

## presents the 39<sup>th</sup> Arts Therapies Forensic Conference

**Thursday 26<sup>th</sup> July 2018 - 9.30am to 4.30pm**

**London NW3 – details and directions will be sent with booking confirmation.**

### ***‘Families and Institutions: Chaos, loss and trauma through the reflective lens of the creative process’***

#### ***Morning Presentation:***

#### **Mary Poppins and the dysfunctional family**

***Christine Rolph, Chris Moody, Bekki Watson and Claire Shanks***

*“Come to the edge,” he said.*

*“We can’t, we’re afraid!” they responded.*

*“Come to the edge,” he said.*

*“We can’t, we will fall!” they responded.*

*“Come to the edge,” he said.*

*And so they came.*

*And he pushed them.*

*And they flew.”*

*Guillaume Apollinaire*

This team presentation is a work about “progress”; process, evolution and development. It grew from our experience of working together within the Therapeutic Communities of HMP Dovegate. We will think about the residents’ journey using the creative modalities we offered, to encourage debate around the impact of such work, on the individual, the team, the community and the wider prison and to seek support in thinking around the learning and the growth, the investment and the cost. The presentation will introduce you to individual resident group members and their creative expression; to give them a voice to tell you their story. We will consider how the impact of the creative experience deepened their insight and awareness, or perhaps proved too difficult and so was sabotaged and attacked. We will share our experience of how the projections and splitting and defences get played out; what gets re-enacted throughout the forensic layers and we’ll ask questions both of ourselves and the audience related to self-care and survival; when to speak, what to say, how to manage. We will invite you to embrace and engage with your own creativity, keeping in mind how FATAG may be perceived as both ‘family’ in one sense and ‘institution’ in another.

***Christine Rolph*** is currently Head of Core Creative Psychotherapy at HMP Dovegate in Uttoxeter: a Cat B male prison with a separate therapeutic community. She is a qualified art psychotherapist with eight years’ experience within forensic therapeutic communities. Christine is also a qualified creative clinical supervisor. Alongside her forensic work, she has a private practice in Cheshire and is undertaking further training in group analysis with the IGA.

***Chris Moody*** is a qualified art psychotherapist with additional training in Person Centred Expressive Arts Therapy. Until recently she worked within the therapeutic communities at HMP Dovegate as a Core Creative Psychotherapist. She has several years’ experience working privately and within the NHS. Chris is currently pursuing a long held ambition developing her art psychotherapy practice through the Bowtop Project.

***Bekki Watson*** is a dramatherapist with experience of working with learning disabilities, trauma and mental health; focusing on eating disorders in the community. She has previously spoken about this work at the BADTH conference. For the last three years Bekki has worked in forensics at Dovegate and Gartree prison TC and TC+.

***Claire Shanks*** has a background working in medium and low secure forensic hospitals as an assistant psychologist, before qualifying as an art psychotherapist in 2015. She has worked at HMP Dovegate as a Core Creative Psychotherapist on a mainstream therapeutic community and also a therapeutic community for offenders with a low IQ.

## ***Afternoon presentation:***

### **Not What it Says on the Tin – *Sarita Bose, Alex Maguire, Martina Mindang***

In this presentation we will relate three narratives; those of the patients, therapists and institution of an on-going family awareness group which ran for six years in a high secure hospital setting. The group was for men with an enduring severe mental disorder, personality disorders or dual diagnosis. The men referred to the family awareness group all had a dysfunctional family history or disturbing early experiences including childhood relational traumas, familial rejection and environmental relocations.

The offender identity is one in which the idea of one's family is 'sacred'. No man may speak of another's mother. The use of this cross discipline psychodynamic group was offered in this environment to enable the men to develop a narrative and way of challenging the taboo of 'speaking' of one's family in high security.

