The capacity for self-care and its relation to self-harm

With guest speaker Dr. Maggie Turp

Saturday 27th April 2013
10am - 12.30pm

Donald McIntyre Building
184 Hills Road
CB2 8PQ

Room GS4

Session overview:
We are endowed at the start of life with a very limited capacity for self-care. We have a will to survive and a potential for self-care, but are for many years dependent on others for both physical and emotional care. At the beginning, this dependency is absolute.

The gradual evolution of a capacity for self-care depends on a process of internalisation of the care the infant receives from his primary attachment figures. Drawing on infant observation material, we will look at the detail of this process and identify some key elements of parental care as they become apparent in an ordinary ‘good enough’ situation.

When a child is neglected or abused, his or her capacity for self-care is inevitably compromised and as an adult, he or she will be particularly susceptible to self-harming tendencies. We will consider how the adult with an impaired capacity for self-care may struggle, particularly with issues of interdependency and affect regulation, and how self-harm may express these difficulties and become part of an entrenched coping strategy.

Speaker biography:
Dr. Maggie Turp is a Chartered Psychologist and Psychoanalytic Psychotherapist in private practice. She has taught at the University of Reading and at Birkbeck College, London, where she led infant observation seminars and work discussion groups on the MSc in Psychodynamic Counselling with Children and Adolescents. An enduring area of special interest is the expression of psychological distress and disturbance in the physical domain. Maggie is a member of the Editorial Boards of the journals ‘Psychodynamic Practice’ and ‘Infant Observation’ Her publications include journal papers and two books, ‘Psychosomatic Health: the body and the word’ (2001 Palgrave) and ‘Hidden Self-Harm: narratives from psychotherapy’ (2003 Jessica Kingsley). She welcomes correspondence at maggieturp@googlemail.com

To book your place:
Please go to http://onlinesales.admin.cam.ac.uk
Fee: £35.00 (£20.00 for FoE students and staff)
For more information please email Lisa - lz334@cam.ac.uk

Faculty of Education
www.educ.cam.ac.uk