

CLINICAL FORUM

VIA VIDEO LINK

Saturday, 9 October 2021

11am to 1pm

“How It Feels To Be You? Objects, Play and Child Psychotherapy Speaker: Tamsin Cottis

Synopsis:

In this Clinical Forum Tamsin will open a window into what happens in the therapy room between therapist and child in Integrative Child Psychotherapy. Tamsin will show how the power of a therapeutic relationship founded on empathy, respect, creativity, objects and play – can support children who are facing a range of emotional difficulties to build more positive relationships with themselves and others.

The theoretical underpinnings of Integrative Child Psychotherapy will be outlined. These include Attachment Theory, Developmental Trauma, Object Relations and working in the Transference. Connections between child and adult psychotherapy will be made and issues of Safeguarding, confidentiality and working alongside other key people in the child's life will be considered.

We will also reflect on how our complex, diverse, unequal and often stressful society can inform a child's developing sense of self, and impact on their capacity to form reciprocal positive relationships throughout their lives.

There will be interactivity and plenty of opportunity for questions and discussion. You can watch a short film introducing Tamsin's book [here](#).

About the speaker:

Tamsin Cottis is a UKCP registered Child Psychotherapist. She is a co-founder and former Assistant Director of Respond, the UK's leading provider of psychotherapy to children and adults with learning disabilities. Formerly a teacher at the Bowlby Centre, she currently works as a Child Psychotherapist and Clinical Supervisor in London primary schools and in private practice. Tamsin is a founder member of the Institute of Psychotherapy and Disability and a member of the International Association for Forensic Psychotherapy. She has presented her work to a range of national and international audiences and has written widely for books and professional journals. Her most recent publication is *'How it Feels to be You; Objects, Play and Child Psychotherapy'* (Karnac 2021). Tamsin is also a published poet and author of short stories.

Time:	11.00am - 1.00pm
Cost:	£30 (Bowlby Centre members and students - free)
Chair of Clinical Forum:	Clair Lewoski, member of the Bowlby Centre
CPD:	2 hours - (CPD certificate provided)