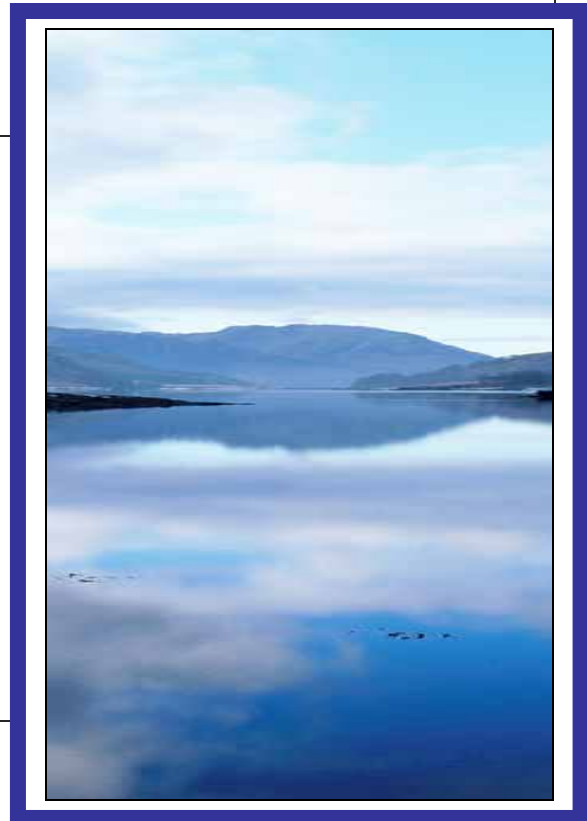


# Developing Capacities:

## Observing, Reflecting, Containing in the context of Clinical Work

A Half Day Study Event  
Saturday,  
18 February 2012

SYHA Edinburgh Central



**What do we bring to work with children, young people and adults? How do we define the capacities that facilitate our engagement with and understanding of the people we are working with?**

*An event co-ordinated and facilitated by*



**Scottish Institute of Human Relations**

## Developing Capacities

This exciting study event brings together two distinguished senior clinicians, Robert Oelsner and Janine Sternberg, who are involved in psychotherapeutic practice, teaching and research in America and England respectively. Each has considerable experience in their work with children, adolescents and adults where describing and understanding the inter-subjective experience between practitioner or therapist and client or patient is of crucial importance.

The half day programme will be of interest to practitioners and clinicians working with children and adults in psychotherapy, nursing, psychology, medicine, counselling, social work and art therapy in both the NHS, voluntary and private sectors.

The event provides a unique opportunity to learn further about the observation of differing states of mind, the skill of reflecting on these and the containment of powerful emotional experiences in brief or intensive therapeutic practice.

### Programme

10.00	Registration and coffee	11.30	Presentation: <b>Janine Sternberg</b> - Developing Capacities: How infant observation engenders and enhances skills and capacities for clinical work
10.30	Presentation: <b>Robert Oelsner</b> - Introjecting, Containing and Reflecting: The placental function of the therapist	12.15	Group discussion
11.15	Break	1.00	Plenary
		1.15	Close and coffee

**Robert Oelsner, MD, PsyA-FIPA** is a training and supervising analyst on the faculty of the Northwestern Psychoanalytic Society in Seattle, and the Buenos Aires Psychoanalytic Association. He is also on the faculty of the Psychoanalytic Institute of Northern California. Robert is an IPA certified child and adolescent psychoanalyst and a Clinical Associate Professor at the UW Department of Child Psychiatry. He is in private practice in Seattle with children, adolescents and adults.

**Janine Sternberg**, is a consultant child & adolescent psychotherapist, working at the Portman Clinic, part of the Tavistock & Portman NHS Foundation Trust. She trained originally as a child psychotherapist at the Tavistock and then as an adult psychotherapist with the BAP. She supervises and teaches child psychotherapists in all the London child psychotherapy trainings. She is author of *'Infant Observation at the Heart of Training'* (Karnac 2005) and co-editor (with Cathy Urwin) of *'Infant Observation and Research: Emotional Processes in Everyday Lives'* which is due out in 2012.

