

Eldership: The Personal and Professional Gifts of Ageing

A Cafe Style Conference

Saturday 15 March 2025

10.00 a.m. – 4.30 p.m.

Registration from 9.40 a.m.

Venue: Oxford Quaker Meeting Hall

43 St Giles, Oxford, OX1 3LW

Fee (including refreshments) Early Bird: £65.

From January 2025: £75.

Early booking is recommended as places are limited.

*For further details please contact Sue Wright
humabirdpsychotherapy@gmail.com*

During this conference our aim is to inspire others to join us in thinking about what it means to be an “elder”, both in our communities and in our work as psychotherapists. How have our views about the project of psychotherapy changed over time? What have difficult life experiences taught us that we now bring to the work? Have our priorities changed because of all that we have experienced inside and outside the consulting room? In modern western society older people are often viewed as obsolete. Yet, as we hope to celebrate, age brings many gifts.

PROGRAMME

9.40 – 10.00 Registration

10.00 Welcome –Tamar Posner and Jim Pye Co-Chairs

Elders and Lightning Rods Sue Wright

The Growth and Change in my Professional and Personal Life as I Age- The Cost of Being a Psychotherapist and Mortality Gülcan Sutton Purser

Being an Older Psychotherapist Jim Pye

11.20 - 11.40 Coffee

11.40 – 12.15 Round Table Discussion

Making Meaning Through the Looking Glass Tamar Posner

Stephanie's Story: Introducing the new technique of Therapeutic Reimagining to move beyond regrets, toxic guilt and grieving Anthony Prendergast

1.00 – 2.00 LUNCH

2.00 – 2.25 Questions & Comments

Embracing Eldership Across the Lifespan: Valuing Rags and Riches

Caroline Adewole

A Perspective on Eldership through the Lens of the Japanese art of Kintsugi

Philippa Smethurst

Eldership and Radical Acceptance Tom Higgins

3.30 TEA & PLENARY

Round Table and Whole Group Discussion

SPEAKER DETAILS:

Caroline Adewole is a psychotherapist, clinical supervisor, and trainer focusing on attachment-based therapy. She describes herself as British-born with Nigerian parentage, which, in addition to her learning, has given her valuable insights into navigating different cultures. Caroline specialises in individual and couples therapy, with a particular interest in relational and complex trauma. She is a level 3 Internal Family Systems trained practitioner and an intercultural skills trainer. In her clinical work, Caroline incorporates her attachment, IFS, and intercultural skills.

caroline.adewole@gmail.com

Tom Higgins is a relational psychoanalytic psychotherapist. He trained initially at the Bowlby Centre and then as a Groupwork Practitioner at the Institute of Group Analysis. He is an individual, relationship and group psychotherapist. After 25 years in NHS complex trauma services, he remains passionate about working in his private practice, especially with clients recovering from trauma, with parents and with GSRD (Gender, Sexual and Relational Diversity) clients. Tom loves walking on nearby Crosby beach and singing in his local choir.

Tamar Posner originally qualified as a chemist and had a long and rewarding career in academia and industry before taking the opportunity to retrain as a psychotherapist, a profession to which she had long felt drawn. Trained at The Minster Centre where she was co-founder of the e-journal *Contemporary Psychotherapy* and Chair of the Board of Trustees from 2013 to 2019, Tamar has a particular interest in life's transitions – especially those encountered in mid to later life. Formerly a trainer and academic supervisor, she now works as an integrative psychotherapist and clinical supervisor in private practice in London.

<https://www.tamarposner.com> tamar@tamar.posner.com

Anthony Prendergast is a certified transactional analyst (CTA), supervisor, trainer and the author of the recently published *Reimagine Your Life: How to Change Your Past and Transform Your Future*. Over the years, he has developed several pioneering approaches to therapy and a new model called, the *Therapy Square*, which integrates TA and psychodynamic theories of internal conflict. He is now of an age where he is

keen to pass on what he has learned, before he passes on. His book introduces a new technique, to the general reader and therapists alike, which he calls *therapeutic reimagining*. It empowers individuals to overcome toxic levels of shame, guilt, fear, anxiety and regret associated with events of their past.

Email: anthony.prendergast@gmail.com

Jim Pye trained first in Oxford as a psychodynamic counsellor, and then as an integrative psychotherapist at Metanoia leading to registration with UKCP. Jim worked as a student counsellor until 2014, and now has a small private practice as both psychotherapist and supervisor. He is the author of two books, *Invisible Children* (OUP 1989) and *Second Chances* (OUP 1992). He has also written about psychotherapy - most recently a tribute to Nick Luxmoore in the final issue of *Self and Society*, and a chapter in *The Change Process in Psychotherapy in Troubling Times* (Routledge 1992) - and is at present working on a book about his lived and posthumous relationship with his father, the craftsman and writer David Pye. He finds that doing this brings up all sorts of surprises about how we encounter ourselves as we get older.
jimkpye@gmail.com

Gülcan Sutton Purser was born and raised in Turkey. She is an attachment-based relational psychotherapist, trauma specialist, and a couple psychotherapist. Gülcan is also an assessor, teacher, training therapist and training supervisor, writer, and was book reviews editor for *The Attachment Journal*. She offers consultation to students to build their careers as psychotherapists as well as running international trainings and workshops. Gülcan also chaired clinical forums for *The Bowlby Centre* for over five years and has written for Turkish newspapers.
gulcanpurser@gmail.com

Philippa Smethurst has been a psychotherapist and supervisor since the early 1990s. She has worked in General Practice and has been a clinical supervisor for a number of charities. She trained at the Metanoia Institute in Integrative Psychotherapy and has also trained in Sensorimotor Psychotherapy. She has also published several articles, particularly on working with asylum seekers and refugees and most recently: *20 Ways to Break Free from Trauma* published by Jessica Kingsley, a book for general readers who are living with the consequences of trauma and for those who care for them including practical exercises and poems which reflect the spectrum of trauma.
ps@philippasmethurst.com

Sue Wright is an integrative, relational psychotherapist, writer, poet and gardener who lives in a tiny village in Wales. Her publications include various articles and *Dancing Between Hope and Despair: Trauma, Attachment and the Therapeutic Relationship* (Palgrave, 2016); *The Temporal Dimension in Psychotherapy and Counselling: A Journey in Time* (Routledge, 2020); and *The Change Process in Psychotherapy during Troubling Times* (Routledge, 2021). She specialises in working with the survivors of complex trauma and over the last decade has worked with many people challenged by disabling illnesses or the need to care for elderly others.
humabirdpsychotherapy@gmail.com

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To book a place please fill in the following form and email to
Sue Wright humabirdpsychotherapy@gmail.com

REGISTRATION FORM

NAME

ADDRESS

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POSTCODE

TELEPHONE

EMAIL ADDRESS

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Workshop Fee (including refreshments):
Early Bird £65. From January 1st £75.

Payment by online bank transfer to:
Gulcan Sutton Purser
Sort code: 20-60-38
Account number: 40702390
Please quote ELDERS as reference for your payment.

Please note – Registrations cannot be accepted until payment has been received and for cancellations after February 1st, we regret that refunds cannot be offered although you are welcome to give your place to a colleague.

Bookstall. We hope to have a small selection of books for sale courtesy of *Psychological Books Service*. Do bring a cheque book or cash with you in case you are tempted to buy something!