



Meeting of Minds at The Mind Body Practice



Workshop with Graham Music

Buzz trap, Speed, Reactivity and the Effects of Modern Life & Cyberspace

Tuesday, 27th October 2015- Registration & Coffee – 7.45pm

Workshop: 8pm – 10pm

In this talk, Graham Music will examine the backdrop of big social changes affecting psychotherapy and the lives of our patients, in particular, increased reliance on cyberspace, a more narcissistic and individualistic culture with an immediate gratification mind set. With this in mind, he will look at ways of coping with, or sidestepping, mental pain and discomfort that might loosely come under the heading of addiction. Psychotherapy's traditional patient group, those from more stressful or maltreating environments, are the most in danger of turning to risktaking and addictive behaviours.

Two different motivational systems are outlined. On the one hand there is the more hedonistic one, which might fit the contemporary world well and targets, acquisition of things, status etc. The other motivation is that which the Greeks termed eudaimonia or The Good Life. It is argued that psychoanalytic therapy is aiming to work on the latter psychobiological systems, those central to enhancing more intrinsic and lasting states of wellbeing.



Graham Music is a Consultant Child and Adolescent Psychotherapist at the Tavistock and Portman Clinics in London and an adult psychotherapist in private practice. At the Tavistock Clinic he leads in teaching on attachment, the brain and child development, organises training for therapists and other professionals, and teaches and supervises on a range of psychotherapy training in Britain and abroad. He currently works clinically at the

Portman Clinic in forensic psychotherapy and has worked for two decades with the aftermath of abuse and neglect. He is author of *The Good Life* (2014) and also *Nurturing Natures; Attachment & Children's Emotional, Sociocultural and Brain Development* (2010) and *Affect & Emotion* (2001).

VENUE: The Mind Body Practice

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Cost: £25.00

To reserve a place please email info@themindbodypractice.com

or call Maite Berndes on 0207 859 4938