

International conference

Psychoanalytic psychosomatics in childhood and adolescence

Prague 13th - 15th April 2018

The conference builds on previous international events organized by CSPAP's Child and Adolescent Individual Psychotherapy Section, and on lively and enriching cooperation with foreign colleagues - child psychoanalytical psychotherapists - especially those from Great Britain.

The theme of April's conference will focus on psychosomatic manifestations / illnesses in children and adolescents. Speakers from the Czech republic and from abroad will present their papers. Emphasis of the conference will be placed on presenting clinical material. Historical and philosophical perspectives will further expand on the subject. Discussion groups will be a part of the programme as well as lectures.

The event is open to all psychotherapists, psychologists, psychiatrists, other medical specialists, teachers, assistants, and other professionals who work with children.

Additionally, we plan to dedicate winter 2018 issue of The Review for Psychoanalytic Psychotherapy and Psychoanalysis to the conference topic.

Conference language

English and Czech, Czech-English translation provided

Venue

Fakulta humanitních studií UK, areál Jinonice, U Kříže 8,
Praha 5

Organized by

**Czech Society for Psychoanalytic
Psychotherapy (CSPAP) - Child and
Adolescent Individual Psychotherapy
Section**

www.cspap.cz

European Federation for Psychoanalytic Psychotherapy

www.efpp.org

and



**FACULTY
OF HUMANITIES**
Charles University

www.fhs.cuni.cz



Programme

Friday 13th April 2018

- 13:00 - 14:00 registration
14:00 - 14:15 opening of the conference
14:15 - 15:15 **Lydia Tischler (GB): My tummy hurts**
15:15 - 16:00 coffee break
16:00 - 16:45 **Marie Novotná (CZ): Psychosomata in Old Norse literature**
16:45 - 17:00 break
17:00 - 18:15 discussion groups

Saturday 14th April 2018

- 9:00 - 10:00 **Ann Horne (GB): On children who privilege the body - with thoughts on the ideal self**
10:00 - 10:30 coffee break
10:30 - 11:45 discussion groups
11:45 - 14:00 lunch break
14:00 - 15:00 **Ágnes Hódi (HU): Mentalizing the somatic illness in psychotherapy with chronically sick children**
15:00 - 15:30 coffee break
15:30 - 16:30 **Michael Šebek (CZ): Psychosomatic disorders - Psychoanalysis and knowledge of CNS**
16:30 - 16:45 break
16:45 - 18:00 discussion groups

Sunday 15th April 2018

- 9:00 - 9:45 **Josef Fulka (CZ): Between the Word and the Body: Psychoanalysis and Sign Language**
9:45 - 10:30 **Patricie Kollárová (CZ): When the painful mind talks through the body**
10:30 - 11:00 coffee break
11:00 - 12:15 discussion groups
12:15 - 12:30 break
12:30 - 13:00 conclusion

The programme is subject to alteration.

Lectures

Josef Fulka (CZ): Between the Word and the Body: Psychoanalysis and Sign Language

Psychoanalysis has always stressed the primary role that the language - and more specifically, as Lacan calls it, the dimension of the signifier - plays in the development of human subjectivity. In our paper, we will concentrate on how this process takes place if the modality of language is different, i.e. manual-visual rather than auditive-oral: this is the case of sign language used by deaf communities. We will draw particularly from the work of the French psychoanalyst André Meynard, who has devoted several remarkable books to the topic in question.

Ágnes Hódi (HU): Mentalizing the somatic illness in psychotherapy with chronically sick children

In this paper through describing the process of psychotherapy with two children I would like to illustrate the journey these young patients undertook from an intellectual „understanding“ of their disease to being able to establish a „relationship“ with their illness. In therapy this relationship was built up through bringing to life various small fragments of their understanding of their disease and through acceptance of regressive ways of expressions until it became possible to help these children establish progressively more mature ways of expressions in order to support their sublimation processes. Unreflected emotions and defenselessness presented in therapy as internal and external hurt. Through jointly „creating“ the illness in therapy (drawing, playing, verbal expression and transference relationship) these emotions could become dominant as could too to some extent uncontrollable physical processes. At the same time it became possible to deepen the level of therapeutic work and to work through those intrapsychic conflicts that served as background to psychogenic symptoms.

