

UKCP Conference 2026

Threads across the divide: weaving connections in a fragmented world

Day 1 – Friday, 19 June

Time	Session
9-10am	Registration, arrival refreshments and exhibition
10am-5pm	Sessions (including breaks) – exact timings to be announced*
	<p><i>Weaving together: neurodivergence and the therapeutic alliance</i> Debbie Livingstone and Karen Rawden</p> <p>More information to be announced.</p>
	<p><i>'I belong here. I belong': existential explorations of our intersectional identities in counselling and psychotherapy</i> Dr Dwight Turner</p> <p>Dwight Turner uses creativity and poetry to explore how practitioners hold clients' complex, layered identities while also reckoning with their own. Dwight is course leader on the humanistic psychotherapy course at the University of Brighton and a psychotherapist and supervisor in private practice.</p>
	<p><i>Fragmentation (internal and external) and the move towards inter-connectivity</i> Geoff Hopping</p> <p>This session explores psychological fragmentation and the internal disconnection, alienation and anxiety that can blur the boundary between inner experience and outer reality. Drawing on Winnicott, Jung, Klein and Francis Weller, it will examine how intra-psychic phenomena such as objectification and devaluation connect to broader societal, political and cultural divisions.</p>
	<p><i>Ethical fixity and flexibility: whither ethics in a fractured world?</i> Julie Stone</p> <p>Julie Stone considers whether ethical principles can remain consistent in a fractured world – and how a reflective ethical approach supports practice across divides. Julie is UKCP's independent ethics lead and chair of UKCP's Ethics Committee.</p>

	<p><i>Bridging the relational divide: sameness, difference and the wholeness solution</i> Joint session delivered by Mamood Ahmad and Sheetal Amin</p> <p>Mamood Ahmad: <i>Is our understanding of the relationship strong enough to bridge the divide? Relationship v2.0</i></p> <p>Drawing on his psychotherapy work and his new book, Mamood Ahmad explores the concept of 'Relational Scope' and a 'Relationship v2.0' framework for fostering connection, repair, and unity across fragmented, fractured and polarised relational landscapes.</p> <p>Sheetal Amin: <i>Thinking about representation across the profession: exploring sameness and difference in therapy</i></p> <p>Sheetal Amin examines why diverse representation of therapists, modalities, cultures and theoretical perspectives matters at every level of the profession. He also considers how greater cultural attunement can widen access and improve care for clients who experience marginalisation, displacement and discrimination.</p>
	<p><i>It's complicated: can we bridge the different approaches to therapy?</i> Nick Totton</p> <p>Nick Totton brings the expert and process approaches to therapy into dialogue, exploring whether common ground can be found between seemingly opposed positions. Nick is a body psychotherapist, author and trainer with over 40 years' experience.</p>
	<p><i>Paradise lost? The estranged self and the longing for the ideal</i> Paul Hoggett</p> <p>Paul Hoggett examines the modern self's longing for an ideal world and pathways towards repair across cultural and political divides. Paul is emeritus professor of social policy at UWE Bristol and co-founder of the Climate Psychology Alliance.</p>
5-6pm	Networking

Day 2 – Saturday, 20 June

Time	Session
9-10am	Registration, arrival refreshments and exhibition
10am-4.50pm	Sessions (including breaks) – exact timings to be announced*

	<p><i>Cyber trauma/online harm and its impact on human connections</i> Dr Catherine Knibbs</p> <p>Catherine Knibbs explores the risks of AI to client wellbeing, the role of technology in assessments and why working with children demands a deeper engagement with digital spaces. Catherine is a child and adult trauma psychotherapist, researcher and pioneer of cybertrauma theory, and CEO of Children and Tech.</p>
	<p><i>Session title to be announced</i> Professor Eamon McCrory</p> <p>More information to be announced.</p>
	<p><i>The challenges of working relationally</i> Dr Linda Finlay</p> <p>Linda Finlay's session explores what relational psychotherapy looks like in practice, using case studies to examine the pivotal and potentially transformative moments that arise when the therapeutic relationship is used as the primary tool of therapy, while acknowledging when a non-relational approach may be more appropriate.</p>
	<p><i>Intimacy without gatekeeping: rethinking exclusivity in romantic and sexual relationships</i> Niki D.</p> <p>Niki D's talk seeks to challenge the cultural assumption that monogamy is the only valid framework for healthy relationships, inviting therapists to critically examine their own inherited relationship scripts and intimacy biases so they can better support clients who practice open relationships or polyamory.</p>
	<p><i>The illusion of intimacy: how pornography fractures and fosters connection</i> Dr Paula Hall</p> <p>Paula Hall examines the paradox of pornography and online sexual services, exploring how they are often sought as a remedy for loneliness yet frequently deepen isolation and damage relationships. She also explores whether emerging forms of digital connection, such as OnlyFans, might, in some cases, legitimately fulfil unmet intimacy needs.</p>
	<p><i>In Conversation with Susie Orbach – 40 years on: Fat Is A Feminist Issue – contemporary concerns</i> Susie Orbach</p> <p>Susie Orbach revisits her seminal work, <i>Fat Is a Feminist Issue</i>, forty years since its publication. Drawing on her clinical and feminist insights, the discussion looks at how body relationship pressures appear in the therapy room and what they reveal about gender, identity and contemporary cultural life.</p>

Across the divide: the C.H.A.R.E. framework for weaving connection in a fragmented world

Adaku Thelma Olatise

Is it safe to talk? Creating space for difficult conversations in an increasingly polarised world

Keith Oulton

Cheeky little murderous monkeys: understanding fragmentation, power and play in supervision through a developmental lens

Magda Raczynska

In addition to our line-up of speakers, there will also be three oral presentations which will showcase innovative projects, research and practice issues.

*Speakers have been listed in alphabetic order each day – the order of speakers on a given day is subject to change. Specific time slots will be announced closer to the event.