



## CFAR ANNUAL CONFERENCE

### WHY CAN'T WE SLEEP? Psychoanalysis and Insomnia

**SATURDAY 8 JULY 2017**

**10.00 am – 5.15pm (registration from 9.30 am)**  
**Tuke Hall, Regents College Conference Centre,**  
**Inner Circle, Regent's Park, London NW1 4NS**

Participants include:

Chloe Aridjis, Vincent Dachy, Marie Darrieussecq,  
Darian Leader and Anne Worthington

Complaints about the difficulty in sleeping have been skyrocketing in the last decade, with insomnia becoming the norm rather than the exception. Changes in the tempo and pressure of modern life no doubt play their part here, but what of the psychical sources of lack of sleep? What is it that allows us to sleep and what, then, can disrupt this? What role do dreams play as 'guardians of sleep' and what is it that wakes us up?

**Entrance fee: £60    Concessions: £40**

For a booking form and further details please contact the Administrator  
on 0845 838 0829

Or email: [admin@cfar.uk](mailto:admin@cfar.uk)

Website: [www.cfar.org.uk](http://www.cfar.org.uk)

## **PROGRAMME**

9.30 – 9.45	Registration and coffee	
9.45 – 10.00	Welcome	<i>Anne Worthington Chair, CFAR</i>
10.00 – 12.00	Chair: Kristina Valentinova (CFAR)	
	Psychoanalysis and Insomnia	<i>Darian Leader Psychoanalyst, CFAR</i>
	Cacosomnia	<i>Vincent Dachy Psychoanalyst, CFAR</i>
12.00– 1.45	***** Lunch Break ***** (NB: lunch not included)	
1.45 – 3.45	Chair: Anouchka Grose (CFAR)	
	Darling Insomnia	<i>Marie Darrieussecq Writer, Psychoanalyst, Paris</i>
	Insomnia Begins in the Cradle: Creating a Narrative	<i>Chloe Aridjis Writer, London</i>
	The Uncanny, Anxiety and Lack of Sleep	<i>Anne Worthington Psychoanalyst, CFAR</i>
3.45 – 4.00	Tea break	
4.00 – 5.00	Speakers panel chaired by Kenneth Theron (CFAR)	

CLOSE



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#### BOOKING FORM

Name ..... Tel No. ....

Address .....

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Email: .....

I would like to book ..... places for the 'Insomnia' conference

I enclose a cheque/have arranged bank transfer for £ .....

Please make cheques payable to: 'CFAR Ltd' and send to:  
**The Administrator, CFAR, Suite 56, 571 Finchley Road, London NW3 7BN**  
*(please note this is a mailing address only)*

Or by bank transfer to:

Centre for Freudian Analysis and Research Ltd  
Lloyds Bank plc  
Law Courts  
Sort Code: 30-00 04  
Account No: 02101859