

WMIP e-bulletin

April 2017

Dear Colleague,

Welcome to the April e-bulletin of 2017. This edition is packed with information, new events and reviews on past events. To make it easier to navigate the bulletin please click on the links below which will then take you to the different sections of the bulletin. Hopefully, this will enable you to get instant access to areas of interest without having to scroll through the entire document. **You may need to click the "view this email in your browser" located top right of the bulletin for this function to work.**

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For future reference I request a copy of your proposed article for the bulletin approximately 2 weeks ahead of publication. If you have any comments, suggestions or contributions please send them to me at shanesneyd@gmail.com

Thanks

Shane Sneyd (Editor)



Update from the Trustees

We would like to thank all those members who attended the lively and constructive AGM on Saturday March 18th. Members seemed to appreciate the location of the new venue so close to New Street station. The 'Inspire' room was bright, comfortable and the refreshments tasty. The main pieces of business were the approval of the annual reports and accounts and elections for committee chairs and Trustee positions. The Trustees were pleased to report an improvement in the finances resulting from last year's changes to administration.

Membership Committee: all our thanks and best wishes go to Pam Harris, who stepped down from the Membership Committee chair in preparation for her retirement. Patience Gray, who has been acting chair since Pam stepped down, has now been elected to the post. *Ethics Committee:* John Nicholas and Anne Samson agreed to stay on as co-chairs of the Ethics Committee, for which we are all grateful. *Events Committee:* Lee du Plessis has stepped down as chair of the Events Committee, remaining part of the team. **This leaves a vacancy for a professional member with an interest in developing the CPD offering of the institute.** In the interim, members of this lively and robust committee will 'rotate' the chair for meetings, but we really do need someone to act as the point of contact for this committee as soon as possible.

As a Board of Trustees, we said goodbye to Hellen-Fair Mabhikwa, who has been a very valuable member of the Board of Trustees for two years, and who leaves in order to commit more time and energy to the work of the membership and events committees. Carrie Worrall and Jinny Sumner also resigned from the Board of Trustees, as required under our Articles of Association. Both stood again for positions of Chair and Treasurer respectively and were re-elected. This leaves us with a vacancy for **at least one more professional member** to join the Board of Trustees and help us develop a sustainable and forward-looking institute.

It could be you!

Some key points about being a WMIP Trustee:

- The workload of the Board of Trustees is reducing year on year as we delegate more to working parties and committees.
- The focus of the Trustees this year will be primarily on a strategy for the future.
- We envisage meeting no more than 6 times this year, and reducing that to quarterly meetings for 2018.
- Currently we meet around a friendly kitchen table in Leamington Spa, usually for 2 hours, from mid-morning on a Friday (reasonable travel expenses are paid).
- Trustees are welcome to join us via Skype if they live at a distance, and neither the meeting dates nor the venue are set in stone if they are unachievable.

- There is plenty of scope to focus on a particular area of activity (training, charity commission, research, finance, communications...) wherever your strengths and passions lie.
- Volunteering as a Trustee is a great way to get to know the institute, collaborate with other members and *also* build your skills in management.
- WMIP is an incorporated charity, so you will be a Board Director of the Company, as well as a Trustee, with specific legal duties and responsibilities.

For a Trustee, we would ask for a commitment of two years (the maximum term is six) - but if you would like to get involved in a particular project / working party, then the commitment can be more focused and shorter. For example:

- **Re-branding WMIP** - interested in helping develop a new look and logo?
- **New Website** - our small working party needs more hands and heads to get this done.
- **Social Media** - would you be willing to help moderate our trial Facebook Page?
- **WMIP Journal** - would you like to be a peer reviewer on the relaunch of our Journal?

This a great time to be part of a resurgent WMIP, and the supportive and energetic atmosphere at the AGM left us hopeful that we can not only survive, but thrive at a time when analytic thinking, training and therapy are more valuable and urgently required than ever.

If you would like to volunteer in any way, please contact any of the current Trustees or email admin@wmip.org as soon as possible.

Many thanks for your engagement,

WMIP Board of Trustees

Tom Camps Hellen-Fair Mabikwa

Jenny Sumner Carrie Worrall

BPC & UKCP

Professional members should now all have received an email from Patience Gray on behalf of the Membership Committee, asking for your views and intentions re BPC and UKCP Registration. (If you have NOT received this email, please contact the administrator on admin@wmip.org or call 0121 455 7888 and let Jodie know.)

