

Separation, Individuation and Loss

**A programme of talks
for 2026**

**Wessex Psychotherapy
Society**

From 19.15 for 19.30–21.00

11th Feb : Annual General Meeting (Zoom only). Paper: John Bowlby's A Two Year Old Goes to Hospital.

11th March : Dr Adrian Sutton (Zoom only)

8th April : TBC

13th May : TBC

10th June : Jo-Anne Graham (in-person presenter)

8th July : TBC

9th Sept : Jason Wright, UKCP Reg.

14th Oct : TBC (Zoom only)

11th Nov : TBC (Zoom only)



For our 2026 programme, Wessex Psychotherapy Society will be focusing on the linked themes of separation, individuation and loss.

Separation from our earliest caregivers is seen as a major developmental task, when successfully enough achieved, it allows us to pursue our lives as fully realised individuals, able to relate to others understood to be distinct from ourselves.

Melanie Klein suggests that the foundation of this is the introjection of a good object around which the baby's ego can cohere, allowing the feeling that the world is a loving, life-affirming enough place to venture into, in no small part due to the eventual management of feelings of hate and aggression. Her depressive position recognises the wholeness and otherness of our loved ones, with our guilt for having hurt them and the possibility of reparation.

Beyond early experiences, navigating seismic emotional shifts in adult life often challenge our sense of individuation, and it is often an echo of these early difficulties in the here-and-now which bring our clients and patients to seek help.

Our speakers this year will help us to think about this topic from a variety of perspectives. We hope you feel inspired to come along and be part of our exploration of this.

Annual membership £85.00 (£50.00 Students/Retired Members)
Non-members £20.00 per meeting (£10.00 Students/Retired Members)

Payment can be made by Bank Transfer:
Name: Wessex Psychotherapy Society / Sort code: 60-18-46 / Account: 21217866

Speaker profiles:

Dr Adrian Sutton

Dr Adrian Sutton, is a Psychiatrist and Psychodynamic Organisational Therapist registered with the BPC, He is a Fellow and recently-retired Director of The Squiggle Foundation, the purposes of which are the study and application of the ideas of Donald Winnicott.

Jason Wright, UKCP Reg

Jason Wright has worked as a psychotherapist in general practice for the last twenty three years working with individuals and the formation of communities, following a pluralistic model originally grounded in the Jungian archetypal work of James Hillman, Group work and multidisciplinary teams.

Jason founded the psychotherapy and well-being practice [Number 42](#) in London Bridge. Previously he was CEO and Clinical Director at the Core Trust for twelve years and held the post of Chair of the now Council for Jungian Analysis and Psychoanalysis section of the UKCP. He served on the board of the College of Psychoanalysis and Drugscope, Chair The Psychoanalytic Consortium, and Chaired The Centre for Transpersonal Psychology.

Jason trained at the AIP and CTP, and has an MA in intercultural and group analytic psychotherapy through Goldsmiths College.