



216th Lecture Series 7.30pm - 24th January 2018

Dr Jane Morris

What does Psychotherapy mean for Scotland today?



ABSTRACT

Patients seeking psychotherapy in the 21st century do not generally expect to pay substantial sums of money to lie on a couch several times a week. They are often entitled to receive therapy within the NHS, and will be familiar via Google with different 'brands' and models of therapy. They may access therapeutic input online or by mobile apps, and they expect therapeutic techniques to deliver relief of symptoms as well as 'self-improvement'. Indeed they may prefer to think of themselves as 'clients' or even 'consumers' rather than 'patients'.

This apparent shift in the balance of power contrasts with strong research evidence that good outcome correlates more closely with the relationship between therapist and patient than with any more specific attributes of the therapy provided. This presentation will explore some different, evidence-based psychotherapeutic models available in Scotland today, highlighting common essentials and unique contributions to mental well being.

BIOGRAPHY

Dr Morris trained in psychotherapy and CAMHS, and her current specialism is eating disorders. She is the Chair of SEDIG (the Scottish Eating Disorder Interest Group) and EEATS (Eating Disorders Education & Training Scotland), and also serves on EDSECT (the Eating Disorders Section Executive Committee). For a number of years she was a designated medical practitioner with the Scottish Mental Welfare Commission.

Dr Morris edited and co-wrote the ABC of Eating Disorders: a comprehensive primer for GPs, dieticians, psychiatrists and community health teams who need to incorporate a sophisticated awareness of this field into their professional practice.

Dr Morris is active in the Royal College of Psychiatrists UK wide and in Scotland.

LINKS

<http://blogs.bmj.com/bmj/2015/04/23/jane-morris-making-the-glorification-of-anorexia-a-crime/>

**All lectures take place in Lecture Theatre K3.25, John Anderson Building,
University of Strathclyde, Rottenrow East, Glasgow G4 0NG.**

Non-members welcome

The John Anderson Building is in the pedestrianised area between Rottenrow and Rottenrow East. Free car parking is available behind the building. From High Street enter Rottenrow East at the Barony.

Refreshments will be served at 9.00pm.