construction: How is culture talked into being in intercultural couple therapy?</i>  Steven Balmбра <i>How relationship overviews can contribute to systemic practice</i>	Tom Allport <i>‘Find your village’ – a systemic response to supporting migrant families with young children</i>	Stephen Thomson & Tracy Gemmell <i>“What do we do with James now?” A systemic consultation model for child care professional networks in crisis</i>
3.30 – 4.00pm		Coffee and comfort break – conference foyer area			
4.00 – 5.15pm		Workshops			
Main conference area: Level 0		Workshop rooms: Level -1			
Gateshead	Hillgate	Room 6-8	Room 1	Room 2	Boardroom
Keynote workshop by John Burnham & Barry Mason	Janet Reibstein & Reenee Singh <i>Working with couples’ diversity: The Intercultural Exeter Model</i>	Facilitated by members of the AFT Research Group and Sarah Niblock, UKCP chief executive <i>Systemic research tapestry and poster presentations Part 2</i>	Alison Murphy, joined by Nicola Boss & Rebecca Murkin <i>Transgressive compassion within cruel contexts – using PPD within supervision to nurture systemic influence</i>	Lisa Evans, joined by Catriona Gray, Joanne Clarkin & Catherine Allen <i>Service users and families shaping the landscape of interventions for people with personality difficulties</i>	Susan Lord <i>The myth of Achilles: Vulnerability and the intergenerational transmission of trauma</i>
5.30 – 6.45pm		AFT Annual General Meeting – Room 6-8 (Level -1)			

7.30pm for serving at 8pm		<b>Conference dinner</b> – Gateshead suite <b>Entertainment:</b> Dancing to the Philippa King Band			
<b>Friday 20th September</b>					
8.30am – 12.00pm		<b>Registration</b> – coffee available on arrival – <b>conference foyer area</b>			
9.30 – 9.50am – <b>Gateshead Suite</b>		<b>Welcome</b> – North East branch and Barbara McKay <b><i>A story of a girl from County Durham – Part 2</i></b>			
9.50 – 10.50am – <b>Gateshead Suite</b>		<b>Opening plenary</b> – Gwyn Daniel <b><i>Further reflections on gender and power (with some help from William Shakespeare)</i></b>			
10.50 – 11.20am		<b>Coffee and comfort break</b> – conference foyer area			
11.20am – 12.40pm		<b>Workshops</b>			
<b>Main conference area: Level 0</b>		<b>Workshop rooms: Level -1</b>			
<b>Gateshead</b>	<b>Hillgate</b>	<b>Room 6-8</b>	<b>Room 1</b>	<b>Room 2</b>	<b>Boardroom</b>
<b>Keynote workshop</b> <b>Taiwo Afuape</b> <b><i>Liberation practices: A 'radical' form of systemic practice?</i></b>	<b>Guy Diamond</b> <b><i>ABFT for adolescent depression</i></b>  *This workshop will extend into a lunch time discussion*	<b>Ana Draper &amp; Samantha Thomson</b>  <b><i>Embodied approaches to complex trauma with unaccompanied asylum seeking and previously looked after children</i></b>	<b>Catherine Butler &amp; Anna Hutchinson</b>  <b><i>Taking time out to consider gender dysphoria diagnoses in young people today</i></b>	<b>Valeria Ugazio</b>  <b><i>Words misunderstood. Can semantics guide therapists in couples' disenchantment?</i></b>	<b>Philip Messent &amp; Percy Aggett</b>  <b><i>Reshaping risk: Towards a systemic approach</i></b>
12.40 – 1.45pm		<b>Lunch</b> – conference foyer area & restaurant			
12.40 – 1.30pm		<b>Boardroom (Level -1)</b> <b>Philip Messent and JFT board representative: Pre-booked working lunch</b> for those interested in finding out what is involved in reviewing submissions for the <i>Journal of Family Therapy</i>			
1.45 – 3.00pm		<b>Workshops</b>			
<b>Main conference area: Level 0</b>		<b>Workshop rooms: Level -1</b>			
<b>Gateshead</b>	<b>Hillgate</b>	<b>Room 6-8</b>	<b>Room 1</b>	<b>Room 2</b>	<b>Boardroom</b>
<b>Gwyn Daniel</b>  <b><i>Remaining steadfast in the midst of suffering: Responses to community trauma in Palestine</i></b>	Paper presentations:  <b>Stephen Coulter &amp; Suzanne Mooney</b>  <b><i>Systemic theory as a coherent conceptualisation</i></b>  <b>Carina Embeita</b>  <b><i>Reintegration to secondary school after exclusion</i></b>  <b>Chris Ward</b>  <b><i>Making sense of young people's distress</i></b>	<b>Barbara McKay</b>  <b><i>An exploration of the application of systemic practices in organisational change</i></b>	<b>Karen Partridge, joined by James Owen, Helen Mahaffey, Mark Chidgey, Kevin Makwikila &amp; Paul Dugmore</b>  <b><i>Step by step, side by side: Trekking the path of systemic practice in social care</i></b>	<b>Frank Burbach &amp; Alison Joyce</b>  <b><i>Connecting with families in the digital landscape: Healios Family Intervention programme addresses distance and time constraints for families and practitioners</i></b>	<b>Lottie Scull &amp; Bhawna Bharakda</b>  <b><i>Women of Power – straddling privilege and marginalisation without othering</i></b>
3.00 – 3.15pm		<b>Comfort break</b>			
3.15 – 4.30pm – <b>Gateshead Suite</b>		<b>Closing plenary</b> – John Burnham <b><i>Problems – possibilities and resources – restraints (PPRR): Processing the experience of a conference through PPRR</i></b>			

