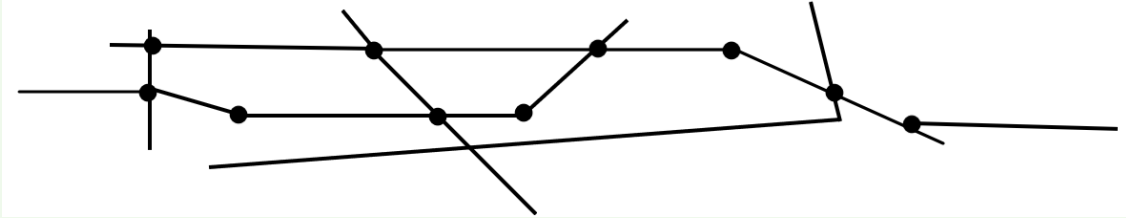


The Cassel Summer Conference

Transitions

Stations and Transitional Spaces in the Treatment of Complex Emotional Needs



Friday 26th June 2026 | 9:30am – 4:00pm

Donald Winnicott introduced the concept of transitional space as an intermediate area between inner psychic reality, largely based on phantasy, and an 'objective' appreciation of the real, external world. Winnicott's emphasis was on early development and the way in which this space, when it emerges between infant and care giver, helps the infant to manage a gradual recognition of the care giver as separate, thus supporting a shift from absolute dependence towards relative independence.

Can the important relationships formed between patients and clinicians, as well as between fellow patients, not also facilitate the emergence of such transitional spaces? Spaces which foster symbolisation, play and creativity, and a gradual shift from dependence to a more self-determined, autonomous but connected life.

We will explore various stations along this journey. A presentation on beginnings and endings considers the anxieties, hopes, and unconscious meanings mobilised at the threshold of treatment and its conclusion, highlighting how these moments can both consolidate and destabilise psychic change. Another, on adventurousness, explores the delicate balance between safety and experimentation, drawing on the concept of play as a transitional activity that enables new forms of experience and self-representation. Finally, a paper on epistemic trust addresses the conditions under which patients come to recognise and internalise knowledge from another mind, particularly in the context of developmental trauma and disrupted attachment.

This conference invites reflection on how treatment itself may function as a transitional space – one that holds movement, uncertainty, and transformation at its core.

Endings as Repetition and The Possibility of Working Through

Sally Arthur & Dr Tom Walker, Psychotherapists

An Exploration of Adventurousness at the Cassel. What does it feel like, and is it surviving in today's political and institutional climate?

Marilyn Ruttley, Paul Stokes, Heather Davey, Natasha Williams and Cleo Roberts
A Collective of Ex-patients & Nurses

Authority, Power, Humility, and Epistemic Trust as Enabling Conditions

Jean-Christophe Larkin, Group Psychotherapist

This is an in-person event only. Please find registration details below.

Venue: The Cassel Hospital, 1 Ham Common, Richmond, Surrey, TW10 7JF

Fee including lunch: £70 (qualified staff) / £30 (students & service users)

Register: <https://www.eventbrite.co.uk/e/the-cassel-summer-conference-tickets-1987822456478?aff=oddtcreator>

This conference supports the Cassel Hospital Charitable Trust

For more information on the work of the CHTCT, please click on the link below

[Co – The Cassel Hospital Charitable Trust](#)