



DANISH SOCIETY FOR
**Psychoanalytic Psychotherapy
with Children and Adolescents**

You – Me – and All the Others

We are always more than two – reflections on triangular relationships

DSPBU 25th Anniversary Conference
Copenhagen, the 15th and 16th of September, 2017



Welcome to The Danish Society for Psychoanalytic Psychotherapy with Children and Adolescents' 25th Anniversary Conference.

You - Me - and All the Others

We are always more than two - reflections on triangular relationships

DSPBU was founded in 1992 as a society to facilitate child and adolescent psychotherapy training programs. The aim was to stimulate and develop interest in child and adolescent psychoanalytic psychotherapy in Denmark and to create the organizational strength and containment for future educational programs.

For 25 years now, DSPBU has worked to prevent and alleviate emotional and mental suffering among children, adolescents and parents by facilitating and developing psychodynamic child and adolescent psychotherapy and parent work attuned to, for instance, emotionally and socially deprived children and adolescents; children and adolescents with faltering wellbeing and confidence; children who have experienced loss and trauma; children and adolescents who are unable to enjoy life and their relationships with others; children and adolescents suffering from psychiatric disorders.

The focus of this conference is to illuminate the modern field of psychoanalytic psychotherapy and related research with children, adolescents, and parent work.

The conference is to offer a possibility to enhance our understanding of triangular relationships. Children and adolescents are often preoccupied with their position in the triangle. Who am I and where am I in relation to my parents, as a couple and as mother and father? Who am I and where am I in relation to my siblings and in the complex, interrelated emotional field of the family.

The focus is on how to help children with their anxieties, anger, sadness, and fantasies about family relationships, for instance jealousy and envy in relation to the love of the parents and their feelings of being held in mind or dropped by parents and siblings?

The strength of these and related feelings have, if uncontained the potential to inhibit or destroy the child's development of capacity for healthy intimate relationships and identifications.

Psychoanalytic psychotherapy can help children and adolescents develop and come to terms with their emotional needs and relationships. In the process of psychotherapy strong feelings and impressions are brought to life, inside the therapeutic setting affecting not only the children but also their psychotherapists and sometimes even reverberating in the supervisory relationship.

PROGRAMME

Friday the 15th of September

08.00-09.00 Registration and coffee

09.00-09.15 Welcome to the conference. Gitte Nothlev, Chairman of DSPBU

09.15-10.30 Margaret Rustin: *Re-visiting Melanie Klein's "Narrative of a Child Analysis": some thoughts about contemporary clinical practice in the light of Klein's fearless approach to interpretation.*

10.30-11.00 Break

11.00 -12.15 Parallel sessions

Michael Rustin: *Supervision of a research project*

Karin Bagge, clinical psychologist: *The Oedipus myth and its relevance to psychoanalytic child and adolescents psychotherapy in residential care.*

Lisbeth Elmann, clinical psychologist: *You, Me, and All the Others - in the countertransference. A case presentation with reflections about the appearance of triangulation in the countertransference in a psychoanalytic child psychotherapy.*

Charlotte Andersen, clinical psychologist: *Thinking about the girl with the x-ray eyes, while she is struggling with triangulation. A case presentation.*

12.15-13.15 Lunch

13.15-14.30 Liselotte Grünbaum: *Am I the first child to come? - Sibling figures in mind and real-life.*

14.30-15.00 Break

15.00-16.00 Reflection groups

18.30 25th Anniversary Dinner

Saturday the 16th of September

08.30-09.00 Breakfast

09.00-10.15 Michael Rustin: *Different modes of research in child psychotherapy today.*

10.15-10.45 Break

10.45 -12.00 Parallel sessions

Margaret Rustin: *Live case supervision*

Liselotte Grünbaum: *Live case supervision*

Francoise Gautré-Delay, child and adolescent psychiatrist: *Will today's institutional discourse and setting of the Danish child and adolescent psychiatry influence the triangulation of the patient-psychotherapist-supervisor relationship?*

12.00-13.00 Lunch

13.00-14.15 Panel discussion

14.15-14.30 Conference closing session

Abstracts:

Margaret Rustin: *Re-visiting Melanie Klein's "Narrative of a Child Analysis": some thoughts about contemporary clinical practice in the light of Klein's fearless approach to interpretation.*

Klein analyzed her young patient Richard during wartime. The presence of external threat was very real, but her technique focused on clarifying internal reality, while tracking in careful detail the anxieties Richard struggled with. These were evoked by his everyday experiences and also included his worries about the progress of the war. How do we now think about analytic work with children who are exposed to a world full of current dangers? What is our psychoanalytic understanding of the basis for resilience?

Margaret Rustin is a Child, Adolescent, and Adult Psychotherapist. She was Head of Child Psychotherapy at the Tavistock Clinic from 1985 to 2007. She has written on many aspects of the practice and teaching of child analysis. Now post-retirement from the Tavistock, she continues to supervise trainees at the Clinic and work mainly in private practice.