# Keynote presenter abstracts

## Taiwo Afuape

**Biography:** For Taiwo Afuape, being a West African, working class, feminist, socialist woman is central to her work as a clinical psychologist and systemic therapist in CAMHS and adult mental health. She is currently systemic psychotherapist and lead clinical psychologist for the Tavistock and Portman NHS Foundation Trust in South Camden Community Child and Adolescent Mental Health Service (CAMHS) and principal systemic therapist for Central and North West London NHS Foundation trust in a psychology/psychotherapy adult mental health department. Her work in the UK has included establishing community psychology services for transitional populations, including women escaping domestic violence, homeless people, people misusing substances, travelling communities of Roma and Irish heritage and refugees. She worked for seven years in a human rights charity for survivors of torture and was a manager for four years in an adult mental health systemic consultation service in Newham.

### **Abstract: Liberation Praxis – a 'radical' view of Landscapes of Consciousness and Action**

Liberation practices start with the assumption that collective social action is the most effective way to prevent and address distress. They are based on theories of protest and prevention and tend to be developed by members of oppressed communities.

I will explore the relationship between landscapes of consciousness and landscapes of action with respect to liberation praxis. I hope to explore their relevance for the systemic therapy field in the context of the increasingly complex world we live in, the ways in which the workings and abuses of power are often obscured within it, and how these issues often require of us to take even more seriously the social, cultural and political contexts of our work and clients' lives. I propose that we become more 'radical', think 'beyond family' and work with groups and systems to more directly and publicly name and take action against oppression.

Paulo Freire's 'liberation praxis' is explained and liberation practices is used as a term to describe the related fields of liberation theology, liberation psychology, community psychology, collaborative and narrative therapies as well as just therapy and the fifth province.

I will think about liberation practices as a fifth wave within the systemic field which centralises collective social action and social justice with the hope that as a wave it 'sweeps across the field, rather than being dotted around it, giving liberation approaches even more fluidity, breadth and influence' (Afuape, 2016).

## Paolo Bertrando

**Biography:** Paolo Bertrando graduated in medicine and specialised in psychiatry in Milan. He was trained in systemic family therapy by Luigi Boscolo and Gianfranco Cecchin in the 1980s, and initially used the Milan approach for working with families with a member diagnosed with schizophrenia. His latest book is *Emotions and the Therapist* (2015). Dr Bertrando has travelled widely holding workshops and seminars on several topics related to systemic therapy. His present interests concern the methodology of systemic therapy, the relationship between psychiatric and systemic thinking, and the impact of social and economical changes on therapists and clients. He is currently the scientific director of the Systemic-Dialogical School of Psychotherapy in Bergamo, Italy.

### **Abstract: Dialogical Responsibility in the Landscapes of Therapy**

The changes in present-day social and cultural landscapes are at the centre of the recent evolution of systemic therapy – and therapy in general. As therapists, we have been for a long time fascinated by a description of the postmodern condition that gave a positive meaning to all social changes. Disorientation came when we discovered that the idyllic picture did not correspond to our clients' experiences.

Our group has been working lately on the consequences of this shift in our perception of the present situation, and we agreed that some changes in our practice were needed as well. The subject of responsibility in therapy, both on the clients' and the therapist's part, became more and more relevant the more we discussed the broader implications of a kind of systemic therapy centred on dialogue, positioning in the context, and we began reflecting on personal responsibility in therapy, drawing ideas from McNamee and Gergen's relational responsibility, and from Bauman's ideas about moral responsibility in a broader sense.

In order to understand responsibility in therapy, we have to face three dichotomies, namely individual versus relational responsibility (McNamee), code of ethics versus personal responsibility (Bauman), past-oriented versus future-oriented responsibility. Such a therapeutic focus can help developing a therapeutic awareness well attuned to the requests of contemporary cultural landscapes.

