



WEST MIDLANDS  
INSTITUTE OF  
PSYCHOTHERAPY

# The Use and Abuse of Power in Therapy

VALERIE SINASON  
FANNY BREWSTER

**SATURDAY 20<sup>TH</sup> MARCH 2021**

**10.00am – 4.00pm**

Online via Zoom

*A conference presented by  
WMIP in discussion with the  
Ethics Committee of CPJA  
and chaired by Alf McFarland*



## THE USE AND ABUSE OF POWER IN THERAPY

There is an unequal power relationship between therapist and client/patient in psychotherapy. Transference dynamics will complicate this relationship, as will other factors such as ethnicity, gender, class, sexuality and intellectual and physical ability. The therapist's power can operate as a facilitating, healing influence, and it may also, subtly, serve to maintain a pre-existing sense of destructiveness and unworthiness in the client/patient. Psychotherapists, counsellors, and trainees are invited to join us to consider this important aspect of clinical work.

### BETWEEN THE KING OF THE CASTLE AND DIRTY RASCAL: THE JOURNEY TO THE CENTRE

When False Memory Groups began to attack trauma therapists in the 1990s, the key illogical thrust was that therapists had the power to install false narratives into their patients, including the estranged adult children of Group members. Yes, therapists could try to do that if they were abusers and, as we know, there is a small percentage of abusers in every profession. However, outside of that, we answered that if we were so very powerful all our patients would have got better! When working with trauma, dissociative identity disorder and disability the terms "power" and "therapy" do not sit comfortably together. And yet, in working relationally with people whose worlds have been sadistically contaminated or destroyed, as well as trying to examine errors and misattunements, we also need the power of truth, understanding and attachment within a safe-enough structure.

### VALERIE SINASON

Valerie Sinason is a poet and writer who has spent the last forty years as a child psychotherapist and adult psychoanalyst focussing on disability and dissociation. She is Founder and Patron of the Clinic for dissociative studies, sits on the Board of the ISSTD and her latest book (Confer Karnac 2020) will be *The Truth about Trauma And Dissociation; Everything you didn't want to know and were afraid to ask*.

#### FEE

£40 ~ Students and Trainees

£55 ~ WMIP, UKCP and CPJA members

£65 ~ Other professionals

### THE OTHER IN THE TEMENOS

We now find ourselves in a time when the issue of raciality, and therefore racism, have consciously emerged as significant factors of consideration in every area of our lives. This is especially true for the psychological work in which we engage--both as analyst and analysand. The *Racial Complex*, or as Jung called it the 'color' complex, needs to be explored in light of our 21st century continuing issues with racism, and a desire to move away from 19th century colonial theories of racial exclusion. Our discussion will explore societal issues of racial relations, not as separate from psychology, but as an intricate part of culture, identity and collective consciousness.

### FANNY BREWSTER

Dr. Fanny Brewster is a Jungian analyst and Professor of Depth Psychology at Pacifica Graduate Institute. She is a writer of nonfiction including *African Americans and Jungian Psychology: Leaving the Shadows* (Routledge, 2017), *Archetypal Grief: Slavery's Legacy of Intergenerational Child Loss* (Routledge, 2018) and *The Racial Complex: A Jungian Perspective on Culture and Race*. (Routledge, 2019)

Dr. Brewster is a lecturer and workshop presenter on Jungian related topics that address Dreamwork, American Culture and Creativity. She is a faculty member at the New York C.G. Jung Foundation and an analyst member with the Philadelphia Association of Jungian Analysts.

### BOOKING

Booking is required for this event, and tickets can be purchased via Eventbrite, click on the following link:

<https://www.eventbrite.co.uk/e/the-use-and-abuse-of-power-in-therapy-tickets-121948147191>

For more information see:

<http://www.wmip.org/events.html>

Or email: [kate@klevermarketing.co.uk](mailto:kate@klevermarketing.co.uk)