Ann Horne (GB): On children who privilege the body - with thoughts on the ideal self

This paper focuses on children whose first recourse is to use the body, who seem unable to pause, think or reflect. The roots in early parenting and failures of early infant-object relationships are explored, as are the developmental routes available to the growing infant/child. Thoughts on the role of the ego ideal and ideal ego are offered - continuing adherence to an ideal ego with its preoccupation with omnipotent fantasy prevents the establishment of an ego ideal, an aspirational self with possibilities and ambition. The emergence of an ego ideal indicates the child is back on a developmental track, engaged with growth. The cases of two children are used to show the processes involved and to help us think about therapeutic technique and theoretical understanding: George who, aged 9, told his parents that he wished to be a girl, and Martin, a violent adolescent.

Patricie Kollárová (CZ): When the painful mind talks through the body

When small children do not learn how to express their feelings via the help of their parents, they tend to express them through somatization or act them out. The important role plays the parental ability to mirror affective states of the infant and toddler. With refinement of the speech children learn to assign meanings to states that were originally perceived as bodily arousal. Sometimes feelings can be confused and anxiety-arising, there is no available symbol for them. Non-verbalized feelings find their way through the body. Insecure attachment to child's key figures or suppressed trauma can play an important role. Different mechanisms can be responsible for somatic symptoms. Cornerstones are laid often during the preverbal period or during the oedipal phase of development. Somatization disturbs further psychosocial development of the child. The child's world shrinks around bodily symptoms and the child fails also in other developmental areas. Symptoms can lead to isolation, regression or fixation to near ones. The recurrent abdominal pain, nausea or vomitus are the most frequent complaints. The lecture brings clinical material. Describes the intra-psychic (internal) world of young patients suffering from recurrent abdominal pain and vomitus. It tries to identify curative factors in the therapeutic relationship.

Marie Novotná (CZ): Psychosomatical phenomena in Old Norse literature

The paper aims to illustrate an archaic way of thinking where the constructed word „psychosomatic“ was not needed because there was no division of human being into „a soul“ and „a body“. Old Norse literature contains various layers and some of those reflect pre-Christian thinking where concepts of incorporeal soul and soulless body did not exist. Emotions were perceived as bodily sensations, and examples taken from sagas can well document their strong physical manifestations: e.g. in case of a close person's death or a moral dilemma, death was quite a common reaction, as well as impossibility of any revenge could cause one's paralysis. Also in the case of shapeshifting (including the estate of furious ecstasy of so-called „bear-shirts“, berserks, which can be classified as lycanthropic from the medical point of view), it is for us difficult to distinguish between the physical and the mental aspect. Texts often do not ask whether it is the appearance or the characteristics of a protagonist that is changing. This culture that perceives human being in terms of other dualities than the soul-body one may perhaps be inspiring in overcoming the problems created by their separation.

Lydia Tischler (GB): My tummy hurts

This presentation discusses the not uncommon phenomenon of children, more often latency boys, who develop tummy pains to avoid having to go to school. The choice of organ as an expression of an unconscious conflict is considered from a developmental, psychoanalytic and neuroscience point of view, within the context of the mother-child relationship.

Michael Šebek (CZ): Psychosomatic disorders - Psychoanalysis and knowledge of CNS

Psychosomatic disorders are defined as physiological or generally somatic disorders that at least partially originate in emotional states, especially in disordered or defected regulation and economy of emotions. Dissociation and repression or repression of emotions into unconscious associative networks are most typical examples. Georg Groddeck attempted to complement the theory of psychogenic origin of hysteria (Charcot, Freud, Janet) by his assertion that many other somatic disorders originate in the mechanism of repression as well. Freud did not exclude this directly but referred Groddeck to cooperation with Ferenczi. Both German pre-war psychosomatic university schools (Berlin, Heidelberg) as well as Franz Alexander's Chicago School in 1930s and 1940s were building their theories on emotional disorders. Arrested or repressed emotions influence somatic processes and conditions via autonomous nervous system. All this is possible as emotions represent states with two „outfalls“: either they are abreacted through the motoric system (action in the outer world) or they are resomatized, i.e. they return back to the body and disturb the autonomous regulation of physiological conditions and processes in and among organs. Human psyche, however, offers another possibility and that is the psychological processing of emotional states, especially the possibility of reading and symbolizing emotions, the activation of thinking and decision-making, and the so-called mentalization. Making emotions conscious was included in the classical treatment of neuroses but especially it has been getting attention since the 1960s thanks to the Paris Psychosomatic School. Newer trends in the research of psychosomatic disorders are connected with certain neuroscientific discoveries and they take the line of researching the developmental characteristics of psychophysiological distress and of the so-called desensitization. I will in my presentation address this theme in more detail.