## John Burnham

**Biography:** John is a systemic psychotherapist working in the independent and public sectors. His practice includes therapy, training, consultation and writing. John has over 40 years' experience working with families, couples and individuals. His main clinical work is with children, young people and families at Parkview Clinic in Birmingham where he is employed as consultant family and systemic psychotherapist in the eating disorders service and as director of the training in systemic supervision. He trains widely in the UK and teaches in a variety of contexts including Scandinavia and South America. He has published numerous articles on the systemic approach to therapy, consultation, training and supervision. He is sole author of the classic text *Family Therapy: First Steps Towards a Systemic Approach*, and editor of the *Human Systems* special edition 'Voices from the Training Context'. His models 'Approach, Method and Technique', Social GRRRAAACCEESSSS (developed with Alison Roper-Hall) and PPRR (problems, possibilities – resources and restraints, are widely used in a variety of training contexts.

### **Abstract: PPRR: Problems – possibilities and resources – restraints: Processing the experience of a conference through PPRR**

I have been developing this model for over ten years now and many clients, practitioners, supervisors and managers have found it a useful framework to orient themselves and navigate joint pathways from problem to possibility through generating resources and overcoming restraints. It can also be used as a heuristic to consider how resources may at times become a restraint and what was once considered to be a restraint may become a resource. On this occasion we can together use it to process the experience of participating in a conference. Perhaps it may even have a Geordie twist?

## Gwyn Daniel

**Biography:** Gwyn Daniel has worked as a systemic psychotherapist, supervisor and trainer within the NHS in both adult mental health and CAMHS services for the past 40 years. She currently practices as a family and couples therapist in independent practice in Oxford. She is a visiting lecturer at the Tavistock Clinic in London. Gwyn's therapeutic interests have included working with children in families where parents are involved in contact disputes and in families where a parent is diagnosed with a mental illness. In recent years, Gwyn has been keen to extend systemic ideas beyond clinical and organisational settings to wider social, cultural and political questions and debates. With Reenee Singh, she developed an online course in systemic thinking – *Families and Beyond* – available to all and currently accessed all over the world. Her interest in politics has found expression in working through the UK-Palestine Mental Health Network with fellow professionals in Gaza and West Bank Palestine, where she has taught and consulted. A recent project

applied systemic ideas to literary criticism through her presentations on Shakespeare's tragedies. Her book *Family Dramas: Intimacy, Power and Systems in Shakespeare's Tragedies* was published this year by Routledge. Gwyn continues to enjoy teaching and has regular commitments to systemic courses in Italy and Slovenia. She and Charlotte Burck, as well as having written books together (*Gender and Family Therapy* and *Mirrors and Reflections*), are series editors of the *Systemic Thinking and Practice* series with Routledge.

### **Abstract: Further Reflections on Gender and Power (with some help from William Shakespeare)**

Applying systemic ideas to Shakespeare's plays means foregrounding relationships rather than individual tragic heroes and it means exploring how wider power structures and social discourses reach into the heart of intimate relationships and subjectivities. Shakespeare's 'family dramas' tend to reveal wider social and ideological tensions so that relationship conflicts often expose the struggles, contradictions and ambiguities that all ideologies contain. Gender and power are key components within these conflicts as we so often learn from our clinical encounters.

Many dialogues in Shakespeare's plays starkly reveal how shifts in power expose troubled gender positions. My understanding of these dialogues – with all their inconsistency and complexity – has greatly enriched my attunement to similar dialogues in therapy, thus creating an enjoyable and stimulating interchange between literary and therapeutic landscapes. I will discuss these ideas and illustrate them with some examples from Shakespeare's tragedies.

## Barbara McKay

**Biography:** Dr Barbara McKay has been the director of the Institute of Family Therapy since 2006. Prior to this she was head of training for a national voluntary sector organisation, where she developed a new national family counselling service. Barbara qualified as a social worker in 1982 and has worked in both adult and children's services in mental health fields and children and families teams where she worked as a locality social worker with a generic caseload including court work, assessments, child protection investigations, fostering and adoption. She worked briefly in the probation service. Barbara qualified as a systemic psychotherapist in 1997, a systemic supervisor in 2001 and completed her professional doctorate in 2014. Her current interest lies in the application of systemic practices in organisational change and development and to this end has created a range of courses relevant to strategic teams is delivering a change process whilst maintaining sufficient stability as a platform for learning. She continues to work in private practice offering therapy, consultation and supervision services.

### **Abstract: A Story of a girl from County Durham – Part 1 & 2**

We live our lives in a series of connected stories that are shaped by interactions with others and located in memory through time and place. This is a story of a girl from County Durham.

These two short addresses will explore the legacy of being raised in Co Durham as the daughter and only child of a miner who was always seeking excitement and as the daughter of a housewife who was always living with restraints. I want to share the critical moments I remember or that have been remembered for me by others through family stories and photographs I think were pivotal in shaping both my personal and professional identity.

Mine is not an unusual story. I have no glimpses of extraordinary events or momentous changes that will either shock or surprise. Like most people, I have been going about my life quietly without major incident. I have come to think that my uneventful quiet life has only been made possible through the struggles and challenges of previous generations and the courage with which they navigated social, political and personal events. I live their success.