



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

WMIP e-bulletin April 2019

Dear Colleague,

Welcome to the April e-bulletin of 2019. We have an excellent review on the Social Dreaming Matrix by Myra Connell. In May and June this year the Analytical Psychotherapy Training have two CPD events planned, as well as the new 'An Introduction to Analytical Psychotherapy Course' which is starting in September 2019. Also, please do take the time to look at the Members News and Views section below which contains the obituaries for Pauline Mitchell and Sonia 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)

Events

Bearing the unbearable: Review of Social Dreaming Matrix

On 11 March we held the last of our three social dreaming sessions, hosted as before by Laurie Slade.

'I came to see the damage that was done / and the treasures that prevail' were the lines from Adrienne Rich that we used on our flyer, and our idea was to offer a space for reflection on where we are as a society at this time of momentous change, deep uncertainty, and naked division. What is the damage that has been done? And what treasure remains?

wouldn't open, the lights wouldn't come on. And then the dreams were slow to emerge, and we sat in painful silence waiting.

My experience was of sitting with the unbearable, and feeling a strong impulse to escape. More than Brexit, this time, we were facing climate change and the human-made destruction of our world. Someone spoke of alternating between extreme terror when she had to talk to her young daughter about the future of the planet, and feeling cut off. There was the image of Shamima Begum's child who died, of her as a mother who had been kept out – but who might be a Trojan horse, a womb containing terror.

'Is there something shameful,' Laurie asked, 'something that can't be spoken?' The dream that came then was of giving birth, not to a baby but to a huge turd. It was as if bringing shit in was a relief. Shit is real. Shit needs to be processed, manure when rotted down can fertilise the soil. Life comes from shit.

Laurie told us of a series of three matrices he had hosted in London at the Barbican, inspired by some art on display there, and how all the forty-five places for each session had sold out within a fortnight. The participants were mainly young people, eagerly bringing a plethora of dreams. Perhaps there is hope in this liveliness among the young, and in their hunger to engage with psyche. Perhaps new life can emerge from the morass we are in.

'The sombre mood', Laurie said afterwards, 'was appropriate to the reality we are facing'.

We are grateful to the trustees for their support of these events, and deeply grateful to Laurie for his sensitivity and skill in holding the space for us, and for his openness and depth of engagement with the dreaming mind. He has offered to come again if we would like him to, and I for one have come to feel that social dreaming is a necessity in these times.

Myra Connell

Analytical Psychotherapy Training

An Introduction to Analytical Psychotherapy Course

A CPD Course to Explore Concepts of Analytical Psychotherapy

We are offering a new introductory course, commencing in September 2019. This comes in response to numerous enquiries from people who are keen to engage with principles of analytical psychotherapy but who do not wish to start a qualifying training at this point. The course will be a true introduction to depth psychotherapy and will span both psychoanalytic and Jungian traditions, with teachers coming from backgrounds reflecting this diversity.

It will take place in Central Birmingham on Thursday evenings 5pm - 7pm in 2 x 10 week blocks.

Block 1

19, 26 September 2019

3, 10, 17 October 2019

7, 14, 21, 28 November 2019

5 December 2019

1. Introduction - What is Analytical Psychotherapy? Historical Concept of the Unconscious.
2. Introduction to Freud's Concept of Psyche
3. Introduction to Jung's Concept of Psyche
4. Archetypes. Collective Unconscious, The Psychoid. Synchronicity
5. British Developmental Jungian Analysis
6. Introduction to Klein and Object Relations
7. Winnicott
8. The Analytic Frame
9. The Transference
10. Process and Goals of Therapy

Block 2

16, 23, 30 January 2020

6, 13, 27 February 2020

5, 12, 19, 26 March 2020

1. Concepts of Health vs Pathology
2. Depression
3. Anxiety
4. Obsessive Compulsive States
5. Trauma
6. Psychosis
7. Psyche-soma
8. New Developments in the Field: Neuroscience, etc
9. Dreams and Symbolic Life
10. Conclusion. Ways Ahead

If you are interested please contact Sue Harford. Tel 08444 631 341 or email: aptc@wmip.org.

Saturday 11th May 2019

"YOU WERE NOT BORN HERE, SO YOU ARE CLASSLESS, YOU ARE FREE!"