Margaret Rustin has co-written, with Michael Rustin, *Narratives of Love and Loss: Studies in Modern Children's Literature*; and *Mirror to Nature: Drama, Psychoanalysis and Society*. In 2016 they have jointly published *Reading Klein*, an introduction to the work of Melanie Klein. Margaret Rustin has co-edited *Closely Observed Infants; Assessment and Child Psychotherapy; Psychotic States in Children*; and *Work Discussion*. She is author of many published articles, and has given lectures on aspects of child analysis and infant observation in countries worldwide.

Margaret Rustin is an Associate of the British Psychoanalytical Society.

Michael Rustin: *Different modes of research in child psychotherapy today.*

There is much pressure in the modern health system to demonstrate the "effectiveness" of psychoanalytic treatments, and there has been a pervasive though not necessarily well-founded view that short-term, packaged treatments such as Cognitive Behaviour Therapy have the stronger evidence base. In this policy context, it has been difficult to sustain the presence of longer-term treatments oriented towards development, in the British public health system.

This paper will show how it has been possible, in recent studies, to demonstrate that long-term psychoanalytic treatments are effective, although the complexity of serious mental health conditions and their treatment make such research trials expensive. A distinction will be made between researches focused on outcomes and effects, using mainly quantitative methods, and those qualitative studies whose aim it to develop theoretical understandings of mental structures and treatment processes. The emergence of systematic methods of qualitative analysis is enabling new clinical discoveries to be made. There is potential to make use of the clinical data acquired in outcome trials, with mutual benefit to these two models.

Michael Rustin is Professor of Sociology at the University of East London, and Visiting Professor at the Tavistock Clinic and the University of Essex. He has had a major role in the University of East London-Tavistock Clinic academic partnership, through which he has contributed to the development of many university-accredited programs in the field of psychotherapy and community mental health. A long-standing interest in the social and political relevance of psychoanalytic ideas has colored his career, and he has been working on developing research methods appropriate to the study of unconscious mental life.

Michael Rustin is author of *For a Pluralist Socialism, The Good Society and the Inner World: Psychoanalysis, Politics and Culture*, and *Reason and Unreason: Psychoanalysis, Science and Politics*, as well as two books jointly written with Margaret Rustin. In 2016 they have jointly published *Reading Klein*, an introduction to the work of Melanie Klein. He is a co-editor of *Stuart Hall's Political Writings*, also published in 2016, and a founding editor of *Soundings*. Michael Rustin is an Associate of the British Psychoanalytical Society.

Liselotte Grünbaum: 'Am I the first child to come'? - Sibling figures in mind and real-life.

This presentation is about phantasies of sibling relationships as communicated in psychoanalytic child psychotherapy and the child's real-life experiences as told by the parents and other caring figures. As thus, I question the connections between the child's phantasy formations of rivalry and cooperation among sibling figures and his or her early and later real-life experiences of care and neglect, friendliness and strife, teamwork and competition within the network of family- and peer relationships.

Liselotte Grünbaum (MSc of psychology, PhD) is a registered psychologist, specialist practitioner and supervisor of clinical child psychology and psychotherapy.

Her PhD work, concluded with the dissertation *Breaks as a Window to Core Object Relationship Themes* (2014), was carried out at the University of East London and the Tavistock and Portman NHS Foundation Trust. She is a member of the Tavistock Society of Psychotherapist (TSP). Drawing on her extensive work experience with children, adolescents, and their families in various public settings, she is currently in private practice in Copenhagen, a part-time associate professor at Aalborg University, and a teacher and supervisor in the Danish training programme for psychoanalytic child and adolescent psychotherapists. She is a former coordinator of the Child and Adolescent Section of the European Federation of Psychoanalytic Psychotherapy. She has published several articles in English on child and adolescent psychotherapy and clinical child psychology with children suffering the after-effects of early neglect and complex traumatisation. Together with Karen Vibeke Mortensen, she co-edited *Play and Power* (2010) in the EFPP Book Series. Her latest publication, *Psykodynamisk psykoterapi med børn og unge* (2016), was written together with Karen Vibeke Mortensen. Forthcoming November 2017, this will be published by Karnac Books as *Psychodynamic Child and Adolescent Psychotherapy: Theories and Methods*.

Practical information:

For registration and price: www.dspbu.dk

The venue takes place at:

Schæffergården Hotel & Konferencenter

Fondet for Dansk-Norsk Samarbejde

Jægersborg Allé 166

DK-2820 Gentofte

Tlf.: 39 77 28 00

www.schæffergården.dk

Suggestions for other accommodation:

Gentofte Hotel, Gentofte.

Sinatur Hotel Frederiksdal, Lyngby.

Hotel Kong Arthur, Central Copenhagen.

Other possibilities: hotel.com

Transport:

S-train green line B direction Holte – Klampenborg: Get off at Jægersborg Station (5-10 min. walk)

From Copenhagen by car take highway 19, exit nr. 7 Jægersborgvej.