



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

***‘Reflections on
Conducting
Assessments for
Psychotherapy ~ Back
to Beginnings’***

Judith Anderson

MONDAY 6th OCTOBER 2025

7:15pm – 8:45pm

Chaired by

Alf McFarland

Online via Zoom

‘Reflections on Conducting Assessments for Psychotherapy: Back to the Beginnings – Holding Vulnerability and Assessing Risk’

Judith will share reflections from her experience of conducting psychotherapy assessments, with a particular focus on managing risk. Designed for both seasoned clinicians and those newer to the field, this presentation will offer a blend of theory, practice, and reflective insights.

We will explore the key questions to ask ourselves during the assessment process, including identifying potential vulnerabilities in our clients, recognizing when therapy may not be appropriate, and understanding when external collaboration (such as with psychiatrists or mental health agencies) is needed. Additionally, we’ll delve into how our own strengths and weaknesses, as well as our personal and professional development, shape the way we assess and manage risk.

The session will focus on the therapeutic frame, the relational dynamics between therapist and patient, and the importance of holding a vulnerable patient within clear boundaries. Participants will have the opportunity to reflect on their own experiences, share insights, and develop strategies for managing risk with vulnerable patients in private practice.

JUDITH ANDERSON

Judith Anderson was initially a Consultant Psychiatrist before training as a Jungian Psychotherapist at WMIP in the 90s. She has been a Full/Professional Member of WMIP for over 30 years and is coming to the final year of her practice. Alongside her clinical work she is passionate about the psychology of climate change and chaired the Climate Psychology Alliance for 4 years until 2024. She co-edited Being a Therapist in a Time of Climate Breakdown and is currently co-editing The Routledge International Handbook of Mental Health and the Climate Crisis.



BOOKING

Booking is required for this event. 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.

FEE

Non members £30

WMIP members £25

Students £20