

Parallel Sessions

Morning Parallel Session 12:00-1:00pm

Presentation	Presenter
A Comedic Look at How Film/Television Portray Psychotherapy	Mr. Damian Price
On Being A Therapist: Maintaining Well-Being and Observing the Self in the Therapeutic Relationship	Dr. Jonathan Egan
Using Creativity in Self-Supervision in the Prevention of Vicarious Traumatisation	Ms. Anne O'Connell
Safe in the Park: Institutional Life and Male Prostitution	Mr. Paul Shield
The Journey from Survivor to Perpetrator	Mr. John Foden
'Infected by Trauma: using reflexive supervision to understand and make therapeutic use of intense empathic resonances with client dilemma'	Dr. Bobby Moore
A Mindfulness Approach to Being Effective in Therapy and Measuring this Effectiveness	Dr. Gerard O'Neill
Counselling Client with Hearing/Speech Problem Using an Interpreter	Mr. Jim McGlynn
Intergenerational Sexual Abuse & Interagency Working- Sharing Clinical Expertise for Recognition & Prevention within an Irish Context	Ms. Lyndsey Gordon & Ms. Sharon Cunningham
Presentation of Research Results Exploring the Changes in the Use of Health Services by Clients Who Have Been in Therapy for at least 1 year	Ms. Anne Longmore & Ms. Mary Rose Kiernan
Counselling in Primary Care- Early Intervention for Adults for Adults Who Have Experienced Childhood Abuse	Ms. Fiona Ward
Helpline or Telephone Counselling	Ms. Anne Richardson

Afternoon Parallel Session 3:45-4:45pm

Presentation

Presenter

Clinical challenges following publication of the Ryan Report: perspectives of two key service providers	Ms. Rachel Mooney, & Dr. Niall Muldoon
From Self Harm to Self Worth- An Update on the Wexford Self Harm Intervention Program (SHIP)	Mr. Athol Henwick
All About Eve - A Multi-disciplinary Approach to Working with a Female Client Engaged in Sexually Harmful Behavior	Ms. Sonya Murray
Experiences of Motherhood and Parenting from the Perspective Of Adults Reporting a History of Childhood Trauma: An Exploratory Study	Ms. Liz Power
Mother is the Invention of Necessity; Death, Birth and the Emergence of a Psychodynamic Psycho dramatic Group	Dr. Philip Moore & Ms. Catherine Murray
Deaf Clients, Hearing Therapists - How Can Therapists Understand the Deaf World?	Ms. Mary Rose Kiernan Mr. Darren Byrne Mr. Kevin Heffernan
Evaluation of the NCS: Over view of the Service Users' Evaluation	Mr. Frank Reddan
Using Mindfulness Based Approaches with Those Who Have Experienced Childhood Trauma	Ms. Frances Larkin
The Ethical and Professional Dilemmas Raised by Court-Ordered Disclosure of Confidential Records: an Examination of the Irish and International Experience	Ms. Maire Magenis
Systemic Change: Women's Relational Experience	Ms. Pauline Collins
On Being Held Captive: Investigating NCS Practitioner Responses to the Client's Victim-Self	Ms. Sheila Peelo

Presentations Summary

✚ A Comedic Look at How Film/Television Portray Psychotherapy

Mr. Damian Price, *Counsellor/Therapist – NCS – HSE Dublin Mid-Leinster*

A gentle, fun analysis of how psychotherapy is depicted in film and television. Not meant to be taken seriously, the presentation will take clips from some of the more famous, and not so famous, small and large screen stories involving everyday, hardworking therapists, not hugely unlike those who populate the NCS. Prepare to hold your sides, leave your xanax at home, and relax for a brief period while we take you on a journey through time, space, celluloid, and the Cathode Ray Tube.

✚ On Being A Therapist: Maintaining Well-Being and Observing the Self in the Therapeutic Relationship

Dr. Jonathan Egan, *Principal Specialist Clinical Psychologist in the Mater Hospital, previously a Director of Counselling in the NCS, HSE Dublin Mid-Leinster*

Well-being and being mindful of the self in the therapeutic relationship will be discussed with reference to the theoretical, the reflective therapist and empirical findings in relation to engaging with trauma clients. This workshop will be relevant to all professionals who are working with adult survivors of childhood abuse and neglect. The attendees will need to be willing to reflect on their own work and sharing their own views of what is happening between them and their clients when in-session. Each attendee will be given a copy of the content of the workshop.

