



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

WMIP e-bulletin April 2018

Dear Colleague,

Welcome to the April e-bulletin of 2018. This edition is packed with new information concerning the development of WMIP and events planned for 2018. We have a review on the BPC conference, *'Psychoanalytical Psychotherapy Now 2017: The Inner World and Rebuilding the State We're'* In provided by Rachel Dunkley Jones. Also, please do take the time to look at the Members News and Views section below which contains the obituary for Dr. Sidney Carlish.

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](#)

Firstly, we are sorry we had to cancel the 3rd March AGM at such short notice due to the weather, and thank you for bearing with us. We look forward to meeting on April 7th instead, and urge all members to attend if possible.

Whether or not you can be there in person, we really need your thinking on a number of matters arising this year.

1. **New Trustees:** we need a couple of new members – especially professional members - willing to join the Board. The commitment is not too onerous, we are a happy and constructive group and we are currently looking at some exciting ways of developing and growing the institute. Perhaps you, plus a friend and colleague, could consider finding out more about this together? Contact chair@wmip.org if you think you can spare the time for quarterly meetings and some thinking in between.

2. **Library: we urgently need a new home for the WMIP Library, from July 2018.** If you work in a therapy service or university, or if you have any other thoughts about where we might house our library in order for it to be accessible to members, and perhaps also to the public, then please do let us know.

3. **Events/ CPD:** since the dissolution of the Events Committee, we have been pleased to support a number of spontaneous events proposed and organised by members – see the listing in this bulletin and online.

Unless or until a group of members comes forward to create a new committee, we will continue with this approach and have appointed marketing professional Kate Leeson, through Admin Angels, to act as our Marketing and Events Co-ordinator. This will make it easier and more appealing for members to self-organise short courses, seminars and presentations in line with our charitable purpose and values. Kate has already helped with applying the new WMIP brand to templates for flyers and application forms and she can help you plan and promote your event.

Perhaps there is an aspect of your work or some development in the field which you are passionate about and wish to share with the wider public? Perhaps you have encountered a speaker or an organisation you think we should invite to the Midlands? If you have any ideas for events, short courses, introductory courses or seminars, contact Kate at the office.

4. **Data Protection Regulations:** As you are no doubt aware, new rules on the processing and security of information come into force in May. If you keep personal information about your patients or clients you should be registered with the Information Commissioner and follow the new rules on handling that information. Lay trustee Alan Beadle has been working hard on this and we will shortly be circulating a new data protection policy and Privacy Statement, as well as some advice for members in private practice. Your accrediting body (eg BPC, UKCP) will also have advice and guidance available.

lively and thoughtful member of the institute, who played multiple roles within WMIP over the years, most recently as co-chair of the Ethics Committee. We will all miss her, and I hope there will be an opportunity to celebrate her life more fully in a future edition of the Bulletin

Thanks to all members for your continuing support and active contribution to WMIP.

Alan Beadle, Diana Houlston, Dr. Niall Martin, Jinny Sumner, Carrie Worrall, Martina Wright
WMIP Board of Trustees

Events



Setting up a WMIP event?

If you are interested in setting up a WMIP event, please email Kate Leeson (kate@angelaccounting.co.uk) WMIP Marketing and Events Coordinator, with the details. Kate will get in touch to discuss your plans and if necessary, let you have the WMIP events pack. The new WMIP branded marketing material will help market your event and promote the brand in a consistent way. Thank you.

Please see below an event planned for **Monday 25 June!**

Date for your diary!



Coming up to two years after the EU Referendum, we are at a point in society where change is very rapid, debates have become polarised and there are high levels of anxiety about our collective future.

Many of us recognise a sense of isolation at this crucial moment, and a desire as psychotherapists and people interested in psyche, to link together as a community and begin to think about questions that sometimes seem paralysing or silencing. It is hoped that Social Dreaming might give us a way to approach this: a way that is safe and containing, and also deep and powerful.

We are delighted to have Laurie Slade, who is highly experienced in social dreaming, to come and host a matrix here in Birmingham. This will be at the Edgbaston Quaker Meeting House, from 7 – 9.30 pm on Monday 25 June, close to the anniversary of the referendum.

