

Psychotherapy and the Literary: Exploring Literature as an Imaginative Resource

Convened by:

Martin Weegmann & Cheryl Moskowitz

Why do we read? Or write? How do we create? What inspires us? How do I free myself up? Is therapy a re-writing of our lives?

These and many other questions are explored in this exciting and innovative two-day event where each day covers two presentations, a creative / interactive small group (different content day one and two) and a large group. You are welcome to join either as a (any) one-day or two-day delegate.

PRESENTATIONS DAY 1:

Prof Jeremy Holmes (Psychoanalyst, Psychiatrist, Author):

"Everything's gonna be al-write: finding space"

Martin Weegmann (Psychologist, Group Analyst, Author):

"Life writing: psychotherapy and literature"

PRESENTATIONS DAY 2:

Cheryl Moskowitz (Writer, Poet):

"The Words to Say it - Putting the Couch on the Page"

Maggie Turp (Psychologist, Psychotherapist, Author):

"Help me to think: how fiction enables us to engage with difficult thoughts, feelings and possibilities"

See overleaf for biographies.



PROGRAMME

9:30 AM	Registration and refreshments
10:00 AM	Presentation 1 with Q&A
11:10 AM	Refreshment break
11:30 AM	Presentation 2 with Q&A
12:40 PM	Lunch break (provided)
13:30 PM	Creative small groups
14:30 PM	Refreshment break
14:45 PM	Large Group
16:15 PM	End

WORKSHOP FEES // Early Bird until 3 Jan 2018

	Both days	One day
IGA Students	£229 / £249	£145 / £159
IGA Members	£249 / £269	£155 / £169
Public fee	£269 / £289	£165 / £179

Book Online www.groupanalysis.org

Enquiries **020 7431 2693**

BIOGRAPHIES

Professor Jeremy Holmes was Consultant Psychiatrist and Psychotherapist at University College London and then in North Devon, UK. He is visiting Professor at the University of Exeter, and lectures nationally and internationally. His many books include *John Bowlby and Attachment Theory* (2013), *The Therapeutic Imagination: Using Literature to Deepen Psychodynamic Understanding and Enhance Empathy* (2014) and *Attachment in Therapeutic Practice* (2017).

Martin Weegmann is Clinical Psychologist and Group Analyst, working in the NHS in London & in private practice. His latest book is *Permission to Narrate: Explorations in Group Analysis, Psychoanalysis, Culture* (Karnac, 2016) and he has completed a new edited book, *Psychodynamics of Writing* (Karnac, 2018).

Cheryl Moskowitz is a poet and writer, and a leading contributor to the field of therapeutic writing. She co-founded LAPIDUS, the organisation for writing and well-being, taught on the Creative Writing and Personal Development MA at Sussex University and currently facilitates writing in a wide range of healthcare, community and educational settings. Her publications include *Wyoming Trail* (Granta), *The Girl is Smiling* (Circle Time Press) and *Can It Be About Me?* (Frances Lincoln Books).

Maggie Turp is a psychotherapist and psychologist. Her publications include journal papers and two books, 'Psychosomatic Health: the body and the word' (2001 Palgrave) and 'Hidden Self-Harm: narratives from psychotherapy' (2003 Jessica Kingsley). An area of current interest is the integration of narrative and psychodynamic approaches within psychotherapy.