



# EXPLORING THE INSIDE STORY

Further Learning about  
Separation, Loss and Death in  
Older Age

**A STUDY EVENT FOR  
THOSE WORKING WITH  
OLDER PEOPLE**

25 March 2011  
The Gillis Centre  
100 Strathearn Road  
Edinburgh

## Introduction

Those who enjoyed the Scottish Institute's study day "Inside Story – Thinking about human relations in older age" last April 2010 will want to book a place at this second day, "Exploring the Inside Story - Further learning about Separation, Loss and Death in Older Age".

This event will explore further the impact of the emotional and psychological difficulties which can be experienced by older people, their partners, families, carers, professionals and volunteers. Especially, it will include discussion of the re-appearance of attachment patterns and the emotional integration or disintegration which can occur in preparing for the end of life.

## Who is this event for?

It is a multidisciplinary event for both frontline and supervisory staff working in statutory, voluntary and private sector Older Age services. It is a stand alone event so suitable for those new to the topic as well as people who attended the first study day. A knowledge of psychodynamic concepts, while helpful, is not essential and an explanatory information sheet will be sent to all participants before the event.

## Aims

The aim of the day is to further consider how a psychodynamic approach - taking account of past and present experiences and unconscious behaviors - can assist and support the older person and those working with them.

While recognizing that older age can be a happy and productive phase of life we acknowledge some of the increasing insecurities which may occur for older people. These might be: financial problems; loss of social and familial roles; relationship difficulties; loneliness; increased reliance on caring and support services. Anxiety, depression and dementia can also occur as well as major physical or mental ill health.

One of the major themes of this study day is the experience of separation, loss and death and the working through of this for the older person, their families and carers. At the same time, enriching, rewarding and loving experiences in this stage of life are not lost sight of.

This national event should assist **clinicians, carers and practitioners** to further develop their understanding of older age and how a psychodynamic approach can assist in this demanding and often painful area of practice.

## Programme Content

The Chairperson for the day will be **Eileen Francis**, Chair of the Board of the Scottish Institute of Human Relations. Eileen will describe the interest that SIHR has in services for older people and how this second study day has come about.

In conversation, **Christine McGregor** and **Dr Tom Russ** will give examples of their work with older people, discussing some psychodynamic concepts and how these have informed their understanding. The conversation will then be opened to the audience.

Working groups follow with opportunity to discuss the ideas described in the Conversation and to consider how participants can make use of their own emotional reactions and responses to their clients and patients, to enhance a therapeutic relationship.

The morning concludes with a film extract illustrating an older couple confronting their past and present in order to engage with their future.

After lunch we are delighted that **Dr Sandra Evans** returns to Scotland to give the Keynote presentation of the day in which she explores the subject of separation, loss and death from a psychodynamic perspective.

The same working groups follow, offering time to discuss the Keynote presentation and how this relates to participants' working experiences. A short plenary addresses the usefulness of a psychodynamic approach in this area of work.

## Keynote Speaker

**Dr Sandra Evans** trained as a medical doctor in London and qualified in 1983. Always fascinated by the ways of the mind she delayed her psychiatric training to work first in emergency medicine and neurosurgery - thus indulging a wish to be a "proper doctor" for a while. Her desire to practise as a psychiatrist was probably driven by an unconscious need to revisit her own trauma experienced in hospitals when she was a child. She was drawn to a psychoanalytic understanding of mental illness and distress and became a group analyst in 1998. She has worked as a senior lecturer and consultant in the psychiatry of old age at Barts and Homerton hospitals since 1992 - thereby not having to give up on being a "proper doctor", a psychiatrist, teacher and a psychotherapist. In 2006 she became a student again and completed a Masters in Psychoanalysis and went on to win the APP essay prize for her paper on dementia.

Sandra is a member of the Group Analytic Network London enjoying the support of her colleagues and the private group she facilitates in Bloomsbury. In her spare time she is a dilettante lavender farmer.

## **Conversationalists**

**Christine McGregor** OBE, MSc, Dip Soc.Work is an Executive/Council Member of Alzheimer Scotland and previously a board member of Alzheimer Disease International. She was formerly a commissioner at the Mental Welfare Commission and is currently convenor of the Edinburgh Counselling team at the Scottish Institute of Human Relations.

