



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

Psychotherapy & Spirituality

A paper by

Susannah Izzard

MONDAY 12th JUNE 2023

7:15pm - 9pm

Online via Zoom

*Chaired by
Alf McFarland*

PSYCHOTHERAPY & SPIRITUALITY

'Now pay attention: God is nameless, because no-one can say anything or understand anything about God'

(Meister Eckhart, 13th Century Dominican priest)

As psychotherapists, we may sometimes find ourselves in the therapy room with clients who hold a particular religious faith. Their faith may not have directly brought them to therapy, but it forms a significant part of their psyche. Therapists can report a lack of confidence in working with their clients' experience of religion or spirituality, especially when the client starts to talk about their images, perceptions or understanding of God. In addition, we as therapists may carry our own particular experiences of faith, religion or belief, which may help or hinder our capacity to respond to our clients' struggles in their faith journey. It may be helpful for us to have a framework of understanding that can help illuminate a person's 'spiritual journey', and the God concepts that may ebb and flow as a person grows or changes.

In this paper Susannah will be exploring how a spiritual journey may unfold, and potentially deepen, with an eye to what may facilitate or hinder this. In place of clinical vignettes, she will be offering aspects of her own personal story to illustrate the process.

SUSANNAH IZZARD

Susannah Izzard is a UKCP Registered Psychoanalytic Psychotherapist, supervisor and trainer with over 30 years' experience of clinical practice. She has a particular interest in the interface between spiritual and psychological wounds.

She is co-editor of *Rethinking Gender and Therapy: The Changing Identities of Women*, published by Open University Press, and has written chapters that have been published in *Therapeutic Perspectives on Working with Lesbian, Gay and Bisexual Clients* edited by Davies and Neal, and *Supervising Counsellors and Psychotherapists: The Responsibility of the Supervisor*, edited by Wheeler and King.

BOOKING

All are welcome to this event and booking is required. Completed booking forms should be emailed to: admin@wmip.org.

CPD CERTIFICATES

Requests for certificates should be sent to the above email after the event.

FEES

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