Speakers



Josef Fulka (CZ) - teaches as an associate professor at the Faculty of Humanities Charles University, and at the department of Deaf Studies, Faculty of Arts, Charles University. He also works as a researcher at the Czech Academy of Sciences, department of the 20th century philosophy. He has published books on psychoanalysis (Psychoanalysis and Contemporary French Thought, Prague 2008), literary theory (Roland Barthes - From Ideology to Fantasy, Prague 2010), modern philosophy (Michel Foucault: Politics and Aesthetics, Prague 2005, co-authored with Pavel Barša) and French Enlightenment (Denis Diderot and Contemporary Philosophy, Prague 2004). He has translated more than twenty books from French. In 2009, he was awarded the Wichterle Award for Outstanding Young Researchers of the

Academy of Sciences in the Czech Republic. Fields of research: modern philosophy, literary theory, psychoanalysis, sign languages.



Ágnes Hódi (HU) - psychologist, training and supervising child and adult psychoanalyst, psychodrama therapist, honorary professor of ELTE University, Budapest, Supervisor in Panorama Psychosomatic and Medical Center, Budapest, Focus of interest: psychotherapy with chronically sick children and adults, helping children and their families in hospital, preparation for and elaboration after medical interventions.



Ann Horne (GB) - is a Fellow of the British Psychotherapy Foundation (BPF) and a proud Honorary Member of ČSPAP. Trained at the BAP (British Association of Psychotherapists, now IPCAPA - Independent Psychoanalytic Child and Adolescent Psychotherapy Association at the BPF) in the Independent tradition, she was later head of training and then of post-graduate development. She has edited the Journal of Child Psychotherapy, co-edited with Monica Lanyado The

Handbook of Child and Adolescent Psychotherapy and developed the Independent Psychoanalytic Approaches with Children and Adolescents series for Routledge. Her Selected Papers (On Children Who Privilege the Body - reflections of an Independent psychotherapist) will be published in 2018 with a Foreword by Lydia Tischler. Retired from NHS work, lastly at the Portman Clinic in London, she writes, teaches and still retains a particular interest in children who use the body and activity rather than being able to access thought and reflection.



Patricie Kollárová (CZ) - is a psychiatrist and psychotherapist, was trained in child psychoanalytical psychotherapy and is a member and the head of the child section of the ČSPAP. She provides psychotherapy for children and adolescence in her own pedopsychiatric practice. She is enrolled in doctoral studies program at the first Faculty of Medicine of the Charles University and publishes in the field of neuroscience, mostly on the biological aspects of the ADHD in children and is an occasional lector at ILF (institute for postgradual education of medical doctors).



Marie Novotná (CZ) - has studied Norwegian language and literature at the Faculty of Arts as well as Biology and Philosophy and History of Natural Sciences at the Faculty of Natural Sciences of Charles University. Since 2009, she has been teaching Old Norse language and literature and translations into Czech at the Department of Languages of the Faculty of Humanities. She has also researched abroad (University of Iceland, Museum of Natural Sciences in Paris, Danish Folklore Institute in Copenhagen and University of Zurich). Her main research topics are relation of soul and body in the Old Norse literature, Scandinavian ballads, differences among Icelandic saga genres and translation theory and praxis. In the last four years, she was focusing on the concept of body in the Old Norse literature and the psychosomata phenomena that are - due to absence of dualistic concept of man - common there.