As it stands, following the accreditation of both TCPP and JTC by BPC, we are now a member institute of both these regulatory bodies. It is possible for us to remain an institutional member of UKCP without being a training organisation, and we will do so if our members would like to retain that allegiance, especially

However, dual accreditation gives rise to a number of tricky issues as the two organisations have different requirements and expectations. Areas of divergence include ethics, complaints and grievance, CPD, professional will/executors and other membership matters. It also requires us to 'double up' on some key posts (so that representatives can attend meetings at both UKCP and BPC) and it also is costly being an organisational member of both. None of this is impossible, it just requires some thinking through, and we would value your contribution to this. **Please start by responding to the membership committee email.**

Events Committee (EC)

WMIP members will be up to date with the Events Committee's work from the committee's recent AGM report. We are however still struggling to find somebody to chair the committee now that Lee du Plessis has stepped down from that post. This role has been significantly paired down since the various areas of work that the committee is engaged in have been divided up. Different committee members now take responsibility for the overseeing of one particular events programme which has significantly lightened the load for the chair. If you would like to find out more about this job, please contact one of the Events Committee members. We are all happy to support and assist a new chair while they find their feet and get to grips with what the role entails.

MONDAY EVENING EVENTS

We have had three excellent talks since the last bulletin, the first by Graham Mackay on group analysis, followed by Mark Saban in February who spoke on Jung and the divided psyche. Finally, the third talk was given by Marilyn Miller on male sexual identity. These talks are reviewed below.

Please note that from January 2017 Monday evening events will be held on the 4th Monday of the month, so as not to clash with other committee meetings. You will find a programme of upcoming Monday talks by clicking on the above title 'Monday Evening Events'. These meetings are generally open to the public but where meetings include discussion of clinical cases they are open to Institute members only.



REVIEW: Graham Mackay: "The individual in the group & the group in the individual"

By the end of this presentation by Graham MacKay - Group Analyst in the NHS and Convener of the Birmingham Foundation Course in Group Analysis - I was vividly recalling the many personal development groups to which I have belonged at various points in my training as a psychotherapist. I found that recalling some of the details of how facilitators and members had behaved illuminated what Graham was saying, at the same time as his words gave me a deeper insight into the particular groups to which I had belonged.

To enable me to arrive at this point, Graham had taken us through the evolution of group analysis from its beginnings with S.H. Foulkes (1898-1936). He had then referred to the contributions of others: Bion, Elias, Freud, Rosenfeld, Riviere, and Jung, to mention but a few. In his presentation, Graham emphasised the complex matrix that operates in a group, and explored how it could be an outward manifestation of the relationship between different parts of an individual. This emphasised the way that group and individual analysis can be seen as complementary.

Of particular interest to me were the comments in the plenary discussion about how the 'conductor' of the group facilitates the group process and promotes communication. I understood that the 'conductor' seeks to intervene as little as is necessary, increasing the 'temperature' by minimal responses, or reducing it by longer interpretative comments. I had vivid memories of this happening in the groups to which I had belonged, and of its value. I also found myself reflecting on my regulation of the 'temperature,' in my work as a therapist with individuals.

For the final plenary, Graham suggested we arrange our chairs in a circle. This transformed us from the audience of a lecture, into a group - which meant that some of the theoretical points Graham had been explaining could be experienced in practice. Both he and Sandra Harrison, our chair, very skilfully drew out the relevant connections between the earlier theory and the group experience which we were then beginning to sample.

Peter Chidwick



REVIEW: Mark Saban: "Jung and the Divided Psyche"

Mark set out to address dissociation according to Jung. A small intro in his blurb shows us that Jung sees dissociation as normal for the healthy psyche. He says that Jung would see pathology to come about when the different parts of the psyche (articulated by Jung as complexes and archetypal figures) are not able to communicate with each other. Jung had noticed from early in his life that he had two personalities which he later termed personalities number 1 and number 2. When he was 'assigned' to personality number 1, number 2 carried on autonomously and vice versa.

As he grew older he came to value that each of these personalities were part of a whole, that the tension between these parts need not be destructive but rather if listened to could each inform the whole so that one isn't seized by the autonomous strivings of one's parts. He had observed that his mother did not exhibit a typical unitary psyche but, like him seemed to have her number 1 and number 2 personalities. Mark Saban set out this back ground filling it in with Vignettes from Memories Dreams and Reflections to show us how Jung's encounter with both personalities motivated him to find a bridge between them what he later termed the Transcendent Function. In his talk Mark went on to show that Jung's idea of the multiplicity of consciousness contrasts with the psychoanalytic idea of unitary psyche which would view dissociation as pathological.

