

The Canberra & Region Self Psychology Community
2023 Self Psychology Conference
“Nurturing the Tendrils of Health:
Working with the Forward Edge in Clients, Self and Community”
25 & 26 February 2023
CONFERENCE INFORMATION

DAY ONE: SATURDAY 25 February 2023

8:45a— Registration and Networking

9:15a— Conference Opening

10a Keynote Speaker: Jeff Barlow, Psychotherapist, Clinical Supervisor
“From Reichian Body Psychotherapy to Embodied Subjectivity:
a personal and professional journey”

[11:15a morning tea—provided]

11:45a Case Presentation: Karen Stewart, Psychodynamic Psychotherapist
“Dancing with the Demons: Making Sense of Schizophrenia”
Moderator: Stephen Tang, Psychologist, Psychotherapist

[1:00p Lunch—not provided]

2:00p Case Presentation: Susan West, Counsellor, Psychotherapist
“Finding our Way to Greater Authenticity, or (K)not”
Moderator: Nicola Hoskins-Murphy, Psychotherapist, Psychologist

[3:15p afternoon tea—provided]

3:45p Panel Presentation: “Self Psychology and my Clinical Forward Edge”
Stephen Tang, Psychologist, Psychotherapist, Policy Advisor, Researcher
Carolina Barreto, Psychologist, Supervisor
Hollie Bakerboljkovac, Counsellor, Coach
Matt Hynes, Child Psychologist
Moderator: Sandra Kay Lauffenburger, Psychodynamic Psychotherapist, Supervisor

5p Close of Day One

[5:30 Optional Conference Buffet Dinner—prepaid]

Space42 DEAKIN ACT Ngunnawal Land

7/42 Geils Court, Deakin West ACT

Conference organizer: S K Lauffenburger

info@selfnmotion.com.au



DAY TWO: SUNDAY 26 February 2023

9:15 Arrival & Networking

9:30a— Opening Welcome

9:45a Case Presentation: Nicola Hoskins-Murphy, Psychologist, Psychotherapist
“Close to the Bone: Coming-into-Being and the Crucible of Motherhood”
Moderator: Jeff Barlow, Psychotherapist, Clinical Supervisor

[11:00a morning tea—provided]

11:30a Case Presentation: Chantal Jackson, Counsellor, Somatic Exp. Practitioner
“Weaving Somatics and Self-Psychology: Remaining Rooted in the Relationship”
Moderator: Sandra Kay Lauffenburger, Somatic Psychodynamic Psychotherapist

[12:45 Lunch—not provided]

1:30p Presentation and Experiential: Sandra Kay Lauffenburger, Psychotherapist, Supervisor
Olivia Wilson, Psychologist, Psychotherapist, Supervisor
“Somatic Self Psychology: What does it mean to ‘Include the Body’?”

3:15p Questions, Answers, Discussion
All Presenters

4p Close of Conference—thank you for joining CRSPCommunity

The Canberra & Region Self Psychology Community
2023 Self Psychology Conference
“Nurturing the Tendrils of Health:
Working with the Forward Edge in Clients, Self and Community”
25 & 26 February 2023



Space42 DEAKIN Ngunnawal Land

7/42 Geils Court, Deakin West ACT

Conference Organiser: S K Lauffenburger

info@netspeed.com.au



The Canberra & Region Self Psychology Community
2023 Self Psychology Conference



THE PRESENTERS

Jeff Barlow

B.A. B.Ed. M.Ed.

Jeff trained in body-oriented psychotherapy in London in the 1970's. He worked as a psychotherapist, group facilitator and trainer in the UK, Germany, Austria and France, and was involved in the development of the first body-oriented training programs in Germany and Austria. Jeff returned to Australia in 1982 and began the first Australian training program in body-oriented psychotherapy in Sydney and Melbourne. Over time this developed into the *Australian College of Contemporary Somatic Psychotherapy* which ran three-year professional training programs with 11 trainers in Melbourne, Sydney and Canberra. Jeff closed the College in 2013 and is now semi-retired.

Carolina Barreto

B.A. Clinical & Educational Psychology, Grad Dip (Dance Therapy)

Carolina is a Clinical Psychologist, based in Sydney with over 15 years of experience working with individuals, couples, public and private organizations, government, and NGOs. She is the founder of Sydney based private practice *Emotion Lab – Psychology*. She also has a long-standing role as the consultant Psychologist for the Freedom Partnership, and the Salvation Army Safe House team. Part of this role involves developing therapeutic and mentoring interventions for victim-survivors of human trafficking, modern slavery and forced marriage. She also provides consultation and training for the organization staff and the Australian Federal Police. In 2015 Carolina received the Australian Psychological Society Intercultural grant to provide training to Immigration officials, local police officers and NGO's in Colombia. Carolina is passionate about cross-cultural issues and the interconnection between body, movement and emotions. She focuses on creating integrated, flexible interventions, drawing on a broad range of theoretical and practical techniques, including dance therapy.

Hollie Bakerboljkovac

Grad Dip Counselling

Hollie lives on the ancestral land of the Dhurga speaking people of the Yuin nation, near Braidwood. She is a Clinical Counsellor and Coach with a background in natural and ancestral health, wellness, sacred space, martial arts and functional movement, conscious living and Women's Mysteries. She is particularly passionate about working outdoors with people who experience neurodivergence. Hollie has a (mostly) respectful disregard for the status quo and mainstream culture. She promotes Choice and believes in the capacity of human beings to do extraordinary things.

