

Winter Meeting 2019

Making Sense of Self-Harm

With Dr Maggie Turp

Registration 10:30

Talk 11:00am to 12:30pm

Lunch 12:30pm

at

N.C.V.O.

Regent's Wharf, 8 All Saints Street, London N1 9RL

Drawing on infant observation extracts, clinical practice and service user testimony, we will consider both the history and intentionality of acts of self-harm.

With regard to history, a well-functioning capacity for self-care is identified as a protective factor in relation to the destructive and self-destructive tendencies that are part of our human make-up. We will endeavour to identify the building blocks of such a capacity within parental care and consider how psychotherapy practice can best address early damage or deficit in this area of development.

With regard to intentionality - and bearing in mind that the most common reason given for self-harm is a desire to 'cope' - we will consider self-harm as an extreme attempt at self-regulation. Bick's theory of psychic skin functioning offers a perspective that links self-harm of various kinds to difficulties in the management of the psychic skin boundary between self and others, a perspective that will be explored with the help of clinical examples.

Time permitting, we will also consider possible reasons for the gender imbalance in acts of self-harm and the recent increase in incidence among teenage girls.

Dr Maggie Turp

Dr Maggie Turp is a psychotherapist and supervisor in private practice, a 'hybrid' author of fiction and non-fiction and an independent trainer, offering clinically themed workshops to counselling and psychotherapy groups across the UK. She is an active member of the Climate Psychology Alliance and the Confer Advisory Board.

Maggie's publications include a numerous journal papers and two books, *Psychosomatic Health: the body and the word* (2001 Palgrave) and *Hidden Self-Harm: narratives from psychotherapy* (2003 Jessica Kingsley). Her first novel *The Limits of the Land* is currently seeking a publisher. A further work of non-fiction, *Narrative Repair in Psychotherapy: stories of self and the psychic skin boundary*, has been commissioned by W. W. Norton and is scheduled for publication in 2020. Maggie welcomes correspondence at maggieturp@googlemail.com

This CPD event is free to members. Colleagues are welcome at a fee of £40.

Please let Denise know if you will be coming to the Winter Meeting. She can be contacted by email administrator@fip.org.uk or Tel: 020 8367 4359