

# **Conferences as trauma-specific mentalising spaces: 2018 SAPC Couch and Country Conference**

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## **Abstract**

Conferences offer an opportunity to stay abreast of new research, emerging trends and a sense of connectedness in a community of likeminded professionals. Psychotherapy as a field is founded upon trauma and its treatment, but as psychotherapists, we too are part of a broader national community. When strong societal currents involve trauma and re-emergence of historic trauma at certain periods in time, conferences can also provide a space for trauma-specific mentalising.