Michael Šebek (ČR) - Training and supervising psychoanalyst at the Czech Psychoanalytic Society (CPS), served as the society's president twice in the past and repeatedly as the director of the Psychoanalytic institute of CPS IPA. He co-founded the Czech Society for Psychoanalytic Psychotherapy in 1994. Mr. Šebek has been a member of the Editorial Board of the Review of Psychoanalytic Psychotherapy since its foundation in 1999. Between 1993 and 2010 he served on the International Editorial Board of Psychoanalytic Inquiry. Between 2000 and 2002 he served as the European Secretary of IPA under the presidency of D. Widlöcher. In 1999 he was Eriksons researcher at the Eriksons institute located in Austen Riggs, MA, USA. Since 1995 he has been involved in training activities for east European Han Groen - Prakken Psychoanalytic Institute. From 2004 to 2013 he moderated activities in the EPF group of H. Faimberg Forum of Clinical Issues (Listening to Listening). From 2013 to 2017 he was a member of the Sponsoring Committee for the Moscow Psychoanalytic Group (MGP). This year he also became a member of the Liason Committee of the IPA, working with the same Moscow Group (MGP). Since 2016 he has moderated the CCM working group (Comparative Clinical Methods, David Tuckett). In 2017 he became a member of the working committee for on-line conferences hosted by the International Association for Relational Psychoanalysis and Psychotherapy (IARPP).



Lydia Tischler (GB) - Graduated from the Hampstead Child Psychotherapy Training (now the Anna Freud Centre). Was Principal Child Psychotherapist, the Cassel Hospital for 23 years where she had the opportunity to work with mothers and their infants and young children and to observe their development. Held a number of positions in the ACP (Association of Child Psychotherapists) and BAP (British Association of Psychotherapists). She has taught and supervised child psychotherapists and other professionals in England and abroad. She has taken part in conferences in the Czech Republic. Was co-founder, representing the ACP on the EFPP. Helped to develop Child Psychotherapy training in the Czech Republic.

Discussion groups leaders

Ágnes Hódi

Patricie Kollárová, M.D.

Marie Kopřivová, M.D.

Ivana Růžičková, M.D.

Eduard Rys, M.D.

Michael Šebek, PhD., CSc.

Lydia Tischler

Marie Vrbová, M.D.

Organization of the conference

Marie Kopřivová, M.D., Mgr. Marie Novotná, Ivana Růžičková, M.D., Eduard Rys, M.D., Mária Vrbová, M.D.

Organizing secretary Mrs. Alice Veselá - conf@cspap.cz

Registration

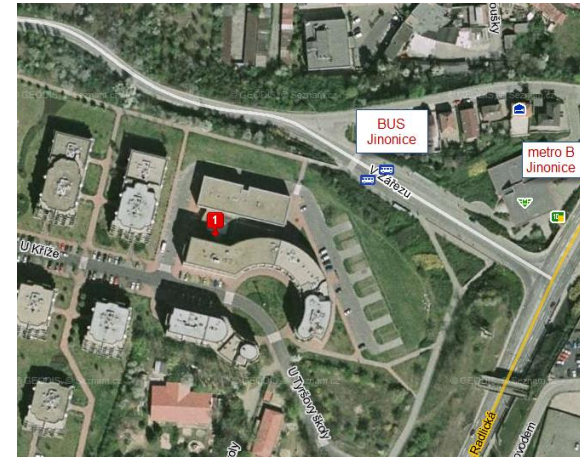
For registration, please send following data: name, surname, title, email, address (street, number, town, post code), or if necessary another invoicing address (if you need invoice for other subject, e.g. an employer) to email address conf@cspap.cz.

After receiving your application an invoice will be sent to you.

Questions and application forms can be sent to conf@cspap.cz.

Venue

Fakulta humanitních studií UK, areál Jinonice, U Kříže 8, Praha 5
(Faculty of Humanities Charles University in Prague)



Conference fee

Till 15th February 2018 full price - 2 700 CZK

reduced price (e.g. university students) - 2 200 CZK

From 16th February 2018 full price - 3 200 CZK

reduced price (e.g. university students) - 2 700 CZK

Cancellation fees:

In case of cancelling participation between March 23rd and April 5th, 2018, participants shall receive their payment back - minus 1000 CZK, or can have a substitute come in their place.

Participation cancelled later than April 5th, 2018 - participation fee shall not be returned. The substitute option is still available.

Conference account

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More information can be found on www.cspap.cz.

We will be looking forward to meeting with you!