

# Psychoanalytic Approaches:

Personality Development  
across the Life Cycle  
Therapeutic Communication with Infants,  
Toddlers and Their Parents.

---

Saturday seminars  
and skills-based workshops

October 2023 – July 2024

# Welcome

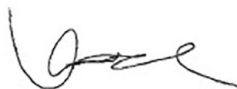
---

We are delighted to offer in 2023-24 a well-established series of flexible courses that can be taken separately or connected together to fit in with particular areas of interest, continuing professional development and an exploration of psychoanalytic perspectives.

The centrality of unconscious emotional experience within developmental frameworks is at the heart of the learning. The focus on the unique insights offered by opening up to unconscious communications and mind-body experience is the distinctive offer of these courses. How unconscious and developmental perspectives relate to culture and socio-political contexts frame the seminars and discussions and at times of unprecedented uncertainty and disruption these perspectives have never been more relevant.

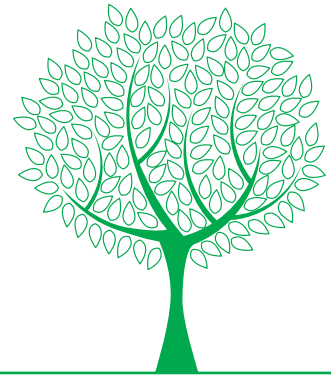
New for 2023-2024 the seminars and workshops across the Psychoanalytic Approaches Portfolio will be a combination of remote (Zoom) and face-to-face teaching to support the learning on the programme, whilst making it accessible to students across the northern region.

These well-received courses attract a diversity of multi-disciplinary students a range of different levels of experience offering opportunities to reconnect with current understanding while opening up new horizons. Students can take one seminar or a journey across the life cycle.



**Laura Liddell**  
Child and Adolescent Psychotherapist  
Course Tutor Psychoanalytic Observational Studies

# Summary of the Courses



## **Course 1**    **Personality Development across the Life Cycle**

This well established series of Saturday Seminars tracks the development of the personality from before birth to old age, exploring the internal and external factors that combine to make us who we are.

## **Course 2**    **Therapeutic Communication with Infants, Toddlers and their Parents**

This course is a consecutive combination of seminars and skills based workshops.

**Certificates for CPD will be issued for all courses described in this prospectus. Full attendance is required.**

‘Stimulating, thought  
provoking and challenging.  
A very demanding and  
exciting learning experience.’

# Course 1 Personality Development Across the Life Cycle – Psychoanalytic Approaches

---

## Course Outline

Informed by psychoanalytic thinking, this course provides a detailed and in depth introduction to the key developmental factors and unconscious processes involved in the emotional life of the child and family from before birth through to old age. Participants are invited to think about the interplay of internal and external factors which underlie the development of personality.

Each seminar is led by an experienced psychoanalytic clinician and includes a variety of teaching methods: lecture, presentation, group discussion and small group work, using mediums such as poetry, children's literature and film to convey psychoanalytic concepts in an accessible way.

As the course highlights the impact on later development of earlier emotional experiences, the course will be most meaningful if the whole series is attended. Participants are also welcome to attend selected seminars.

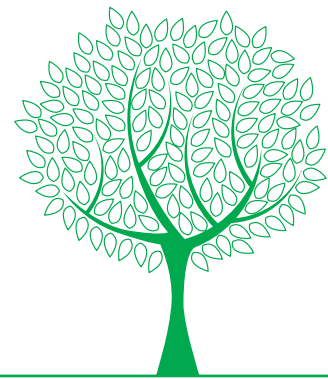
---

## Learning Outcomes

The identified learning outcomes include:

- Increased understanding of key developmental factors and unconscious processes
- Increased awareness of the interplay of internal and external factors that underlie personality development to inform work with children and families across the life-cycle and developmental stages
- Exploring the impact of earlier emotional experiences on later development throughout life
- Greater capacity to reflect on and understand oneself and others

"Inspiring on a professional but also personal level"



**Course Lead** Brian Nilsson is a Child and Adolescent Psychoanalytic Psychotherapist at Leeds CAMHS, where he works clinically with a range of children, adolescents and families. Brian is also a Course Tutor on the PGDip/Masters in Psychoanalytic Observational Studies at NSCAP and he has a particular interest in the unconscious processes at work in groups and teams.

