

IBUPs 35TH ANNIVERSARY CONFERENCE

Voksenåsen hotel 16th and 17th of October 2026

Tension between forces of life and death

- Contrasts and conflicts in the turbulent years of childhood
and adolescence

Welcome to the 35th anniversary of the Institute for Child and Adolescent Psychotherapy (IBUP).

The conference is based on psychoanalytic and relational perspectives seeking to explore the contradictory and ambivalent forces experienced in the years of childhood and adolescences.

Through plenary lectures, professional discussions, and parallel sessions, the conference will attempt to widen the way of thinking about how dynamics related to destructiveness, vitality, attachment, and subjectivity are expressed in the inner lives and relational experiences, of children and young people.

The conference aims to facilitate the understanding and critical reflections on psychoanalytically oriented psychotherapy with children and adolescents, and to contribute to the further development of clinical practice and theoretical understanding of the field.

Where: The conference will be held at Voksenåsen hotel in beautiful surroundings, situated at the top of the hills surrounding Oslo. This is a great opportunity of two days filled with meaningful reflections together with international and Norwegian lecturers and presenters. If you wish to travel here, IBUP has an agreement for discounted hotel room rates at Voksenåsen Hotel. The discount code will be sent in the order confirmation you receive when purchasing tickets.

Alternatively, you can participate via Zoom. The lectures that are in English will be streamed—see the program for which ones this applies to.

Ticket: The price is for both days combined.

- Ordinary ticket: 6100 NOK. The ticket price for in-person participation includes refreshments during breaks and lunch on both days, as well as dinner on Friday evening.
- Zoom ticket: 5500 NOK. This includes 5 lectures. See the program.

Program

Friday, 16 October:

- 08:30–09:00** *Registration*
- 09:00–09:15** *Welcome*
- 09:15–10:30** **Becky Hall:** "*Starting out in life: Early trauma, fostering and the parental state of mind*"
(via Zoom)
- 10:30–10:45** *Coffee break*
- 10:45–11:30** *Small group reflection*
- 11:30–13:00** *Lunch*
- 13:00–14:15** **Niina Venetjoki:** "*You are not my mother*":
A case study of an adolescent female, who wanted to kill" *(via Zoom)*
- 14:15–14:30** *Break*
- 14:30- 15:15** *Small group reflection*
- 15:15–15:30** *Coffee break*
- 15:30–16:30** **Parallel sessions in Norwegian:**
- **Eystein Våpenstad:** «*Bruker-med-virkning. Om spedbarnets rettigheter og intersubjektivitet*»
 - **Trond Diseth og Marianne Omdal:** «*Kroppen som symbolbærer, -om viktigheten av et psykodynamisk perspektiv i somatikken*»
 - **Maria Ramvi:** «*Følelser og forsvar - terapeutens erfaringer i møte med ungdom som skader seg selv*»
 - **Maud Heie Bjerke:** «*Å være i et rom med en skjør og vill fugl. Om et foreldrearbeid med en fostermor*»

Evening:

18:00 - 19:00: *Ingeborg Aarseth i boksamtale med forfatter Maria Kjos Fonn*

som leser fra sin bok; «Margaret. Er du i sorg»

19:00

———— **Anniversary Dinner** ————

Saturday, 17 October

- 09:00–09:15** *Welcome*
- 09:15–10:30** **Becky Hall:** *"Holding difference in mind: An exploration of race and otherness in the clinical work with a foster parent–infant dyad"* *(via Zoom)*
- 10:30–10:45** *Coffee break*
- 10:45–11:30** *Small group reflection*
- 11:30–12:45** *Lunch*
- 12:45–14:00** **Fredrik Cappelen:** *"Transference, affect and intersubjectivity in play: Clinical technique in practice"* *(via Zoom)*
- 14:00–14:15** *Coffee break*
- 14:15–15:00** *Small group reflection*
- 15:00–15:15** *Break*
- 15:15–16:15** **Ingeborg Aarseth:** *"Keeping company with Israel Adesanya and Franklin Saint: Television series and YouTube in the therapy room –From the idealization of violence to creative linking"* *(via Zoom)*

Tickets:

To order tickets and see information in English, you can do so directly here:

<https://event.checkin.no/216506/ibups-jubileums-konferanse>

IBUPs website:

Feel free to visit our website: www.ibup.no

To see the speakers, look here: <https://www.ibup.no/ibups-35-ars-jubileumskonferanse/>

Hotel:

To see the hotel: <https://voksenaasen.no/>

E-post: hotel post@voksenaasen.no