✚ Using Creativity in Self-Supervision in the Prevention of Vicarious Traumatization

Ms. Anne O’Connell, *Counsellor/Therapist - NCS - HSE West*

An experiential workshop on using creative media in self-supervision, post client sessions and in preparation for supervision. Learning ways of being with oneself after difficult sessions and ‘*what one is left with*’ emotionally, in the body, images of trauma stories etc. The presentation will include the use of various materials such as SAGA Cards, Moohli Lahad 6 Part Story-Making Model of Assessment, Sand Trays, body sculpting, Role Play, fantasy, use of puppets, etc. Participants will be asked to share and take part in discussion with the opportunity to work individually or in pairs on particular client cases/issues.

✚ Safe in the Park: Institutional Life and Male Prostitution

Mr. Paul Shields, *Counsellor/Therapist – NCS - HSE Dublin East*

The workshop consists of a short clinical and theoretical presentation followed by small group and whole group discussion. The session aims to further develop participants’ understanding of the impact of childhood trauma on adult enactments such as between ‘punter’ and ‘prostitute’, as the challenges in developing a therapeutic alliance and maintaining boundaries are explored.

Clinical material builds on Melanie Klein's concepts of "splitting" and "projection" in the Paranoid Schizoid and Depressive positions; exploring the mutual risk taking and negotiation of prostitution with, as Glover (1956) describes, 'it's disapproval, conflicts, & fascination.' The physical and emotional containment by the whole team of the therapeutic setting is discussed as the insecurity, conflicts and loneliness of the close knit external worlds of the residential school and the park explored, enabling the client to become more able to 'relinquish omnipotent defences and have some depressive position experiences' Ogden (1972). Regression and threats of self harm are understood in terms of the internal world of expression of trauma and emotional deprivation by way of Shengold's (1979) concept of 'soul murder'; in which overwhelming and overstimulating experiences are deliberately enacted by an adult on a child. As has been said in therapy, 'no love asked for, none given.'

The Journey from Survivor to Perpetrator

Mr. John Foden, *Counsellor/Therapist – NCS- HSE West*

The presenter is proposing to examine the phenomenon of the process by which an abused person might become an abuser, referred to as 'victim to abuser cycle' or 'abused abuser phenomena (Hall & Hall 2007). The presenter will explore this phenomenon from a Psychoanalytic perspective. The presenter suggests that the act of abuse and violence towards the child is a highly pathological acting out of a pathological attempt of the perpetrator to cope with his or her own trauma. The objective of the session is to increase the awareness of the unconscious dynamics of abuse, its' effects upon the victim and how these effects may then cause a victim to become a perpetrator. The presentation will attempt to present a psychoanalytic perspective in a way that can be digested and thought about from whatever perspective and orientation participants may come from.

'Infected by Trauma: using reflexive supervision to understand and make therapeutic use of intense empathic resonances with client dilemma'

Dr. Bobby Moore, Psychotherapist in Private Practice

This workshop will explore a "process framework" for reflexive supervision that facilitates supervisee learning through attention to the at times intense emotional impact of working with clients who have been deeply traumatised by overwhelming experiences. Through exploration of this empathic encounter supervisees can enhance their emotional intelligence and use their theoretical training to make meaning out of it. This can give rise to insightful practical interventions which, when offered with re-iterative empathy, can give clients an experience of being emotionally accepted and understood.

On Being Effective and Affective - A Mindfulness Approach to using measures with clients who have experienced abuse in childhood

Dr. Gerard O'Neill, *Director of Counselling HSE South*

This presentation is based on a practitioner research project which was completed in the National Counselling Service (NCS) and explored what happened when the CORE instrument was introduced into a team of counsellor/therapists in the National Counselling Service (NCS). The findings of the research suggest that not only is introducing an outcome measure not a neutral act but the method of introduction of outcome evaluation into a counselling service is as important as any value that may accrue from using outcome evaluation. The results also suggest that when the CORE outcome measure's usage is informed by a practitioner epistemological framework and contextual considerations it offers an alternate route to enhancing the therapeutic process. A mindfulness approach to the use of measures in trauma therapy will be outlined and the practical applications explored.

Counselling Client with Hearing/Speech Problem Using an Interpreter

Mr. Jim McGlynn, *retired Counsellor/Therapist – NCS - HSE West*

A profoundly deaf and dumb man in his thirties, who had suffered sexual and emotional abuse whilst in residential care as a child, was referred to the National Counselling Service.