**Who should attend** This course is highly relevant for all professionals working with infants, children, adolescents and adults across a range of settings; ie education, social care, residential care, physical and mental health, third sector. It is also recommended for those who are interested in learning about how we become who we are.

**Cost** Full series of ten seminars: £474    Individual seminars: £54

**Dates 2023**

1. 7 Oct - In Person at NSCAP - Pregnancy and birth: where does personality begin?
2. 4 Nov - Zoom - Babyhood: becoming a person in the family
3. 2 Dec - Zoom - Young children: the family and the wider world

**2024**

4. 6 Jan - Zoom - Latency: going to school
5. 3 Feb - Zoom - Puberty: anxieties about growing up
6. 2 Mar - Zoom - Mid-adolescence: the search for identity
7. 6 Apr - In Person at NSCAP - Late adolescence: the transition to young adult life
8. 11 May - Zoom - Adulthood: what does it mean to 'grow up'?
9. 8 Jun - Zoom - Middle age: when are we middle aged?
10. 6 Jul - Zoom - Older age: the beginning of the end?

**Venue** NSCAP, Bevan House, 34-36 Springwell Road, Leeds, LS12 1AW

Please note that it is not possible for students to attend in person teaching remotely.

## Course 2 Therapeutic Communication with Infants, Toddlers and their Parents – Psychoanalytic Approaches

---

### Course Outline

This three day skills-based programme is informed by psychoanalytic and developmental research and clinical practice and has two components; three Personality Development (PD) Seminars on Pregnancy and Birth, Becoming a Baby in the Family and Toddlerhood. These are part of the main PD series.

Each of these is followed by a two hour workshop which aims to build participants' confidence in therapeutic communication in early years work with infants, toddlers and their parents. These workshops help participants to build an understanding of the ways in which the infant's personality is developing as a direct response to day to day interactions within the family environment.

Participants are invited to explore the important, often hidden, function of anxiety in the process of all development; the centrality of containment in this process for the infant and parent will be investigated. Infants are active and responsive participants from birth and the workshops will explore the 'highs and lows' of this first relationship.

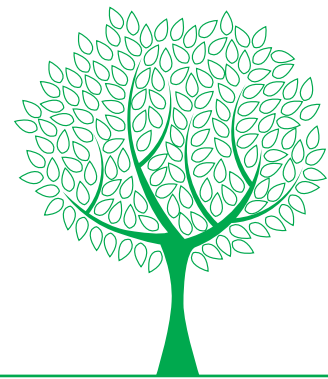
---

### Learning Outcomes

The identified learning outcomes include:

- Increased awareness of how to observe emotional behaviour and consider the conscious and unconscious communication within it.
- A better understanding of how to contain disturbing mental states on behalf of the infant and/or parent.
- Developed capacity to communicate curiosity and understanding in a therapeutic way.

'Attachment is not a person,  
a place or a thing but a jointly  
created state of mind where there  
is congruence between what is  
needed and what is provided'  
*Sorensen (1997)*



**Course Lead/  
Programme Facilitator**

Laura Liddell is a Child and Adolescent Psychotherapist and is Programme Lead for the PGDip/ Masters in Psychoanalytic Observational Studies. Laura's clinical experience involves therapeutic work with infants, children, adolescents and families in a range of settings, and specialist supervision and consultation to professionals and trainee psychotherapists.

**Who should attend**

Although these workshops are ostensibly concerned with the earliest weeks and years of life, they are appropriate for any practitioner working with children, adolescents and adults. They are aimed at those new to applying psychoanalytic ideas to infancy and parenthood. States of acute emotional dependency persist throughout our lives, most particularly in times of stress, anxiety or trauma. Recognizing these states in adults and older children is invaluable in informing our responses to them.