Mark showed us that Frederick Meyers, William James, Pierre Janet and most of all Theodor Flournoy had a huge influence on Jung. Their work resonated with his all

endured as their idea of the psyche had this fundamental difference between multiplicity according to Jung and the unitary psyche according to Freud. While both men were adversely affected by the split one comes to see that this was not about power struggle but something much more important than that.

The question that this seemed to pose to the clinician is how one deals with the different parts of one's psyche, and whether one can help the patient to know their divided psyche and to develop a way in which the different parts of the psyche can communicate without aiming to tame them or to pathologise them. Mark's talk challenged the listener to think about one's unrepressed unconscious, about those parts of the therapist that can function autonomously if not communicated with.

Mark then expressed caution on the one-sidedness of Jungian psychology which can overvalue the unconscious or introverted type over the extraverted. He suggested if we are here to help our patients to connect with the world around them, we should not change them if our focus is only on their unconscious functions. They seek us for help with both their internal as well as external functions. Unfortunately there was not enough time in the end for what promised to be a lively debate. Mark would be delighted to return for another lecture.

Hellen Mabhikwa



REVIEW: Marilyn Miller: "Male Sexuality Identity: From Self Caricature to Whole Person"

Be gentle with my penis and help me develop my sexual identity!

Male sexual identity is a very important issue at any time, but particularly important over this last 30 turbulent years in our society. This is because so many of the so-

So it is timely that the WMiP Monday Evening Meeting on 27 March 2017 was presented by Marilyn Miller. Her title was, "Male Sexual Identity: From Self-Caricature to Whole Person". It was a fascinating, well-received case study of one of Marilyn's long-term male patients. Marilyn took us through some of the significant phases of his analysis during which time the patient, Josh moved from dangerous patterns of behaviour and confusion about his sexual identity, to a new position where he had greater clarity and insight into who he was and how he wanted to express himself through his body as a man.

The buzz of feedback at the end of the evening was of admiration for Marilyn's patient and the insightful work which took place over 7 years. What did we, the audience learn? We heard that at the heart of Marilyn's own training was a strong emphasis on staying with and reflecting upon the counter transference. She conveyed the importance and effectiveness of this stance very powerfully. This was particularly true when many of the sessions were really very challenging and could have left the therapist confused, frightened or stuck. She also gave us some lovely insights into dream interpretation, as well as thoughtful interpretations about Josh's behaviour.

Marilyn also shared with us the development of her thinking, and how particular elements of theory helped her hold and manage the complex psychological material Josh was sharing with her. Among her various references was Meltzer 1973, Chasseguet-Smirgel 1985, Strachey, 1934 and his contribution of the idea of the mutative interpretation.

Marilyn's seminar raises lots of questions. She asked the audience two questions at the beginning: "What does it mean to be a man today?" and "What are the limits of sexual preference? (or where does diversity become perversity?)". Many other questions come to mind: in particular why many men are struggling with their relationships where they oscillate between polarised positions of fear or anger and between withdrawal or rape?

The important origins of a man's sexual identity are nurtured by his mother and her acceptance of himself, his body and mind. In the early part of Monday evening, I overheard a humorous, true story which has something to say to this important early relationship.

A young mother was preparing for her first nappy change with her newborn son. The mother was from a family of girls and she also had a 4 year old daughter. A nappy change was no problem for an experienced mother. However, when she removed the nappy she beheld two large testicles and a penis staring back at her. Her first, instinctive response was to ask, "What do I do with these?". This story and my slightly provocative, eye catching subtitle for Marilyn's presentation is humorous but it is also salutary – there is no getting around it, this appendage needs to be acknowledged and compassionately navigated!

Men are complex social beings, they can be strong and independent, but for some men there is a vulnerability which runs through their sexual identity. This results in them being unsure of how they are going to get their erotic and psychological needs met. In conclusion, a better subtitle might be – accept my penis and all the

Alan Boyd



**Monday 22 May 2017
7.00 - 8.30pm**

**Philippa Boulter :
"Thinking about the
roots of narcissism
through the therapy of a
latency boy"**



**Monday 26 June 2017
7.00 - 8.30pm**

**Race and Culture
Group: An evening hosted by
the WMIP's Race and Culture
Group**



The WMIP OUTREACH programme continued strongly into 2017 with Judith Anderson's excellent talk about how psychotherapy can engage with social, political and environment issues. You will find a review of the talk below.

Also our collaboration with the **Birmingham Literature Festival** continues this year with an 'in conversation' between Alf McFarland of WMIP and **Barbara Taylor**, author of ***The Last Asylum*** (2014). The book (variously described as 'superb', 'riveting', 'relentlessly honest') is in part a 'historical mediation on mental illness' drawing on Taylor's own experience as a patient in psychiatric institutions; in part a provocative reflection on the

in the meantime, please save the date.