This case study will highlight the type of planning and attention to detail required for successfully counselling a client with sensory disabilities.

The presentation will also illustrate the challenges that present for a Counsellor/therapist while working with an interpreter and in meeting the client's needs when further intervention following counselling is required.

Intergenerational Sexual Abuse & Interagency Working-Sharing: Clinical Expertise for Recognition & Prevention within an Irish Context

Ms. Lindsey Gordon, *Acting Director of Counselling – NCS - HSE Dublin North East* & Ms. Sharon Cunningham, *Counsellor/Therapist - NCS - HSE Dublin North-East*

The Mission statement of the NCS clearly states that prevention of further child abuse is a key goal of our remit. Prevention is best achieved by sharing our knowledge and experience in working with adult survivors of childhood abuse within an Irish context, and by recognising and interrupting the intergenerational cycle of abuse. Past research into trauma has shown how the next generation can physically and emotionally carry the trauma; expressing it in relationship and behavioural difficulties. (Wardi, 1992; Danieli, 1998; Harvery, 2007). The presentation outlines the interagency links that have been made and the relevance this may have to stopping the cycle of abuse. It will demonstrate, using case-study material, how this has benefited all services involved and ultimately the clients and the next generation. The presentation will also highlight some of the challenges of interagency working. Participants will be involved in small-group discussion experiences to explore integrating research and theory in this area to their own clinical practice.

✚ **Presentation of Research Results Exploring the Changes in the Use of Health Services by Clients Who Have Been in Therapy for at least 1 year**

Ms. Anne Longmore, *Counsellor/Therapist – NCS - HSE Dublin Mid-Leinster*
Ms. Mary-Rose Kiernan, *Counsellor/Therapist – NCS - HSE Dublin Mid-Leinster*

The purpose of this survey is to explore the changes in the use of G.P. visits, mental health admissions, use of medication, general hospital admissions after having at least 1 year of therapy.

✚ **Counselling in Primary Care- Early Intervention for Adults for Adults Who Have Experienced Childhood Abuse**

Ms. Fiona Ward, *Director of Counselling, HSE Dublin North East*

The aim of this session is to inform the audience about the primary care counselling service in the North East, to profile clients who use the service, the learning to date as a result of the project and how the project interfaces with the NCS service for adults who have experienced abuse. In particular, the presentation will highlight how counselling for general problems in primary care can often serve to highlight early abuse issues and can facilitate earlier intervention with problems related to childhood abuse. This paper is likely to be of interest to NCS staff as well as other counselling/therapy practitioners.

✚ **Helpline or Telephone Counselling**

Ms. Anne Richardson, *CEO of Connect Counselling* & Mr. Eoin O'Shea, *Counsellor - Connect*

Drawing on the experience of Connect Telephone Counselling Service since its establishment in 2006, this presentation will explore the value of telephone counselling by considering client feedback, counsellors' experiences and role of telephone counselling generally in psychotherapy with adults who have experienced abuse.

✚ **Clinical Challenges following publication of the Ryan Report-**

Ms. Rachel Mooney, *Director of Counselling, HSE Dublin Mid-Leinster* & Dr. Niall Muldoon, *Clinical Director, Children At Risk in Ireland (CARI)*

This presentation focuses on the clinical challenges following publication of the Ryan Report in May 2009 from the perspective of two key service providers – the HSE National Counseling Service working with adult survivors of childhood trauma and abuse and the Children At Risk In Ireland Foundation working with children who have experienced sexual abuse. Learning from the impact of the Ryan Report and its application to preparations for the publication of the Murphy Report in November 2009 will be discussed.

From Self Harm to Self Worth- An Update on the Wexford Self Harm Intervention Program (SHIP)

Mr. Athol Henwick, *Counsellor/Therapist - Wexford Self-Harm Intervention Programme - HSE South*

This presentation is based on a practitioner research project which was completed in the National Counselling Service (NCS). The SHIP service is a counselling service which provides short term counselling for individuals who are at risk of self-harm or are experiencing suicidal ideation in Co. Wexford, Ireland, and consists of one counsellor/therapist working full time in the area of self harm. It is an adaptation of the model of service of the NCS and was first piloted in 2004. In highlighting the context dependant nature of this professional knowledge, the clinical issues that emerged for a therapist working primarily in the area of self harm will be explored in the presentation. In recognition of the fact that this professional knowledge is not context determined, the wider implications for psychotherapy practice will also be explored. This will include reflections on how this professional knowledge challenges the conventional approaches and assumptions when working therapeutically with self harm and suicidal ideation. The presentation will end by highlighting the importance of the contribution of counselling and psychotherapy to the prevention of self harm and suicide and how this contribution can be operationalised in an Irish context.

