Open Days 2019

Nurturing the buds: Creating space for growth

21–22 September 2019
Ayers House
288 North Terrace
Adelaide 5000 SA
From guilt to concern: Developing the capacity to think and mourn in the face of social trauma

Presenter: Dr. Clara Nemas; Chair: Ms. Julie Meadows

When we do not possess a mental apparatus that is capable of containing trauma and pain and transforming them into thinkable emotions, these experiences can be evacuated as destructive actions. Exchanging glances between the past and the present, between the “other” and oneself, may help us make links and allow for containment of emotions that can help us expand our thinking capacity and diminish the tendency to act out.

Growing recognitions

Presenter: Dr. Gil Anaf; Chair: Ms. Julie Meadows

The public culture of Australia remains today, as it has for the previous two centuries, riven by disputes over the status of Indigenous people in Australian civil society (Langton). A personal reflection based on psychoanalytic insights from the consulting room suggests a useful platform from which to think about reconciliation and reparation. For Aboriginal people, this paper may refer to deceased persons.
Saturday 21st September

13:00–14:00

Lunch

14:00–15:30

Awakenings on ancestral lands

Presenter: Ms. Pamela Nathan; Chair: Dr. Timothy Keogh

The aim of this paper is to highlight the important role psychoanalysis can play in the Central Australian landscape of intergenerational trauma, sustained by Aboriginal people and catalyzed by colonialism. Ms. Nathan will refer to the work of CASSE (Creating A Safe and Supportive Environment), a psychoanalytic organization, working to change minds, transform and save lives. She will talk about awakenings on ancestral lands.

15:30–17:00

Making emotions thinkable: Nurturing buds of thought

Presenter: Dr. Clara Nemas; Chair: Dr. Robin Chester

This paper has as its starting point Bion’s contributions to the theory of thinking - the realization that as human beings we are only potentially thinking animals. The capacity to think cannot be taken for granted. This is a very painful revelation which produces an intense narcissistic wound. In this presentation, Dr. Nemas will discuss the contribution of psychoanalysis in recognizing and nurturing the buds of thought.
Sunday 22nd September

8:30—8:45
Registration and coffee

8:45—9:00
Welcome address from the APAS President, Ms. Julie Meadows
Delegates break into 3 groups

9:00—10:30
Workshop 1 — Management of suicidal patients in the emergency department
Presenter: Dr. Shanthi Saha
The workshop will present a theoretical overview of management of the suicidal patient in the ED based on psychodynamic/psychoanalytic principles followed by discussion of a clinical vignette. This will be followed by a large group discussion where participants will be encouraged to share their own experiences.

9:00—10:30
Workshop 2 — Helping buds to bloom: The value of the psychodynamic formulation when working with couples
Presenter: Dr. Timothy Keogh & Ms. Roslyn Glickfeld
The workshop will examine the potential value of a psychodynamic formulation to couples psychotherapy, underpinned by a theoretical framework that describes the psychic pathway to separation and individuation. The formulation is seen as a dynamic hypothesis, which is refined as an intervention develops, rather than a set of static, saturated and overvalued ideas. Participants will be invited to work within the large group with the clinical material presented, to experience the process of deriving such a formulation.

9:00—11:00
Workshop 3 — Balint Group
Presenter: Mrs. Leonie Sullivan
The workshop will begin with a brief introduction to the Balint model. This will be followed by an opportunity for the group to work with a narrative offered by a member of the group. There will be an experience of the group working with a dilemma presented. Of particular note, no special preparation is required for the case presentation and participants will be asked to present the case briefly, informally and without notes. Slips of memory and the tongue are seen as part of the work of the group in understanding the material.
Sunday 22nd September

10:30–11:30  Morning tea

11:00–12:30  **Workshop 4 — The service user network for adolescents: Promoting coping**

*Presenter: Dr. Barry Jones*

Dr. Barry Jones is a psychoanalyst and psychiatrist trained both in psychotherapy and child and adolescent psychiatry. He designed an award-winning psychotherapy day programme for adults with personality disorders in the United Kingdom before moving to Australia to introduce a psychotherapeutic model for self-harming adolescents.

Dr. Jones will offer some clinical examples to highlight how his work with patients has informed a model of care to support young people struggling to cope with self-harm. This model is now currently being piloted in New South Wales.

11:30–12:30  **Discussion Group — Unpacking themes of the Open Day**

*Panel: Dr. Clara Nemas, Ms. Julie Meadows and Dr. Shanthi Saha*

12:30–12:45  **Open Days closing address**

*Dr. Shanthi Saha*
Guest speakers

**Dr. Clara Nemas, MD, IPA**

is a training and supervising analyst of the Buenos Aires Psychoanalytic Association (APdeBA), Child and adolescent psychoanalyst, member of FEPAL and member of the IPA China Committee, of the Asia-Pacific Planning Committee (APPC). Dr. Nemas maintains a full-time private practice in Buenos Aires and was Vice-president and Scientific secretary of the APdeBA. Dr. Nemas has published numerous papers on ethics, psychoanalytic theory, and clinical technique in working with adolescents. She is currently involved in continuous education in seminars on Kleinian Developments, the teaching of Meltzer´s ideas and she runs a group for young colleagues on the project of becoming an analyst. She is also involved in the Latin American Working Party on Comparative Clinical Methods.

**Ms. Pamela Nathan**

is a clinical and forensic psychologist, psychoanalytic psychotherapist and sociologist in independent private practice in Kew, Melbourne. She is currently Director of the Aboriginal Australian Relations Program, Creating A Safe and Supportive Environment (CASSE) and is working with violence and trauma in Central Australia. She continues to practice, teach, workshop, supervise and publish, in journals, booklets and papers, in the psychological and psychoanalytic arena.

**Dr. Gil Anaf**

is a Training and Supervising Analyst with the Australian Psychoanalytical Society. He is currently Chair of the Adelaide Institute for Psychoanalysis. He has an ongoing interest in the interface between psychoanalysis and politics, having published papers in that area, and been involved in submissions to government to maintain the public’s access to psychoanalytic treatment. Dr. Anaf works in private practice.
## Registration details

Concessions for Pension cardholders and full time students under 35 (ID to accompany registration)

### Saturday 21st & Sunday 22nd

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<th>Event</th>
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<tr>
<td>All events (Saturday and Sunday)</td>
<td>$395.00 inc GST</td>
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### Sunday 22nd

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<td>Cost for any combination of workshops</td>
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<td>Attend a 9:00 session and an 11:00 session</td>
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Refunds (less $50 administrative fee) will be given only for cancellations received in writing by Friday 23rd August 2019.

All enquiries please email: apas@psychoanalysis.asn.au

Register online via Trybooking: trybooking.com/BBYAF