



**invites you to presentations and dialogue to explore
PSYCHOTHERAPY AS A MORAL ENDEAVOUR**

In a world increasingly governed by 'marketing', 'spin', 'management-speak' and debates about the 'science' of psychotherapy, are we in danger of losing sight of the moral, ethical and human dimension of the practice of psychotherapy?

PROGRAM **SATURDAY 16 APRIL 2016**

8.30 - 8.50	Registration	
8.50 - 9.00	Introduction	
9.00 - 9.40	<i><u>Psychotherapy as Moral Endeavour and Technical Practice</u></i>	Rob Gordon
9.45 - 10.25	<i><u>Mapping the Boundaries of Psychotherapy: Can of Worms or Moral Endeavour?</u></i>	Tim Johnson-Newell
10.25 - 11.00	Morning Tea	
11.00 - 11.40	<i><u>Ethical Literacy and Professional Practice</u></i>	Hilary Armstrong
11.45 - 12.25	<i><u>The Spiritual in Psychotherapy</u></i>	Eng-Kong Tan
12.25 - 13.30	Lunch	
13.30 - 15.00	<i><u>Reflections on the Theme – involving presenters and attendees</u></i>	
15.00 - 15.30	Afternoon Tea	

VENUE: **North Sydney Community Centre, 220 Miller St, North Sydney**
Located in park behind the North Sydney Council Chambers, corner Miller and McLaren Streets, North Sydney. Parking: enter via Kelrose Lane, off McLaren St or street parking.

COST: **\$80** (GST free) including lunch and refreshments.
Note - Catering will be substantially vegetarian.

REGISTRATION **(by Mon April 11)**

NAME: _____

EMAIL: _____ **PHONE:** _____

PAYMENT OPTIONS:

- * **Send Form and Cheque to AAGP, PO Box 1748, Crows Nest, NSW 1585** OR
- * **E-transfer to AAGP, BSB 063-165, Ac 01013 6603 using code:
(Surname) SYD 16 and email registration to angle46@bigpond.com**
Receipts and PD Certificates available on the day.

Notes on the Theme, Content and Presenters

AAGP 2016 SYDNEY MEETING PROGRAM

The Conference theme picks up on a presentation made at the Sydney AAGP meeting in 2013 by Dr Paul Coombe, a Melbourne-based psychoanalyst, group therapist and past-president of AAGP. His paper was entitled "Psychotherapy a moral endeavor?" and introduced ethical considerations made by the ethicist and philosopher Raimond Gaita which were taken up by Dr Farhad Dalal in the annual Foulkes address to the Institute of Group Analysis in London in 2012.

Dr Rob Gordon is a Melbourne-based psychotherapist, group psychotherapist and consultant. He is long-standing member and executive member of AAGP, having twice been president and currently director of training.

Although psychotherapists work within a code of ethics that defines the boundaries of their practice, this is not the same as understanding it as a moral endeavor. The difference between ethics and morality is the difference between practical utility and defining principles. Rob will consider this distinction and pose the question of how psychotherapy can be pursued as a moral activity and what constraints and meanings this might impose. In particular the relationship between moral principles and psychotherapeutic theory and technique which often defines the patient's actions as having a meaning different from what he or she intends. This leads to the moral implications of psychotherapists claiming to interpret what is beyond the patient's awareness of conscious intention. He will discuss some moral principles that might define what psychotherapy is and its boundary, pose some moral dilemmas inherent in psychotherapy and specific to group psychotherapy and invite participants to join reflection and discussion about their own practice as a moral endeavor.

Mr Tim Johnson-Newell is a Sydney-based psychotherapist and consultant. He is a member of AAGP. He is a past-president of PACFA and currently a PhD candidate.

The American Psychological Association set up a committee in the late 1940's to look at the training of psychotherapists. They reported thus in 1952:

"I am afraid that in spite of our efforts we have left psychotherapy as an undefined technique which is applied to unspecified problems with non predictable outcomes. For this technique we recommend rigorous training. Some thought this was expressing a unjustified cynicism of therapy; others felt it was an apt description of the situation."

Apt or not and with the words, "a can of worms." echoing in his ears and the hallowed halls of Sydney University, Tim Johnson-Newell went further south, armed only with the working title for a thesis: Mapping / Setting the boundaries of Australian psychotherapy as practice and profession: Craft, Science or Medicine. What are the boundaries of psychotherapy and what lies within? Perhaps you're an essentialist who considers what a profession does to be naturally determined or you believe all to be temporal and constructed by the many players involved. Either way an airing of the issues and a little more clarity, whilst confronting, is likely to be invigorating both for the profession and the individuals within it.

Dr Hilary Armstrong is a Sydney-based organisational consultant and member of AAGP.

In 2014, Hilary led a team at The Ethics Centre (formerly St James Ethics Centre) that was funded to create a new ethics program for professional practice. Her research took her to explore areas outside philosophy such as behavioural ethics, moral psychology and critical social psychology. The program is called Ethical Literacy and is now being rolled out extensively in the finance industry. During this research she was also engaged in an ethical audit in a multi-national corporation. This gave her (and her skepticism!) the opportunity to undertake an analysis that examined the different ways that executive leaders engaged with ethics. The findings suggest that the differences may have a consequence in terms of cultural uptake of any ethics programs. Some topics explored will be:

- *The difference between morals and ethics,*
- *How we differently engage with ethics*
- *What is ethical practice*
- *Meanings for the psychotherapy profession.*

Dr Eng-Kong Tan is an analytic psychotherapist and psychiatrist in Sydney. He is a former chair of training of the Psychoanalytic Psychotherapy Association of Australia, (PPAA) and chair of the section of psychotherapy of the Royal Australian and NZ College of Psychiatry (RANZCP). He is the founding president of the Australian Association of Buddhist Counsellors & Psychotherapists (AABCAP), and first director of its training. He was conferred recently as Adjunct Professor to Nan Tien Institute, Wollongong which is working towards being the first Buddhist University in Australia.

Eng-Kong will be presenting the spiritual aspects of individual and group psychotherapy. He will speak to the similarities, differences and overlap between the psychotherapeutic and spiritual traditions and spiritual moments occurring in therapy. He will touch upon transference and transcendence and cover, briefly, spiritual contributions from Freud to present day leading psychoanalysts.