Full details will be sent out shortly.

We hope to see you there.

Myra Connell, Rachel Dunkley Jones

Marilyn Miller

PSYCHOANALYTIC PSYCHOTHERAPIST

**THE HOMOSEXUAL MALE WHO
WANTED TO BE A FATHER**

DATE SATURDAY 28TH APRIL 2018
TIME 10.00-12.30
VENUE PRIORY ROOMS, QUAKER MEETING HOUSE, BIRMINGHAM
COST £40

SHORT COURSES

UNDERSTANDING SYMBOL FORMATION: AN OBJECT RELATIONS PERSPECTIVE

Course leader: Marilyn Miller



**BOOK NOW FOR THIS NEW AND INTERESTING WMIP COURSE FOR
EXPERIENCED CLINICIANS -**

Words strain,

Crack and sometimes break, under the burden,

Under the tension, slip, slide, perish,

Decay with imprecision, will not stay in place,

Will not stay still. Shrieking voices

Scolding, mocking, or merely chattering,

Always assail them.

T.S.Eliot *The Four Quartets: Burnt Norton*

to detailed clinical material is always essential. This course will do just that.

*If you have a literary background and are familiar with Keats' idea of **negative capability** or Eliot's definition of the **objective correlative**, you will find this course links well to your literary interests.*

*If you are not, but want to understand psychoanalytic concepts like 'symbolic equations' and 'dead objects' or the role of **primal objects, the mother's body, and illusion** in symbol formation, this course is for you.*

It may also trigger your curiosity about how some literary and psychoanalytic concepts connect.'

Course aim: To explore some classic and other selected readings on the development of symbol formation in connection with ongoing clinical work.

Course time : **Six Saturdays 10.30 - 3.45pm**

2018: 9 June, 7 July, 8 September, 13 October, 3 November,

8 December:

Course venue: Luck's Weight, Little Wenlock, Shropshire, a beautiful spacious venue, with opportunities to walk the Wrekin in the early morning or at teatime and share convivially in a soup and salad lunch in this modern eco house.

Course Details: Available from WMIP administration. (But see the feedback from the previous course run at this venue by Marilyn Miller on male sexuality in an earlier 2017 WMIP Newsletter.)

Jungian Training Committee

Saturday 12th May 2018

WHY DON'T PSYCHOTHERAPISTS LAUGH? ENJOYMENT AND THE CONSULTING ROOM

Ann Shearer

Humour, enjoyment and lightness of heart find relatively little place in the literature of depth psychology, where the sombre themes of mourning and loss, anger and hatred remain predominant. This talk wonders what fuels such a persistent bias towards the

how humour helps them weather life's vicissitudes, heal its tragic wounds and even survive the worst of physical and psychological challenges. If therapists can allow a little more humour into their consulting rooms might their patients be encouraged to re-find courage and enjoyment in a world that may now seem nothing but bleak?

Ann Shearer, is a senior member of IGAP and lives in London. She teaches in both the UK and internationally, and has written many chapters and journal articles, with a particular interest in the relevance of mythology to psychology. Her own books include *Athene: Image and Energy; From Ancient Myth to Modern Healing: Themis, goddess of heartsoul, justice and reconciliation* (with Pamela Donleavy), and most recently *Why Don't Psychotherapists Laugh? Enjoyment and the Consulting Room*.

PSYCHOANALYTIC PSYCHOTHERAPY NOW 2017

Review of BPC Conference, Psychoanalytic Psychotherapy Now 2017: The Inner World and Rebuilding the State We're In

In the heightened atmosphere following the EU referendum and the election of Trump in 2016, I felt an urgent need for psychoanalytic perspectives on our collective predicament. So I was glad to see that the BPC were using their 2017 annual conference to reflect on the polarized landscapes we now inhabit. I made a priority of attending, because I think analysts have much to contribute to public debates and I was eager to hear senior members of the profession speaking about 'the state we're in'.

The conference flier articulated extremely ambitious objectives: to bring together analysts, policy makers and academics to 'explore how psychoanalytic thinking can help maintain the health of our democratic institutions ... and push back against the rise of the authoritarian state.'

