

Self Harm, Self Care and the Way Between

Dr. Maggie Turp

Saturday 18th November 2017

10.00am-4.00pm

Only
£55

Suitable for qualified clinicians or clinicians still in training

The relationship between self-harm and suicidal behaviour will be explored. Drawing on DVD footage and service user testimony, we will consider how individuals who self-harm conceptualise their own experience, attending to both the aetiology and function of self-harming behaviour. With the assistance of supervision group vignettes, we will reflect on the multiplicity of ways in which self-harming tendencies can become manifest. In an endeavour to address the prevalent polarisation between 'we' who do not and 'they' who do self-harm, participants will be invited to reflect on sub-clinical manifestations of self-harming tendencies that they may recognise in themselves. A continuum model of self-harm will be presented and discussed.

Drawing on extracts from infant observation studies, we will consider the building blocks of a functioning capacity for self-care. Particular attention will be paid to the development of boundaries around the self that are appropriately permeable – neither so tough as to impede communication nor so porous as to invite the invasion of chaos. These matters will be discussed in terms of psychic skin functioning (Bick 1968, Briggs 1997, Turp 2003, 2007). Parallels will be drawn between psychodynamic understandings and neurobiology findings relating to arousal levels, affect regulation and problems with interdependency (Schore 1994, Gerhardt 2004)

The focus in the afternoon is on clinical practice. Clinical vignettes will be provided for discussion in small groups and a large group discussion of issues arising will follow. Space will be available for consideration of clinical dilemmas currently being experienced by participants. Particular attention will be paid to countertransference issues, with their potential for eroding empathy and impeding thoughtfulness. The afternoon will end with a summary of helpful therapeutic strategies.

Learning areas include:

1. Distinguishing between self-harming and suicidal behaviour and evaluating risk
2. Causative factors underpinning self-harming behaviour
3. Purpose and function of self-harm
4. The continuum model of self-harming behaviour
5. Psychic skin functioning & damage to boundaries around the self
6. Impact of early experience; infant observation & neurobiology
7. Dependency issues in clinical work
8. Self-harm and difficulties with affect regulation
9. Countertransference; impact on empathy and thoughtfulness
10. Enhanced competence and confidence in working with individuals who self-harm



Dr. Maggie Turp is a psychodynamic psychotherapist and supervisor in private practice, a chartered psychologist and a visiting lecturer at The Tavistock and Portman NHS Trust. Her academic career has included lectureships at the University of Reading and at Birkbeck College, London.

For the past decade, Maggie's educational work has included the provision of CPD training workshops for regionally based associations of counsellors and psychotherapists. These reflect her longstanding interest in the emergence of psychological distress in the physical realm and the enduring nature of early, body-centred modes of relating. The clinical themes addressed in the workshops include self-harm, depression, psychosomatic illness, and the aftermath of trauma. An emerging area of interest is in thinking through and managing the balance between psychodynamic and narrative dimensions of the therapeutic encounter.

Maggie is a member of the Editorial Boards of the journals 'Psychodynamic Practice' and 'Infant Observation' Her publications include several journal papers and two books, 'Psychosomatic Health: the body and the word' (2001 Palgrave) and 'Hidden Self-Harm: narratives from psychotherapy' (2003 Jessica Kingsley). She is currently working on a novel and on a third psychotherapy book: The Skin around The Self. She welcomes correspondence at maggieturp@googlemail.com



t. 01553 770770
e. onetoneproject@aol.com
w. www.onetoneproject.com

Nelson House, Bergen Way,
North Lynn Industrial Estate
King's Lynn, Norfolk PE30 2DE