All About Eve- A Multi-Disciplinary Approach to Working with a Female Client Engaged in Sexually Harmful Behaviour

Ms. Sonya Murray, *Counsellor/Therapist, NCS – HSE West*

‘Society’s construction of womanhood means that for women to be associated with sexual abuse against children is so contrary to the role set out for them that we try to deny that it occurs or when it does try and find some way of explaining it away.’ Jacqui Saradijian. Much has been written about therapeutic work with clients engaged in sexually harmful thinking and behaviour. However, there is relatively little written about working with women. This case study based on almost 2 years of working therapeutically with a young women who presented to our service initially as a victim of sexual abuse but who quickly revealed sexually harmful thinking and behaviour toward her own son. The case outlines the therapeutic journey engaged in with this courageous client which involved intensive multi-disciplinary work between the NCS and Child Protection Services.

Experiences of Motherhood and Parenting from the Perspective of Adults Reporting a History of Childhood Trauma: An Exploratory Study

Ms. Liz Power, *Counselling Psychologist in Primary Care, HSE Dublin North East*

This presentation will present the results of this research which was conducted as partial fulfillment of the requirements for the degree of MSc Counselling Psychology whilst on placement with NCS in HSE Dublin Mid-Leinster.

It has been well documented over the years that an individual's own experiences of care-giving greatly influences their parenting attitudes and practices (Shuetze & Das Eiden, 2005; Ainsworth & Eichberg, 1991; Slade & Cohen, 1996). The main objective of this study was to explore how women with a history of childhood developmental trauma conceptualize motherhood and themselves in the parenting role. A further aim of the study was to explore how they view the effects of their childhood attachment and trauma experiences, in relation to themselves and motherhood. From the findings, it could be concluded that conceptualizations of motherhood from the perspective of adult survivors of abuse are heavily informed by their childhood experiences and this has both a constructive and negative affect on the mother and the mother-child relationship. An overarching conclusion that can be tentatively drawn from the findings is that motherhood can be experienced as a restorative process and awareness of this holds important implications for therapeutic practice.

Mother is the Invention of Necessity; Death, Birth and the Emergence of a Psychodynamic Psychodramatic Group

Dr. Philip Moore, *Director of Counselling HSE South*

Ms Catherine Murray *Counsellor/Therapist – NCS - HSE South*

This workshop presentation will explore the development of a 9 year old psychodynamic, psychodramatic, slow open group in Harbour Counselling Service, HSE South. The Co-therapists will co-creatively present their reflections and learnings of the psychological and energetic processes and dramatic actions that have sustained the group throughout the years. Clinical examples and theoretical foundations will be utilised throughout the presentation.

Deaf Clients, Hearing Therapists- How Can Therapists Understand the Deaf World?

Ms. Mary Rose Kiernan, *Counsellor/Therapist – HSE Dublin Mid-Leinster*, Mr. Darren Byrne - *Irish Sign Language Interpreter & Mr. Kevin Heffernan - Deaf Service User*

Exploration of the historical and cultural diversity of the lived experiences of deaf people in Ireland while addressing the issues of power and tensions between the medical, social and cultural models of deafness. In doing so, to address the impact of these issues on the deaf client within the therapeutic situation with a hearing therapist.

In October 2009, President Mary McAleese, Patron of the Sign Language Interpreting Service (SLIS) said, ‘The interpreters... are an important resource to Deaf people and to our society generally. Their skill and fluency ensure that the great diversity within the Deaf community will be given its best voice and that the dignity and right to equality of each Deaf person will be more than mere words.’ Speaking from personal experience she added: “growing up with a profoundly

deaf brother, a stand-out memory is of him tugging at my sleeve at noisy family gatherings, to say “remember me - I’m here too” as he struggled to be included in a hearing world that made little concession to those who could not hear.” We as therapists in NCS are also working to assist deaf clients who experienced childhood abuse in being ‘heard’ and ‘remembered’ in contemporary society. This workshop will include a brief presentation by Therapist, Sign Language Interpreter and Deaf client. Each will give an account of their experience of working together in the therapeutic clinic. We hope, by practically demonstrating how these two communities – hearing and deaf - enhance each others understanding of communication and to share in the richness of these diverse experiences’.