**Dr Tom Russ** MRCPsych is an Alzheimer Scotland Clinical Research Fellow, an associate member of the Centre for Cognitive Ageing and Cognitive Epidemiology, University of Edinburgh and a network member of the Scottish Institute of Human Relations.

## **Group Facilitators**

**Dr Alan Jacques** is a retired old age psychiatrist and is on the boards of Alzheimer Scotland, Lifecare Edinburgh and Music in Hospitals for Scotland.

**Molly Ludlam** is a couple and individual psychoanalytic psychotherapist in private practice and with clinical teams at SIHR. She enjoys writing and teaching about couple relationships and currently edits "Couple and Family Psychoanalysis".

**Jenny Robertson** is a free-lance counsellor and supervisor working with individuals and groups, including wardens of sheltered housing. As a volunteer with Age Concern Edinburgh she gained experience in counselling older people and was formerly a trainer and tutor in adult education.

**Joyce Watkinson** CQSW, Adv. Dip. Psychodynamic Counselling is a Ministries Support Officer with the Church of Scotland. She was formerly a Care Commission Officer with the Care Commission and a Teaching Fellow at the Scottish Institute of Human Relations.

**Christine Wilson** MA (Hons), CPsychol is a psychologist with an interest in life span development and in the dynamics of residential care. She is a Member of the Scottish Institute of Human Relations and works for its Organisational Consultancy Team.

## Programme

9.30 am	<i>Coffee and Registration</i>
9.50	Introduction Eileen Francis, Chair of SIHR and Chair for the day
10.00	Christine McGregor in conversation with Dr Tom Russ “What did we think was happening?” - psychodynamic work with older people
10.25	Questions
10.45	<i>Coffee/Tea</i>
11.00	Working Groups Sharing experiences of working with older people – using responses and reactions in a psychodynamic framework
12.05 pm	Extract from a DVD which explores attachment, separation and loss in older age
12.30	<i>Lunch</i>
1.30	Keynote Speaker: Dr Sandra Evans ‘What does the older adult’s story mean?’ – thinking about separation, loss and death in older age
2.25	Questions
2.40	<i>Tea/coffee.</i> To Working Groups Discussion of keynote speech
3.45	Plenary. ‘Are psychodynamic concepts useful in this work?’
4.00	<i>Close</i>

## **Attendance fee**

£60 per person to include morning and afternoon refreshments, and lunch

£50 per person from the voluntary sector

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*An event co-ordinated and facilitated by*



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## Booking form

### EXPLORING THE INSIDE STORY

25 March 2011, Gillis Centre, 100 Strathearn Road, Edinburgh EH9 1BB

Please complete this form (photocopying it as required) and fax it to 0131 454 3241, or return it the address below. You should complete this form in BLOCK CAPITALS and use one form per person. You will receive a confirmation letter for your booking on receipt of payment.

**Inside Story**, Scottish Institute of Human Relations, 172 Leith Walk, Edinburgh EH6 5EA. t: 0131 454 3240, f: 0131 454 3241 e: [conference@sihr.org.uk](mailto:conference@sihr.org.uk)

**Cost** - The workshop fee includes morning and afternoon refreshments, and lunch.

- £60
- £50 for the voluntary sector

**Title:**                      **Forename:**                      **Surname:**  
(Mr/Mrs/Ms/Miss/Dr/Prof)

**Job Title:**

**Organisation:**

**Address:**

**Postcode:**

**Tel:**

**Fax:**

**Email:**

**Please indicate:**

- I require wheelchair access/have mobility difficulties (please specify)
- I have special dietary requirements (please specify)
- I have other special needs (please specify)

**Payment Details**

Please send payment along with your booking form. Your cheque will be acknowledged with a receipt. Please note we will be unable to confirm your place if payment has not been received.

- I enclose a cheque for £ \_\_\_\_\_ made payable to 'Scottish Institute of Human Relations'

Delegate Cancellations: These must be made in writing prior to **11 March 2011** and will incur an administration charge of £20. We regret that no refunds can be made after that date unless the place is accepted by someone on the waiting list.

I do not want to receive information about any other SIHR courses, trainings, events, or services.   
Personal information will be held and processed by SIHR according to the Data Protection Act (1998). This information will be used by SIHR to administer and manage the course, event or service.

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