Perhaps the inevitable impossibility of living up to such far-reaching aims speaks in part to where we are: in a time where the challenges we face seem impossibly large. The programme aimed to address the rise of racism and misogyny, the crises in our democratic institutions, Brexit, climate change, class and the mental health of children and young people. At several points my experience was that the collective mood tipped over into ill temper and conflict, and I wondered afterwards if this spoke of a fundamental difficulty we all have in addressing these huge questions. Our own individual defences against the anxieties provoked make it difficult to keep thinking. The risk is that we experience

In my view these dynamics are a significant factor in our country's political life at present, and there were moments when they constellated in the conference hall. In spite of these difficulties, however, there were some valuable insights. Indeed, Susie Orbach stated, in relation to gender and misogyny: 'One or two unifying principles are needed to turn something around, so that agency is possible in the face of this apparently overwhelming complexity'.

The keynote lectures on Friday night were by the American analyst Jessica Benjamin and the British psychotherapist and group analyst Gabrielle Rifkind, who also works in conflict resolution in the Middle East. Both emphasized the harm caused by our current forms of advanced consumer capitalism, which prioritise profit over the protection of vulnerable human beings.

Jessica Benjamin argues that the dominant ideology of the United States is predicated on a belief that it is not possible for all groups to coexist. This leads to a profound split in the collective, between those who are considered morally worthy of protection and those who are not. The latter group, who are economically exposed, vulnerable and discarded, receive the projections of the former, who carry unconscious guilt for having caused harm. Benjamin argues that part of Trump's appeal is that he offers his supporters the chance to repudiate the experience of being discarded and ashamed, along with a perverse pleasure in over-riding the values of the 'liberal elite'.

I came away with a desire to create a space for ongoing analytic reflection on these themes, and wondering what would need to be in place to allow to happen that in a contained and creative way.

Rachel Dunkley Jones

Trainee Jungian Analytical Psychotherapist

MEMBERS



news &
views

Obituary Notice

Sidney was born in 1930 in the East End of London, the youngest of five siblings. His parents were Polish Jewish immigrants.

After being evacuated to Wiltshire during the war, he attended Marylebone Grammar School and then at 18 was called up for National Service and sent to Egypt. Here between tedious military duties he enjoyed rugby and other athletic pursuits, and trips with other Jewish servicemen to visit Jewish families in Alexandria.

On his return he decided to train as a doctor: he attended a local technical college to obtain the necessary qualifications, and then studied at Birmingham Medical School from 1952-1957. Here he met Sonia, a student at the university, and they were married in 1959.

After qualifying Sidney worked in various specialisms – haematology, cardiac medicine and eventually psychiatry. He worked at Netherne, a large mental hospital in Surrey; in the psychiatric department at University College Hospital; at the Maudsley and at the Cassel Hospital. From 1963-1968 he was training in psychoanalysis at the BPAS. He was appointed consultant psychotherapist at the Uffculme Clinic in 1968.

At Uffculme he was a founding member of a psychotherapy group which in time led to the founding of WMIP. He introduced the WMIP Journal and edited it for a number of years. Besides his clinical work, in the early years he ran Balint Groups and lectured to medical students.

In due course, demand for psychoanalysis caused him to reduce his NHS sessions. He was involved with the setting up and running of the Contemporary Freudian and Independent Training Course (forerunner of the TCPP): with devising the course of study, advising as to suitable teachers among his psychoanalytic colleagues, helping in the selection of students for the course and being generally available for advice.

Apart from work, he enjoyed film, theatre and art, and engaged in various sporting activities – squash, tennis, skiing, long-distance swimming, jogging in the early mornings before work. He enjoyed spending time with his three children, supported and facilitated their various interests and pursuits, and took a close interest (too much, one of them thought!) in their school work. He very much enjoyed travel with the family, sometimes tacked on to the International Psychoanalytic Congress and other psychoanalytic meetings.

He had been retired some time from Uffculme, but his practice continued very full until 2004, when he suffered a stroke and was obliged abruptly to stop working. The stroke affected his speech: he found it difficult to find words, and this made him reluctant to be in company beyond the family. However, he was still well enough to give his daughter away at her wedding in 2007 and to enjoy his Golden Wedding celebrations in 2009.