✚ **Evaluation of the NCS: A Descriptive Analysis of the National Counselling Service Client Feedback to a Self-Report Client Evaluation Questionnaire for the Period of May 206-June 2008**

Mr. Frank Reddan, *Sessional Counsellor/Therapist - HSE Dublin Mid-Leinster*

The presentation proposes to provide a brief discussion of some of the theoretical underpinnings to the psychological challenges faced by the survivors of abuse. The evaluation of the NCS Counselling/Psychotherapy Services are reviewed by reference to summary findings (quantitative & qualitative analysis) of feedback provided by NCS users.

This research was carried out as partial fulfillment of the requirements for the degree of MSc Counselling Psychology during a placement with the NCS in HSE Dublin Mid-Leinster.

✚ **Using Mindfulness Based Approaches with Those Who Have Experienced Childhood Trauma**

Ms. Frances Larkin, *Counsellor/Therapist – NCS - HSE West*

‘Mindfulness means paying attention in a particular way, on purpose, in the present moment’. (Kabat-Zinn 1990) Mindfulness is a relatively new area within the field of mental health. It combines ancient eastern wisdom and practices, with current thinking in western psychology, neuroscience, and psychotherapy. There is an increasing body of research and practice that attests to its benefits in the areas of stress, anxiety, panic, depression, addiction, ME and other conditions. Its applications to the area of adults who have experienced childhood trauma are less well known. This presentation will describe and explore a mindfulness project for clients of the Regional Counselling service in Sligo. Based on this experience, the presentation offers insights into some of the potential benefits and contra-indications in the use of mindfulness with this client group. This will consist of a short clinical presentation followed by group discussion.

✚ **The Ethical and Professional Dilemmas Raised by Court-Ordered Disclosure of Confidential Records: an Examination of the Irish and International Experience**

Ms. Maire Magenis, *Counsellor/Therapist – NCS - HSE West*

This presentation will explore the dilemmas faced by clients and therapists in relation to legal requirements for the release of confidential records. Current practice in the Irish legal system, in relation to disclosure orders and witness orders, will be discussed, drawing on client and therapist experiences in the courts in recent years. A comparison will then be made between Irish and international legislation and practice regarding disclosure of therapeutic records. In the last ten to fifteen years many countries, including Canada, Australia, England, Wales and Northern Ireland have considered the issue of disclosure of medical and therapy records and the necessity to protect the rights of witness to the confidentiality of these records while balancing the right of the accused to a fair trial. The legislative and judicial changes made in these jurisdictions have resulted in procedures being established for the disclosure of notes while also allowing for a legal process of objection for the individual whose confidential records are being sought.

✚ **Systemic Change: Women's Relational Experience**

Ms. Pauline Collins, *Counsellor/Therapist - NCS - HSE Dublin North-East*

Presentation of this qualitative study through social constructionist lens, inquiring into the experience of individual therapy for women (who had suffered childhood sexual abuse) and whether therapy had an influence on their couple relationship. These findings are discussed in terms of their implications for the systemic practitioner, focusing especially on the therapeutic process, which facilitated the participants in opening to a dialogue in their own inner and outer relating. It is in the moment to moment attentive engagement in the process by both therapist and client, which allows the not-yet-spoken about to emerge. The author suggests that this poses a fresh challenge to the therapist to move towards the dialogical perspective, in which therapist and client together shape the therapeutic conversation.

✚ **On Being Held Captive: Investigating NCS Practitioners Response to the Client's Victim-Self**

Ms. Sheila Peelo, *Counsellor/Therapist - NCS - HSE Dublin Mid-Leinster*

This is a presentation of a Doctoral research thesis examining the issue of how to respond adequately to the victim-self of the 'survivor' of childhood trauma. When the client's victimhood becomes a visible presence in the therapy work, it can leave the therapist feeling pulled in several directions and struggling to find a response which does not deprive the client of the agency and a sense of adequacy. It seemed that assumptions of victimhood which are pervasive in society and often subtly underpin therapeutic approaches could be part of the therapists struggle. This project attempts to work with NCS colleagues in order to reflect on our own practice and develop ways of working

which are actively responsive to the victim-self, are culturally relevant and promote the client's sense of agency.