

Therapy Session Masterclass (TSM) Series: The Dangerous Edge: working with clients with a history of risk: Video Course

Dr Gwen Adshead & Dr Jan McGregor Hepburn

Video Course
CPD/CE credits: 3

Price: £65



Online video access remains available for 1 year from the date you receive the video course.

It is not uncommon for us, as psychotherapists and counsellors to come face-to-face with clients who may appear frightening or intimidating in their interactions. This may be particularly observable for clients who have **extensive histories of childhood trauma, or who have managed painful emotions with dysfunctional means** e.g., addictions and other kinds of risky behaviour. Therapists may be especially challenged by those clients who have committed acts of violence in the past, or who they think may be acting in frightening or abusive ways outside the therapeutic space. They may **fear asking questions of clients who may be quick to anger and they may also want to avoid a confrontational situation**; thus, avoiding exploration of important conflicts or emotional tension. Or they may avoid looking at this aspect of the client altogether, and instead focus on the client's identity as a victim, not a perpetrator.

At this therapeutically oriented and highly interactive seminar, Dr Gwen Adshead, author of best-selling *The Devil You Know*, specifically addresses these challenges, and **uses client vignettes from her book to discuss countertransference in the room with complex cases, especially where there is the possibility of feeling horror or pain**. She will discuss the importance of language and listening with such clients; and discuss the capacity for radical empathy in the therapy room.

The webinar is part of our newly launched Therapy Session Masterclass (TSM) Series and follows the format described below.

Therapy Session Masterclass (TSM) Series



“What would you have said to the client in this situation?” is a question that delegates often ask the speaker when attending training sessions hosted at *nscience*. While, as therapists, we can learn a lot from exposition and case illustrations, our learning can be significantly enhanced if we were to have the **opportunity to observe senior clinicians and experts in their therapy sessions with clients** – we can observe how they manage the narrative, how they respond to complex situations, what overall approach they follow and their individual format for therapeutic interactions.

With this approach in mind, we’ve launched the Therapy Session Masterclass (TSM) Series – a regular programme of evening sessions (each of which can be individually attended as a stand-alone event), moderated and led by Dr Jan McGregor Hepburn, where we will be inviting leading experts in Psychotherapy & Counselling – to let us observe them in clinical settings. Each of the sessions will have dedicated time for a demo therapy session / case vignettes which will be followed by moderated interactions with delegates.

As participants, we can also **bring our own brief case vignettes** that may be related to the topic at hand. A selection of these will be discussed by the invited expert.

About the speakers

Dr Gwen Adshead is a Forensic Psychiatrist and Psychotherapist. She trained at St George’s Hospital, the Institute of Psychiatry and the Institute of Group Analysis. She is trained as a group therapist and a Mindfulness-based cognitive therapist and has also trained in Mentalisation-based therapy. She worked for nearly twenty years as a Consultant Forensic Psychotherapist at Broadmoor Hospital, running psychotherapeutic groups for offenders and working with staff around relational security and organisational dynamics. She is the co-editor of *Clinical topics in Personality Disorder* (with Dr Jay Sarkar) which was awarded first prize in the psychiatry Section of the BMA book awards 2013; and she also co-edited *Personality Disorder: the Definitive Collection* with Dr Caroline Jacob. She is the co-editor of the *Oxford Handbook of Forensic Psychiatry* (2013) and the *Oxford Handbook of Medical Psychotherapy* (2016). She is also the co-editor of *Munchausen’s Syndrome by Proxy: Current issues in Assessment, Treatment and Research*.

Gwen was visiting professor at Yale School of Psychiatry and Law in 2013; and also honoured with the President’s Medal for services to psychiatry that same year for her work on ethics in psychiatry. She was awarded an honorary doctorate by St George’s hospital in 2015; and was Gresham Professor of Psychiatry 2014-2017. She now works in a medium secure unit in Hampshire in a service for high-risk offenders with personality disorder; and in a women’s prison. Her new book: *The Deluded Self: Narcissism and its Disorders* is out now with *nscience publishing house*.

Dr Jan McGregor Hepburn has a background in Social Work Management and Psychoanalytic Psychotherapy and is a trainer for the North of England Association for Training in Psychoanalytic Psychotherapy. She held the position of Registrar of the British Psychoanalytic Council from 2005 to 2020 and chairs the Professional Standards Committee. She is the author of several papers, most notably those published in the British Journal of Psychotherapy and European Psychotherapy Journal. She has presented papers at conferences and devised and facilitated both seminars and workshops on a variety of subjects to both management dynamics and clinical topics.

She is part of the ScopEd project which is the collaboration between BACP, UKCP and BPC to map the core competencies for clinical work. She is on the Reading Panel of the British Journal of Psychotherapy and has a doctorate from the University of Northumbria. Her latest book: *Guilt and Shame, A Clinician’s Guide* is out now with *nscience publishing house*.



For more information on how to access webinar joining links, handouts and video recordings please visit <https://www.nscience.uk/faqs/>

Questions and requests for information: customerservices@nscience.co.uk

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