He declined by slow steps, eventually having to be nursed in bed for the last two years by a band of affectionate and able carers. Throughout he retained his interest in world affairs, and in events in the lives of family and friends, and capable of indicating his advice and opinions. He bore his infirmity with patience and (mostly) good humour and continued to enjoy films, news, TV and the company of the family, especially delighting in his three grandchildren.

He died in the QE in December 2017, a few hours after his 57th wedding anniversary, when he had been laughing at something that amused him and engaging in plans for Christmas.

Sonia Carlish

Tribute from colleagues

I first met Sidney in the late 1960s when as a junior registrar I was on the training rotation which afforded me training at Uffculme, the Regional Training

the Casser Hospital. He was now concentrating on training in individual work and theoretical seminars.

While working there, I became pregnant. Sidney was interested in offering me sessions as he had never worked with a pregnant woman and I have to confess to being somewhat disconcerted. When sometime later I listened to him discussing whether he should be regularly reanalysed, I realised his commitment to his chosen profession.

In the late 1970s the Psychotherapy circle was a group of professionals connected to Uffculme, working in a psychotherapeutic way and meeting to discuss their work and how to develop their thinking. The discussion naturally turned to the idea of establishing an Institute of Psychotherapy, initially funded by the NHS and at Uffculme. It was recognised that Sidney Carlish should become involved in its formation as the Analyst on site who had responsibility for training in Psychoanalytic thinking. The issues surrounding how one accommodates the multiplicity of theoretical thinking has always created dissent in these circumstances and so it was as WIMP came into being. Added to this were the difficulties of transferring out of the NHS setting. How training and therapy were to be funded were of course issues, more especially as funding and management in the NHS was changing.

In the midst of this, Sidney accepted becoming involved in the development of the Institute and took on the responsibility of setting up the Journal which it was felt would be an important voice within the new Institute. Martin Davies and I became his sub editors.

He proved a hard taskmaster, hard on himself and us as he used us as sounding boards while he hammered out his plans down to the last detail: long phone calls and surprise visits were the order of the day, but the Journal became a major voice of WIMP and remained so for many years.

Ros Jamieson

Martin Davies adds: Sidney was always a reliable & self-effacing colleague whose contribution to case discussions revealed his deep psychoanalytical understanding.

From a patient

I was lucky enough to spend four years in analysis with Dr Sidney Carlish in the early 1990s. It was an extraordinary experience with an extraordinary man and one which changed my life completely. Following a series of losses, I'd already been in therapy for a couple of years, but when my much-loved therapist took a career break, I was able to use my modest inheritance to have analysis with the then only member of the British Psychoanalytic Society in the Midlands.

It was hard fitting in five sessions a week around a full-time job and two small children, especially packing away the sometimes very extreme feelings so I could go back to work. As anyone who's had five-times-a-week analysis knows, there's little time for processing (or is it defending?) between sessions and I learned to simply have my feelings, without pushing them away.

Sidney Carlish was not always a 'blank screen' analyst and our sessions were peppered with shared laughter – he had an earthy sense of humour – and occasional stories of his early days as a doctor, or vignettes from his family life. I really appreciated having a warm human being behind me as I fought my inner demons, and on several occasions his genuine interest and enormous commitment to the value of analysis kept me going when I was all for giving up. Very rarely he would extend the session, once by as much as 45 minutes when I was struggling with a near-psychotic sense of loss.

since. He could link two or three seemingly random half-thoughts and throw light on something lurking in the shadows: a shameful memory, perhaps, that withered when caught in the analytic spotlight.

Always polite and courteous, he stood up at the end of every session and was never seen without a tie. There was always a new, disposable cloth on the head-rest and the bills were always accurate and on time; I learned a lot about respect for the patient through this careful ordering of the analytic environment. I shall remain forever grateful to Dr Carlish for helping me find a life that can be lived, fully and with pleasure, and for revealing to me the transformative value of psychoanalysis.

Charmian Beer

THE FORUM

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

You will be asked to log in to the forum page (username: wnipmember, 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

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