

# The place of professional complaints in psychotherapy: a conundrum.

**Adah Sachs, PhD**

**13th June 2026, 10.30 to 13.00**

**Online via Zoom**

The need for complaints procedure is obvious: allowing scrutiny in a profession where professional mistakes or wrong-doing are largely un-witnessed, thereby improving practice.

However, a complaint is not a harmless remedy. Contrary to its aim of improvement, it almost invariably results in the breakdown of the therapy, regardless of which side 'wins'. This is because psychotherapy is inherently incompatible with being examined by a committee.

This talk explores different types of complaints, from the criminal to the imaginary and from the practical to the unconscious, aiming to find a way through their conflicting needs.

## **About the speaker:**

Dr. Adah Sachs PhD is a psychoanalytic psychotherapist specializing in attachment, dissociative disorders and complex trauma. She has worked for decades with adults and adolescents in psychiatric care, was a consultant psychotherapist at the Clinic for Dissociative Studies and an NHS consultant psychotherapist for the London Borough of Redbridge. She now maintains a supervision-only private practice, writes and lectures widely. This talk is based on her 2023 co-edited book *The Psychotherapist and the Professional Complaint* (Karnac).

**FIP Members – Free**

**Non-FIP Members: £35/Early Bird Booking £30**

**booked before 13th May, 2026**