The Canberra & Region Self Psychology Community
2023 Self Psychology Conference



Nicola Hoskins-Murphy

B.Soc.Sci, (Hons)(Psych), Grad Dip Psych, B.A., Dip Ed. MAPS

Nicola is a Self Psychologist working in private practice in Orange NSW where she works with a range of issues including trauma, disorders of self and chronic mental health conditions. She has worked in education as well as in public and private health. She offers supervision in Self Psychology and in clinical writing. She is interested in the interface between different ways of thinking about psychotherapy. She is published in *Psychoanalysis, Self and Context*, the journal of the International Association of Psychoanalytic Self Psychology.

Matt Hynes

BPsych (Hons), BApp Sc

Matt Hynes runs a private practice from the studio in his backyard in Canberra, Ngunnawal country. He is a child and adolescent psychologist with previous training and experience using attachment psychology (Circle of Security Intensive), narrative therapy, nature mentoring (8-Shields model), and animal-assisted therapy. Sessions are often conducted outside in his yard or further afield exploring the surrounding suburb. Some of his children clients have continued to see him through to adulthood. Matt's co-therapist is his therapy dog, Brown Dog. Matt is looking forward to telling you about how *Self Psychology* has helped him define his own role in therapy which, it turns out, was necessary for all those other tools and techniques to work.

Chantal Jackson

Grad.Dip. Counselling, Somatic Experiencing Practitioner, Integral Somatic Psychology (ISPP) Practitioner, Spiritual Care Practitioner

Chantal has run a full-time private practice in Canberra since 2020. She works with clients ranging from 12-72 years of age, with a focus on trauma renegotiation through self-psychology, Somatic Experiencing, ISPP and spiritual care lenses. Chantal has a deep interest in how early adaptations and impacts can be unravelled so that people can discover and develop an embodied sense of self in the world allowing them to feel alive, purposeful, and deeply attuned to self, others and the world.

Sandra Kay Lauffenburger

B.Ed., M.Sc., B.Soc.Sci.(Hons Psych), Grad Dip DMT, Cert Movement Analysis

Sandra maintains a clinical practice in Psychodynamic (Self Psychology) Psychotherapy and Somatic/Dance Movement Psychotherapy in Canberra. She works with a spectrum of clients with issues ensuing from complex trauma. Over thirty years of exploring body and movement therapies, as well as clinical training in psychoanalytic Self-psychology, inform her work. She is an invited presenter on applications of somatic movement therapy in Australia, Canada, NZ and Asia. Sandra is an Associate Editor for the *Journal of Body, Movement and Dance in Psychotherapy*, and has published a number of articles and book chapters. Her passion is to expand the reach of Self Psychology and Somatic/Movement Psychotherapy, particularly through group or individual supervision, and specialized workshops and webinars.

The Canberra & Region Self Psychology Community
2023 Self Psychology Conference



Karen Stewart

M.A. Counselling, PACFA Clinical reg 24364, CEDC.

Karen is a middle aged white woman living and working on Ngunnawal and Ngambri land in Canberra. Karen was raised by a military father and a nursing mother, living in many different places during her upbringing. Karen has a private practice and primarily uses a psychodynamic psychotherapeutic framework. Karen's professional background includes working with people of all abilities who have experienced trauma and mental ill health, with offenders in the justice system, people in crisis due to family violence, and as an individual and couples therapist. Her work is infused with a somatic orientation and informed by Self Psychology and affect theory.

Stephen Tang

B.Psych (Hons), LLB (Hons), LLM (Legal Practice), PhD (Clinical Psychology), MAPS

Stephen is a psychologist/psychotherapist with a particular interest in intersubjective Self Psychology and collaborative/therapeutic assessment. He is also a Senior Policy Advisor at the Australian Psychological Society and convenes the ANU psychology honours stream on Evidence-Based Assessment and Intervention. Stephen is a former lawyer, academic and public servant.

Susi West

B.Arts, CELTA, Specialist training in Holistic Counselling & Psychotherapy, L1 & 2 Gottman Method Couples Therapy, Certified Focusing Practitioner (in process)

Susi is an accredited Clinical Counsellor with PACFA and has been working in private practice in Canberra and online since 2018. She is passionate about supporting individual women and couples to get the love and relationships they want and is known as a kind, compassionate and playful guide. Her work is primarily informed by Process-Oriented Psychology, Inner Relationship Focusing, Self-Psychology & Gottman Relationship Counselling along with her own lived experience of trauma, grief, and depression. Prior to becoming a therapist, Susi worked for more than 20 years in international education. She now spends part of each year working remotely from the southwest of France.

Olivia Wilson

BA (Psych) Grad Dip (App Psy), Diploma Somatic Psychotherapy MAAPi Reg Psych ACT No.432

Olivia has a private Psychology and Psychotherapy practice in Canberra specialising in trauma and psychosomatic difficulties, with special attention to developmental relational trauma. She graduated in Somatic Psychotherapy with Jeff Barlow at the *Australian School of Contemporary Somatic Psychotherapy* in 2007. Olivia works within a Self Psychological and Intersubjective framework to build a relationship of safety, attunement and understanding where troubling or out of awareness affect states can become deeply known, met, languaged and responded to by an "other". She co-teaches Somatic Self Psychology workshops, where experiential embodied exploration of self and other is integrated within a Self Psychological framework.