

## Back to the Future with Fairbairn and Other Psychotherapists, Past and Present



### Guest Speaker: Sandy Wotton

Sandy worked for 35 years in laboratory based medical research, and practiced as a psychodynamic counsellor, part-time, for nearly 18 years. She retired late in 2017 but still maintains her interests in psychodynamic theories / therapy and in recent advances in neurobiology. In her "free time" she enjoys walking and exploring the natural world through her photography.

Surprised that Fairbairn's work is not more widely acknowledged, especially in his native Scotland, Sandy suggests that his theories and practice are as relevant today as when he developed them in the first half of the last century. She will present a very personal interpretation of some of his best-known concepts (Mature Dependency; Internal Saboteur; Moral Defence) and hopes to show how his models of personality and psychotherapy are supported by more recent neurobiological observations.

#### Venue: EDINBURGH

Edinburgh Training and Conference Venue,  
16 St. Mary's Street, Edinburgh EH1 1SU

Registration: 10am

Lecture: 10.30am to 1pm

#### Who is SAPC?

SAPC aims to enhance the development and experience of those interested in psychodynamic thinking. We are a member organisation founded in 1998 committed to promoting individual and community well being by supporting psychodynamic practice in Scotland.

#### What does SAPC do?

SAPC facilitates:

- Talks in Glasgow and Edinburgh
- Peer Support
- Reading Groups
- Members Networking
- Newsletter and Website

#### What are the benefits of joining SAPC?

- Quality CPD at a very low cost
- Networking opportunity
- Belonging to a community of like thinking practitioners'
- Personal growth and development

#### What does it cost?

The membership fee is £80 per year (£40 con) and runs from October to September. Full members are entitled to attend all four SAPC events in our programme.

Associate category allows membership of SAPC however there would be a separate charge to attend each SAPC event. Non-members pay a charge to attend each SAPC event and are not included in SAPC communications or given discounts for events.

**Please check website for updates on cost of attendance and for any other updates before attending meetings.**

Membership enquiries at:

**communications.sapc@yahoo.co.uk**

Contact details of members are not exchanged with any other organisation.

#### Follow us...



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## THE SCOTTISH ASSOCIATION FOR PSYCHODYNAMIC COUNSELLING



## Information & Programme 2019

*Exploring the Dynamics of  
Personal Relations*

Venues in Glasgow and Edinburgh  
[www.sapc-counselling.com](http://www.sapc-counselling.com)

# Saturday 2<sup>nd</sup> March

## “Coming of Age” in conversation with Davina McManus and Romma Clements



### Guest Speaker: Joyce Watkinson

Qualified in 1997 graduating from the SIHR Advanced Diploma in Psychodynamic Counselling. Accredited with COSCA in 1999 and a member of SAPC since its inception. Worked in social work then as a member of the Care Inspectorate prior to joining the Pastoral Care Team at the Church of Scotland in 2009 working to support ministers and ministry teams, leaving in 2015. Since 2016 working in private practice, as a member of the HDS Counselling Team and a P/T tutor on the Edinburgh University post graduate counselling course.

Joyce will be joined in conversation with experienced counsellors, **Davina McManus** and **Romma Clements**. They are particularly interested in exploring working in counselling as they age, the benefits and drawbacks to this. This will take place in the form of a “conversation” between three practitioners who are all continuing to do a little, or a lot of work into their 60’s and 70’s. After pondering on some of the qualities and possible down sides of this, and how the benefits can be maximised and the more negative aspects minimised, they will invite the audience to join the conversation, either in small groups or as a whole.

**Venue: GLASGOW**  
The Renfield Centre,  
260 Bath Street, Glasgow G2 4JP

**Registration: 10am**  
**Lecture: 10.30am to 1pm**

# Saturday 1<sup>st</sup> June

## The Problem with Porn: Understanding the Impact of Heavy Pornography Use on Relationships



### Guest Speaker: Anne Duffy

Anne is a qualified counsellor and psychotherapist, trained in Person-Centred and Psychodynamic methods. Based in Edinburgh, she works at Bright Light Relationship Counselling and the West End Therapy Centre and also has a private practice. She has specialised in relationship counselling and sex addiction & compulsivity therapy. As an experienced relationship counsellor, she has supported couples with various complex issues and conflicts and has had specific training in working with couples at risk from conflict and violence. Anne is currently studying for a Diploma in Sexual Relationship Therapy.

Therapists are experiencing an upsurge in clients seeking help for porn dependency. Maybe someone’s online activity is out of control and negatively affecting their day-to-day life. Or perhaps discovery of a porn addiction has left a partner devastated and in desperate need of support. Currently Anne works with couples and individuals whose relationships have been torn apart due to porn addiction. It is incredibly challenging work. Anne would like to share her experiences around this complex and powerful phenomenon, and particularly, its overwhelming impact on the couple dynamic.

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**Registration: 10am**  
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# Saturday 5<sup>th</sup> October

## 20<sup>th</sup> AGM and Annual Lecture: LGBTQ+ in Therapy



### Guest Speaker: Kevin Guthrie

Kevin Guthrie has a long history of working with people, a history of around 25 years.

Moving from a role in the NHS 6 years ago in to private practice is a job he says feels like a dream come true, giving the ability to work in a way that is best for the client and being with the client on the journey they choose to take.

During a 10 year role with the NHS Kevin worked with the LGBTQ+ community, working one to one with service users and delivering awareness sessions around gender and sexuality into schools, health setting’s and other professionals.

In private practice he continues to work with the LGBTQ+ community and continues to deliver awareness raising session to others therapists, in the hope he can bring a greater understanding to this often misunderstood community.

**Venue: GLASGOW**  
The Renfield Centre,  
260 Bath Street, Glasgow G2 4JP

**Registration: 12.30pm**  
**Lecture: 1pm to 3pm**