

Practising relational psychoanalysis

a seminar exploring core themes
in contemporary psychotherapy

Susie Orbach

Sat 28 April 2012

LONDON



Eating problems and the body

The therapy relationship

Gender and dependency

Susie Orbach



Susie Orbach Susie Orbach is a psychoanalyst and writer whose interests have centred around feminism and psychoanalysis, the construction of femininity and gender, globalisation and body image, emotional literacy and psychoanalysis and the public sphere. She co-founded The Women's Therapy Centre in London in 1976 and The Women's Therapy Centre Institute, New York in 1981. Her numerous publications include the classic *Fat is a Feminist Issue*, along with other such influential texts as *Hunger Strike*, *What Do Women Want* (with Luise Eichenbaum), *The Impossibility of Sex* and her latest book *Bodies*. Susie has been a consultant to the World Bank, the NHS and Unilever. She is a founder member of ANTIDOTE, (working for emotional literacy) and Psychotherapists and Counsellors for Social Responsibility and is convener of Anybody (www.any-body.org), an organisation campaigning for body diversity. She is a founder member of the Relational School in the UK and has a clinical practise seeing individuals and couples.

GENDER, THE BODY AND THE PSYCHO-THERAPY RELATIONSHIP

- 10.0 Introduction to the day
- 10.05 Eating Problems and the Body
Susie will discuss the relationship between body and mind, the disturbing rise in the undermining of the body and eating and the technical issues this raises for handling eating and body image problems.
- 11.15 Coffee
- 11.45 The Therapy Relationship
A discussion of how to manage the powerful impact of countertransference feelings in the therapy relationship, and to use them to better understand and reach the analysand.
- 13.0 Lunch
- 14.0 Gender and Dependency Issues
An exploration of how the defence against dependency - for example, not being needy or being over-needy - can be examined and addressed in the therapy relationship so that dependency needs can be recognised rather than disparaged.
- 15.30 Discussion
- 16.0 End of seminar

To prepare fully please read these works by Susie Orbach:
Hunger Strike (Karnac)
‘The Vampire Casanova’ chapter in *The Impossibility of Sex*
‘Gender and Dependency in Psychotherapy’, in *Journal of Social Work Practise* (December 1990)