

WORKING THERAPEUTICALLY WITH PEOPLE WHO ARE A DANGER TO THEMSELVES OR OTHERS

A TRAINING PROGRAMME IN FORENSIC MENTAL HEALTH



An exciting new development that draws on the expertise of the Portman Clinic to deliver training opportunities for professionals in the north of England working with violent, disturbed and personality disordered people in a range of public and voluntary sector settings.

“Working with mentally disturbed patients inevitably and unavoidably produces some degree of emotional reaction in the practitioner. This programme provides active professional training to enable practitioners to be able to manage and learn from these emotional experiences in order to deliver effective services.”

3 DAY SHORT COURSE

An initial course designed and staffed by leading clinicians from the Portman Clinic and experienced practitioners within the Northern Network for Forensic Psychotherapy. It is aimed at professionals from a wide range of backgrounds who have an interest in learning more about working with this client group using a psychoanalytic perspective.

See inside for details and an application form.

WHO IS THE PROGRAMME FOR?

Specialist training for people working with violent and disturbed individuals has been identified as a priority and as a gap in provision for both adult and child and adolescent services in health, social care and forensic settings. The workforce in non-specialist mental health and community based services often feels ill-equipped to handle individuals with complex needs such as antisocial personality disorder, psychosis with violence or severe self-harm. The aim of the programme is to build the capacity of a broad range of services by supporting staff to work more effectively with difficult and dangerous people.

What will it offer?

Working with mentally disturbed patients unavoidably produces some degree of emotional reaction in the practitioner. The more disturbed the individual the more disturbing he/she will be to the practitioner. This is not a criticism of the patient, nor of the practitioner, but a description of how patients with mental health difficulties are likely to be. Individuals are often described as difficult because they arouse difficult feelings in those around them.

One of the most productive ways to support and assist patients is to provide active professional training and support to the practitioners. To be able to manage and learn from this inevitable emotional reaction, practitioners will be offered:

- theoretical understanding of this process based on the application of developmental and psychoanalytic models
- examples of consultation and therapeutic work undertaken at the Portman Clinic and as developed in collaboration with other community and institutional clinical services
- the opportunity to think about and discuss difficult interactions in the workplace with teaching staff experienced in providing consultation and support



The programme is being launched with a short course supported by NHS Yorkshire and the Humber. The partnership of organisations involved in the development are planning further courses and learning opportunities as part of a long-term training strategy to support the workforce.

Working Therapeutically with Danger (3 Days)

This short course is designed as an introduction to the body of knowledge employed by the Portman Clinic in working with patients who pose a danger to themselves or others and in supporting the professional development of staff working with this challenging group.

The course aims to:

- Provide teaching that will develop the students' theoretical understanding of the psychoanalytic considerations underlying offending behaviour
- Enable students to begin to apply relevant psychoanalytic understanding to their own working institutions and to engage in effective collaboration with other professionals
- Educate students in assessing offenders according to basic psychoanalytic principles, including the assessment of dangerousness

After you have attended this course you will:

- Begin to be familiar with psychoanalytic concepts and able to integrate theory and practice in the forensic setting
- Be more aware of the emotional stress of working with very disturbed patients and the importance of a reflective space in which this can be explored
- Have increased your ability to identify how the problems arising in teams and institutions are related to the patients' difficulties
- Recognise the impact of offending and abusive experience on patients and be able to take appropriate account of this in your own work

Who should attend:

The content and design of the seminars are suitable for a multidisciplinary group of professionals working with adults, adolescents or children in a range of different settings including high and medium secure units, the prison services, forensic psychiatry outpatients, personality disorder services, psychotherapy and psychology services, private practice and the voluntary sector.

Applicants should be able to commit to attending all three dates.

3 DAY COURSE SCHEDULE

The Course Leader for this programme is Stanley Ruszczyński, Clinical Director of the Portman Clinic, Tavistock and Portman NHS Foundation Trust, London

Dates: Saturday 10th May,
Saturday 17th May &
Saturday 7th June

Time: 10:45 to 4:15 with lunch provided

Venue: Leeds Met, Headingley Campus,
Beckett Park, Leeds

Cost: £95 for three days (the course is subsidised by workforce development funding from NHS Yorkshire and the Humber)

Eligibility: Applicants must be working in a role that involves regular contact with this client group. This may be in a range of public and voluntary sector settings e.g. probation and prison staff, secure children's home staff, staff working in settings for personality disordered patients, YOTs, CAMHS etc.