**Cost** £250

**Dates** 2023

1. 7 Oct  
Life stage: Pregnancy and birth  
Seminar: Where does personality begin?  
Workshop: Who am I? Who are you? Who are we?
2. 4 Nov  
Life stage: Babyhood  
Seminar: Becoming a person in the family  
Workshop: Not an angel, not an alien but 'other'
3. 2 Dec  
Life stage: Young children  
Seminar: The family and the wider world  
Workshop: Love, loss and leaving home

**Venue** NSCAP, Bevan House, 34-36 Springwell Road, Leeds, LS12 1AW

## Dates & Times

Three Courses delivered through a series of  
Personality Development Seminars and  
Therapeutic Communication Skills Workshops

Leeds <b>2023</b>	<b>Life Stage</b>	<b>Seminars</b>	<b>Workshops</b>
7 Oct	1. Pregnancy and birth	Where does personality begin?	Who am I? Who are you? Who are we?
4 Nov	2. Babyhood	Becoming a person in the family	Not an angel, not an alien but 'other'
2 Dec	3. Young children	The family and the wider world	Love, loss and leaving home
Leeds <b>2024</b>			
6 Jan	4. Latency	Going to school	–
3 Feb	5. Puberty	Anxieties about growing up	Change and anxiety
2 Mar	6. Mid-adolescence	The search for identity	Risks and groups
6 Apr	7. Late adolescence	The transition to young adult life	Leaving and mourning
11 May	8. Adulthood	What does it mean to 'grow up'?	–
8 Jun	9. Middle age	When are we middle aged?	–
6 Jul	10. Older age	The beginning of the end?	–

### Times

All Seminars: 11.00am – 2.15pm

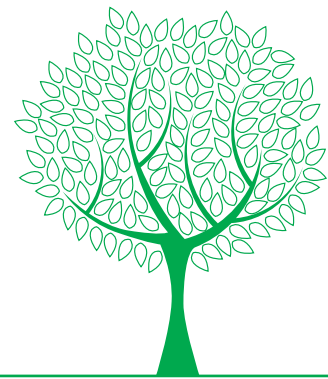
All Workshops: 2.30pm – 4.30pm

Tea and coffee provided.

Please note that it is not possible for students to attend in person teaching remotely.



# How to book



## Applying for the course/s

Complete and return the attached application form, including Seminar and Workshop options, to:

Business Operations Team  
NSCAP Bevan House, 34-36 Springwell Road, Leeds LS12 1AW

Email: [nscap.lypft@nhs.net](mailto:nscap.lypft@nhs.net) Telephone: 0113 855 8750

For more information about the courses, please contact  
Georgia Rickson - ([grickson@nhs.net](mailto:grickson@nhs.net)) Business Operations Officer

## Cancellation charges

All cancellations are subject to an administration charge of 10% of the course fee.

Cancellations made less than 2 weeks in advance of first day are subject to 100% charge.

## Terms & Conditions

### 1.0 Payment Methods

- 1.1 Payment must be made in advance of the course start date. We prefer to receive payment by cheque and ask that you submit payment along with your application form. Please make a cheque payable to Leeds and York Partnership NHS Foundation Trust.
- 1.2 If your organisation has agreed to fund your place on the course, please provide invoicing details: name, job title, organisation, address and telephone number, and order number if required.
- 1.3 Please contact the Business Operations Team on 0113 855 8750 with any queries about payment.
- 1.4 Places cannot be confirmed until receipt of payment.

### 2.0 Availability

- 2.1 Please note that any courses may be limited in capacity, and will be allocated on a first-come, first-served basis. No guarantees can be made regarding the availability of spaces on any of our seminars prior to receipt of payment.

### 3.0 Confirmation of Reservations

- 3.1 All reservations will be confirmed in writing with details of programme times and venue information provided.
- 3.2 Please ensure you provide an up-to-date email address as any details of final changes to the course will be emailed to your account. Please therefore remember to check your email account prior to the start of the course to ensure you are informed of such changes.

### 4.0 Reservation & Cancellation Policy

- 4.1 All cancellations are subject to an administration charge of 10% of the course fee.
- 4.2 Cancellations made less than 2 weeks in advance of first day are subject to 100% charge.

### 5.0 Further Information

- 5.1 For further information about all our future events and activities, visit [www.nscap.org.uk](http://www.nscap.org.uk), email [nscap.lypft@nhs.net](mailto:nscap.lypft@nhs.net) or call 0113 855 8750.