Review - The Fierce Urgency of Now: Responding to Climate Change and why we find this difficult.



This WMIP Outreach event at Waterstones, on Friday February 3rd drew a large and diverse audience from the general public and members. One of the delights of these free, open events is the chance for therapists to bring along friends and family who are not 'in the field' but who are interested in what we do.

Judith Anderson, who trained with WMIP and has been a member for many years, is a former chair of Psychotherapists and Counsellors for Social Responsibility and is now on the Executive Committee of Climate Psychology Alliance. She engaged this broad audience very well and over the course of an hour took us on a journey from bleak despair to a glimmer of hope, sparking a lively discussion that demonstrated it *is* actually possible to start thinking about the unthinkable.

Her talk was serious but not heavy and she made her psychological and psychoanalytical approach to the issue accessible to a lay audience, making a good case for what analytic thinking can offer in this area. This includes working through mourning and guilt, a capacity to contain fear, and an insight into the defensive mechanisms, such as denial, splitting and projection, which are so visibly at work in the climate change debate.

Her choice of title, Martin Luther King's phrase: *the fierce urgency of now*, captures the radical, activist energy which Judith personally brings to the subject. The concept of 'radical hope' and the work of Relational Psychoanalyst Donna Orange in her latest book 'Climate Crisis, Psychoanalysis and Radical Ethics' may offer a frame for enabling change even in the face of overwhelming forces. But the reference to King also evokes the shadow of violence and regression, given the state of civil rights in the US today.

social and political issues.



LATE SUMMER CONFERENCE

Saturday 16 September 2017
Freud, Jung and the Modern World

Venue: the studio, 7 Cannon Street, Birmingham B2 5EP

9.30 for 10.00 am - 5.00 pm

Speakers: Ken Robinson, Marcus West and Ray Brown

*Training in Contemporary
Psychoanalytic Psychotherapy
(TCPP)*

*Jungian Training Committee
(JTC)*

TCPP
Training in Contemporary Psychoanalytic Psychotherapy

**Saturday
6th May 2017
Training Open Day**

11am to 2.30pm

at the Priory Rooms

**40 Bull Street Birmingham B4
6AF**

Applications for admission are now
being considered.

**Saturday
6th May 2017
THE SEXUAL SYMPTOM:
BIOMECHANICAL
GLITCH OR DEEP
UNCONSCIOUS
PHANTASY?**

*Brett Kahr has worked in the mental
health field for over thirty-five years.
He is Senior Fellow at Tavistock
Relationships (Tavistock Centre for
Couple Relationships), at the
Tavistock Institute of Medical
Psychology and also Senior Clinical*

from Mrs Carmela Birmingham, the
 TCPP Administrator
 Tel : 0793 925 5534 e mail :
 tcpp@mwip.org

MEMBERS



news & views



WMIP Library update

We are pleased to let members know that over 1,000 books have been catalogued and the W.M.I.P library is taking shape. If there is something you are looking for please contact one of us and we will check the catalogue. People are welcome to call into the Birmingham Chinese Medical Centre (BCCM) but please always check in advance with Bekki Sansoni, receptionist. that the building will be open on 0121 441 2757.

We are exploring ways of making the catalogue available to members and anticipate doing so in the new year via the website.

Lynette Maple – lynettejmaple@gmail.com
 07850 281552

Jill Eley – JillEley27@gmail.com 07906
 106882



Vacancy for Psychotherapist at icap (Birmingham).

If you are interested, please send a C.V with a covering letter explaining how you meet our criteria to our Birmingham Centre Manager, Liz Daw at:

72 Digbeth

Birmingham

B5 6DH or email to liz@icap.org.uk

Avon Counselling and Psychotherapy Service (ACPS) in Bristol looking for four self-employed psychotherapists, registered and accredited, (normally with BPC or UKCP), and with substantial psychodynamic experience.

Prospective candidates are invited to visit our website and apply for an application pack.

Interviews will be held in early June.

THE FORUM

The Forum is accessible at www.wmip.org/wmipforum

You will be asked to log in to the forum page (username: wmipmember, password: psychotherapy)

Once on the forum page you will need to register to use the forum. Please use your own name as a username (not a nickname) and select your own personal password known only to you.

You can contribute to a discussion strand on the forum or initiate one of your own. Share with your colleagues: What you want from WMIP; how we can make psychoanalytic ideas more current in the Midlands; what issues are current for you etc.

We look forward to hearing from you

Our mailing address is:

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