



15TH ANNUAL PIT CONFERENCE

PIT & EDI

Friday 20th November 2026

St. Thomas' Centre, Ardwick Green,

Manchester M12 6FZ



PROGRAMME

This year the conference will explore how equality, diversity, inclusion and racial equity are encountered in psychodynamic interpersonal therapy. Drawing on core PIT principles - feeling-language, minute particulars, the here and now, mutuality, negotiation, hypotheses and rupture repair - the day will consider how difference enters the therapeutic relationship and how therapists may respond when issues of racism, culture and power become emotionally alive in the room.

The programme is designed with ample time for discussion and reflection on these ideas and how they relate to our own experiences in the consulting room. You will leave the conference with suggestions about how considering difference can be used to enhance your clinical work, and with new perspectives on how to help your PIT clients. The conference will offer a range of learning events on this important topic, with talks, Q&As, and group discussion time as well as invaluable opportunities to develop your PIT skills in live small-group workshops. Come and be part of the PIT-UK community, catch up with colleague and friends, and make new connections.

BOOKING DETAILS

Go to [Shop - Psychodynamic Interpersonal Therapy in the UK](#) now to book your place

Conference fee for PIT-UK members £60

Conference fee for non-members £75

(Hot lunch is included in the conference fee)

The venue is less than 10 minutes walk from Manchester Piccadilly train station. There is limited on-street parking around the venue.

PROGRAMME

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- 9:30 Registration
- 9.45 Welcome and opening exercise
- 10.00 Equality, diversity, inclusion & racial equity: encountering difference in 1-1 therapy
- Laurence Regan
- 11.00 Break
- 11.15 Small group clinical discussion
- 12.00 Role play workshop 1: the racialised moment in the therapy room. PIT skills practice.
- 12.45 Lunch
- 13.45 Using PIT skills in organisations: defences, task, repair
- Laurence Regan
- 2:45 Role plays workshop 2: PIT skills practice.
- 15.15 Break
- 15.30 Plenary
- 16.00 Close
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SPEAKER

Laurence Regan



Dr Laurence Regan is a clinical psychologist working in corporate, private, NHS and university settings. He is lead psychologist for a large NHS Trust with a specialism in equity, diversity, inclusion and psychological safety.

Laurence first trained in PIT in Manchester in 2016 and has continued to teach, supervise and deliver the model since. He did the level 2 training in 2024 and is current CPD lead for PIT-UK.