# Application Form

---

## Personal details

Title: ..... Name: .....  
Occupation: .....  
Email address: .....  
Address for correspondence: .....  
.....  
Postcode: .....  
Telephone: .....  
Any special requirements: .....

---

## Organisation details for invoicing (if applicable)

NB: Organisation contact details MUST be correct for invoicing,  
ie NOT your place of work.

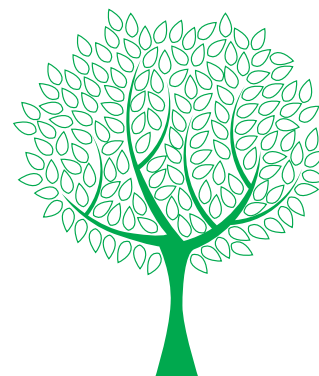
Name: .....  
Job title: .....  
Organisation: .....  
Address: .....  
.....  
..... Postcode: .....  
Telephone: ..... (if required)  
Purchase Order No: .....  
Agreement from Manager: .....

---

## Payment & Invoice details

- ☐ Please invoice me/my organisation for £ .....
- ☐ I enclose a cheque (made payable to  
Leeds and York Partnerships NHS Foundation Trust) for £ .....
- ☐ I would like to pay by bank transfer  
(payment details to be confirmed in acceptance letter)

# Seminar & workshop options



## Option A:

### Course 1

You may wish to book individual courses or seminars (Options A & B) or a combination of courses and seminars (Option C).

Please see options available on this page and overleaf.

All courses are delivered in Leeds except where stated.

☐ **10 Personality Development across the Life Cycle Seminars - £474**

OR

**Individual Personality Development Seminars**  
(please tick)

☐ **Seminar 1 - Pregnancy and birth:**  
where does personality begin? £54

☐ **Seminar 2 - Babyhood:**  
becoming a person in the family £54

☐ **Seminar 3 - Young children:**  
the family and the wider world £54

☐ **Seminar 4 - Latency:**  
going to school £54

☐ **Seminar 5 - Puberty:**  
anxieties about growing up £54

☐ **Seminar 6 - Mid-adolescence:**  
the search for identity £54

☐ **Seminar 7 - Late adolescence:**  
the transition to young adult life £54

☐ **Seminar 8 - Adulthood:**  
what does it mean to 'grow up'? £54

☐ **Seminar 9 - Middle age:**  
when are we middle aged? £54

☐ **Seminar 10 - Older age:**  
the beginning of the end? £54

**Total:** £ .....

**Note:** Individual Personality Development Seminars may also be booked alongside Options B & C, see over page.

# Seminar & workshop options

---

## Option B:

Course 2

- ☐ Therapeutic Communication with Infants, Toddlers and their Parents Seminar and Workshop

£250

---

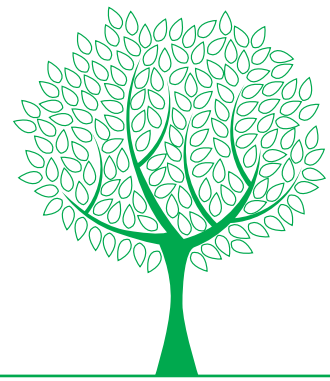
## Option C: Combination of courses

- ☐ Courses 1 + 2

Personality Development across the Life Cycle Seminars

Therapeutic Communication with Infants, Toddlers and their Parents Workshops

£724



### Option D:

- ☐ **Course + Individual Personality Development Seminars**

Please tick the course from Option B (£250) and the individual Seminars from Option A and enter the total here:

£ .....

---

### Keeping in Contact

Your personal information will be held on our database and used to process your application.

NSCAP would like to keep you informed of other events and activities that we feel are relevant to you. If you are happy for us to do this, please tick this box. ☐

If you do not want to be contacted about other events and activities, please tick this box. ☐

---

### Return application form to

Complete and return the application form, including Seminar and Workshop options, to:

Business Operations Team

NSCAP Bevan House, 34-36 Springwell Road, Leeds LS12 1AW

Email: [nscap.lypft@nhs.net](mailto:nscap.lypft@nhs.net) Telephone: 0113 855 8750

For more information about the courses, please contact Georgia Rickson - ([grickson@nhs.net](mailto:grickson@nhs.net)) Business Operations Officer