We hope to address the converging and diverging narratives and examine the all-too-often fraught therapeutic endeavour of symbolically representing the primary care giving group in a high-secure setting. We will convey our experiences of struggling for something of an 'ordinary domesticity', given these patients own chaotic, traumatic family histories and we acknowledge that this work is carried out in an extraordinary setting, that of high security. For these 'family' members, the family awareness group challenged the idea of what family can be about and offered an opportunity to test the ordinary, consistent and predictable (if alien) family values of the group. Through the recapitulation of a family group, by encouraging the playful use of art and music, and via the pro-social act of adopting a position in the group, attending regularly and committing to the group rules, the group fostered a therapeutic space safe-enough for serious play, encouraged relational security and a tolerable intimacy. The presentation will consider the role of the high secure environment in this endeavour and use a case study to encourage the thoughts about this triangulated relationship of often conflicting narratives. The narratives will be accompanied by images and description of sounds from the group's history. We hope it will be a thought-provoking interesting reflection of the powerful emotional exchanges in the group.

***Sarita Bose*** is a Senior Clinical Nurse Specialist. She worked in a forensic high secure mental health service for twenty two years and is currently working in a medium secure service. She has collaborated on psychological psychotherapy treatments with a range of arts therapists over many years and co-produced several multidisciplinary publications the latest of which can be found in *Violent States - Creative States* (2018). Sarita has an MSc in the psychodynamics of human development and is a qualified CBT Psychotherapist and qualified Reflective Organisational Practice Conductor.

***Alex Maguire*** is senior music therapist at Broadmoor high security hospital in the UK specialising in working with high dependency and intensive care patients. He has presented his work at numerous conferences and has contributed to the books *Forensic Music Therapy* (2012), *Forensic Arts Therapies - Anthology of Practice & Research* (2016), *Working Across Modalities in the Arts Therapies: Creative Collaborations* (2017) and *Violent States and Creative States; from the Global to the Individual* (2018). Alex co-founded Broadmoor Hospital choir for both staff and patients which has been commended in the Arts and Health Awards.

***Martina Mindang*** is an art therapist and has worked within NHS mental health services in adult community care, acute admission and high secure services. Her special clinical interest is creative approaches to psychological recovery from violence. She has presented on this subject at international conferences and seminars as well as contributing to the books *Forensic Arts Therapies - Anthology of Practice & Research* (2016), *Working Across Modalities in the Arts Therapies: Creative Collaborations* (2017) and *Violent States - Creative States* (2018). Martina is a registered clinical supervisor, private practitioner and lectures on the M.A. Art Psychotherapy Programme at Roehampton University.

***Cost of Conference £70.00 including lunch, tea/coffee  
Current Arts Therapy Students £40.00***

## ***Registration to attend the 39<sup>th</sup> Arts Therapies Forensic Conference***

To attend the conference, please complete this form and return it to the address below. The fee is £70.00 and includes lunch and refreshments (£40 for current arts therapy students – please provide proof of student status). If you have any issues to raise on the day, please write to the address below or email: [Fatag1@aol.com](mailto:Fatag1@aol.com).

### **Confirmation**

**I would like to attend the 39th Arts Therapies Forensic Conference. (Directions and further details will be sent with your booking confirmation) on Thursday 26<sup>th</sup> July 2018 from 9.30am to 4.30pm and I confirm that I am:**

- an Arts Therapist currently working with forensic clients or in a secure setting.**
- an Arts Therapist trainee currently on clinical placement in a forensic setting.**
- other – please give details.** \_\_\_\_\_

### **Future Conferences:**

I am interested in presenting at a future conference:      Full presentation      Workshop

### **Payment**

Please send booking form by email to [Fatag1@aol.com](mailto:Fatag1@aol.com) and payment by online banking for £70.00 (£40 for students), ensuring you use your name as a reference to: FATAG, Sort code: 30-99-21. Account number: 03701749, or by cheque made payable to the 'Forensic Arts Therapies Advisory Group' to the address below.

**Special Requirements** - Please inform us with your registration of any special requirements, and we will do our best to accommodate you.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Email address: \_\_\_\_\_ Tel: \_\_\_\_\_

Job title/Modality: \_\_\_\_\_ Organisation: \_\_\_\_\_

Dietary requirement: \_\_\_\_\_

Special requirements: \_\_\_\_\_

- Your email address will be included on the list of delegates which is given to all delegates attending the conference. Please tick this box if you do not wish your email address to be listed.**

**Please note that we are unable to refund your fee or to transfer your place to another person or another date. A receipt, map, directions and further information will be sent to you when we have processed your booking.**

**Payment must be made with booking. Receipts will be provided.**

**F.A.T.A.G.** P.O. Box 1257 Cheltenham, Gloucestershire GL50 9YX