Format: Each of the three days will include presentations by staff from the Portman Clinic providing an introduction to the key themes relating to the work, alongside opportunities for students to share their own experiences in discussion with Portman and with Northern Network psychotherapists with an interest and expertise in forensic work. The learning will be delivered through an interesting mix of formats including presentations, small discussion and work groups, and use of film and case presentation.

Day One – Theme: Violence

Morning

- Whole Group presentation by Marianne Parsons, Consultant Child and Adolescent Psychotherapist: Introduction to the theoretical framework informing the work at the Portman Clinic: ideas about violence and its roots in early life; relevant psychoanalytic concepts; and risk.
- Small Group Work: An opportunity to bring concerns from work settings into small groups facilitated by Northern Network and Portman staff

Afternoon

Showing of film 'Bullet Boy' with discussion about violence among adolescents.

Day Two – Theme: Perversion

Morning

- Whole Group presentation by Dr Carine Minne, Consultant Psychiatrist in Psychotherapy: Introduction to Portman ideas about perversion and illustration of theoretical ideas through the presentation of case material from Portman Clinic staff about psychotherapeutic work with a perverse patient.
- Discussion in small groups and plenary.

Afternoon

- Small group work: Opportunity for case discussion and reflection in relation to exposure to disturbing material/ disturbing patients
- Whole Group: Plenary discussion of the problems posed by work with such individuals.

Day Three – Theme: The impact of the forensic patient on institutions

Morning

- Whole Group presentation by Stanley Ruszczynski, Consultant Adult Psychotherapist: Presentation of concepts and ideas useful to an understanding of institutional processes and dynamics in forensic, personality disorder and criminal justice settings
- Small group discussion

Afternoon

- Whole Group: Presentation of findings from outcome research of a clinical consultation to a ward in a high secure hospital showing the impact of consultation to a multi-disciplinary staff group in a forensic/personality disorder setting.
- Whole Group Plenary - discussion of the impact of forensic patients, the defences used by staff and how these might interact.



For further information
please call us on **0113 343 4868**
or visit www.nscap.org.uk

APPLICATION FORM

Please post or fax this form to:

The Course Administrator,
Northern School of Child and Adolescent Psychotherapy,
71-75 Clarendon Road,
Leeds LS2 9PL.
Fax (0113) 343 3934

Forms should be returned by 31st March 2008

Title Name.....

Occupation/Profession

Current Employer

Educational Qualification

Professional Qualification/Registration

Address for correspondence

..... Postcode

Telephone Email

Special Requirements


Date of application

Introduction to 'Working with Danger' (3 Days)

Please reserve me a place on the Introduction to Working with Danger taking place on Saturday May 10th, 17th and June 7th 2008.

Tick to confirm

Applicants need to be able to commit to attending all three dates.



Copy this form for colleagues or to retain the information on the reverse

STAFF

Course Leader for the 3 day short course
Stanley Ruszczynski,
Consultant Adult Psychotherapist
and Clinical Director of the Portman Clinic.

Specialist Presenter
Marianne Parsons, Consultant Child and
Adolescent Psychotherapist, Portman Clinic.

Specialist Presenter
Dr Carine Minne, Consultant Psychiatrist
in Psychotherapy, Portman Clinic
and Broadmoor Hospital.

Course Co-ordinator on behalf of
the partner organisations
Lydia Hartland-Rowe, Consultant
Child and Adolescent Psychotherapist
and Clinical Director of NSCAP.

The small groups will be facilitated by
members of the Northern Network for
Forensic Psychotherapy:

Richard Agass, Simon Archer, Lynda Ellis,
Graeme Farquharson, Geraldine Godsil,
James Johnston, David Kennard,
Ewa Wojciechowska

Feedback from the conference **Who's Afraid of Whom?:** **Working with Disturbed and** **Disturbing Patients**

"The Portman staff had respect and compassion
for their patients, this is not always the case
when staff feel burnt out and threatened."

"I didn't feel patronised or talked down to.
The honest recognition of how difficult the
work is helped."

"It made me feel less isolated in my work."

"I liked the interdisciplinary discussion and
interest in what we had to bring. It was easy
to ask questions even in such a big group."

"I liked the informal networking over lunch.
Everyone was very friendly."

The programme is a joint venture between:

Leeds Partnerships NHS Foundation Trust
Northern Network for Forensic Psychotherapy
Northern School of Child and
Adolescent Psychotherapy
Portman Clinic, Tavistock and Portman
NHS Foundation Trust

With funding support from
NHS Yorkshire and the Humber

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