**Closing date for applications: 10 February 2012 – please telephone for availability after this date.**  
**Scottish Institute of Human Relations, 172 Leith Walk, Edinburgh EH6 5EA.**  
**t: 0131 454 3240, f: 0131 454 3241, e: [edinburgh@sihr.org.uk](mailto:edinburgh@sihr.org.uk), web: [www.sih.org.uk](http://www.sih.org.uk)**

At the time of going to press this programme was deemed correct. However, we reserve the right to alter or cancel any part of the programme due to unforeseen circumstances.

## Developing Capacities: A Half Day Study Event

Saturday, 18 February 2012, SYHA Edinburgh Central Youth Hostel, 9 Haddington Place, Edinburgh EH7 4AL.

[http://www.syha.org.uk/hostels/lowlands/edinburgh\\_central.aspx](http://www.syha.org.uk/hostels/lowlands/edinburgh_central.aspx)

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

Developing Capacities. A Half Day Study Event  
 Scottish Institute of Human Relations, 172 Leith Walk, Edinburgh EH6 5EA  
 t: 0131 454 3240, f: 0131 454 3241 e: [edinburgh@sihr.org.uk](mailto:edinburgh@sihr.org.uk)

### Booking Information

**Cost** - The fee includes refreshments

- I would like to apply for a full price place at £45.00
- I would like to apply for a student price place at £40.00 [limited availability]  
 (course details: \_\_\_\_\_)

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

**Job Title:** \_\_\_\_\_  
**Organisation:** \_\_\_\_\_  
**Address:** \_\_\_\_\_

**Tel:** \_\_\_\_\_ **Postcode:** \_\_\_\_\_  
**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'
- Purchase order number (attached) \_\_\_\_\_

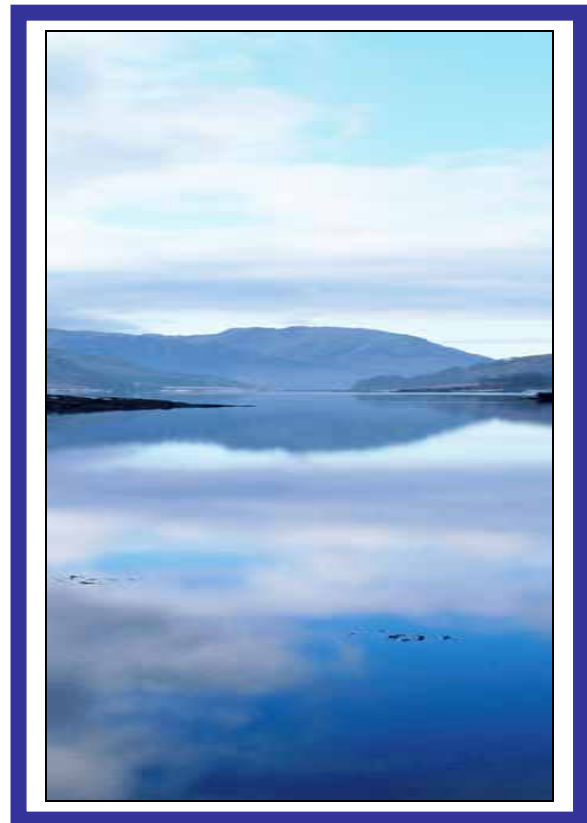
Delegate Cancellations: These must be made in writing prior to **13 February 2012** and will incur an administration charge of £10. We regret that no refunds can be made after that date but we are happy to accept one substitute delegate before or on the day.

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 or service.

# Developing Capacities;

## Observing, Reflecting, Containing in the context of Clinical Work

A Half Day Study Event  
Saturday,  
18 February 2012



**SYHA Edinburgh Central  
Youth Hostel**

**9 Haddington Place, Edinburgh EH7 4AL**

[http://www.syha.org.uk/hostels/lowlands/edinburgh\\_central.aspx](http://www.syha.org.uk/hostels/lowlands/edinburgh_central.aspx)

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