Social Class and Cultural Complex in Analysis

Emilija Kiehl

accent arouses their curiosity but it also, it seems, allows a space to open in the transference where together we explore the impact of the British social class system on their experience of themselves and the world. What I came to see as the trans-generational trauma of living in a society of sharp socio-economic divisions based on material property sooner or later emerges in the work and, when a number of years ago I first thought of writing about this, I was puzzled by the dearth of literature on the subject - class is a prominent feature of the British culture, yet rarely explored in the psychological discourse. Moreover, from occasional discussions with my British-born colleagues, I gathered that social class did not seem to come up in their work and was, therefore, not an area of their professional interest. My own interest in the subject seems to be coming from a view, which is both "inside" and "outside" of the British psychosocial fabric and cultural complex.

The title of this talk comes from a patient, whose struggle to separate a sense of personal identity from the social class he desperately wanted to leave behind, inspired me to write about this complex subject.

Emilija Kiehl MSc., is a Jungian Analyst in practice in London. She is a senior member of the British Jungian Analytic Association (BJAA) and the British Psychotherapy Foundation (bpf). Emilija is a member of the Executive Committee of the International Association for Analytical Psychology (IAAP) and journal review editor for the Journal of Analytical Psychology (JAP) and book review editor for Spring Journal. Before training in analytical psychology Emilija was a literary translator. Her published translations include the work of John Updike, Harold Pinter, Arthur Miller, Noam Chomsky, Scott M. Peck and others.

Saturday 8th June 2019

DOES FAT JESUS EAT TOO MUCH?

Debra Harris

I use *Fat Jesus* as an icon for our times. Using him/her as a symbol of the shadow of fatness pervading our culture, I explore the division between body and soul, and how the shadow can reconnect us to the sacred. I hope to show how the journey of individuation can enable us to become more embodied: a re-incarnation or ensoulment of the flesh.

Sixty-four per cent of the British population is classified as overweight. What is the function of food in our culture? Why does Fat Jesus eat too much? Links between disordered appetite and unmet dependency needs will illustrate one way of thinking about answering these questions. I draw on case material from my consulting room to "flesh out" my talk.

Debra Harris graduated from the Jungian Training in the West Midlands in 2003. She spends her working week in private practice where she sees individuals and couples for short or long-term

Paradoxically, this enables her to be deeply connected to the centre.

MEMBERS



news &
views

Obituary Notice

Pauline Mitchell

We are profoundly saddened at the death of Pauline Mitchell, a long standing Professional Member of WMIP and a former member of the Membership Committee. Patience Gray Chair of the Membership Committee said this of Pauline, *"She was a valued member of the Membership Committee for nearly three years, dealing mainly with membership enquiries, but she also brought her clear thinking to many other membership issues. She is much missed."* Pauline passed away on 21st December 2018.

Embarking on her psychoanalytic psychotherapy training with what was then CFITC originally in the late 1980's Pauline later had to withdraw due to personal circumstances. In the late 1990's Pauline re commenced her training, this stands as an example of her tenacity and gritty determination.

When Pauline joined our training she had an immediate and positive impact. She was a popular and highly engaged colleague, always ready to provide thoughtful observations and perspectives on many issues. Fellow trainees felt comfortable with Pauline and listened to what she had to say.

Pauline began her career in the NHS more than 30 years ago initially as an Occupational Therapist. Whilst working as an OT Pauline developed an interest in working psychoanalytically as a psychotherapist. She went on to work in secondary care at the Lyndon Community Mental Health Service in Solihull as a psychotherapist. Following a short interlude returning to her OT work Pauline worked at Worcestershire Health and Care NHS Trust as a psychotherapist in primary care. She combined this with a small private practice. Whilst working at Worcestershire Health and Care Trust Pauline trained in Dynamic Interpersonal Therapy or DIT for short, though long term psychotherapy was her true love. After withdrawing from CFITC in the late 80's and before rejoining the training in the late 90's Pauline completed a body psychotherapy training. Both the body and the mind interested her.

Towards the end of her career in the NHS Pauline worked part time in a Counselling Service for people in Herefordshire and the Marches as an assessor and supervisor. Pauline believed passionately in the provision of high quality psychotherapy available to all.

On a personal level, I will miss Pauline terribly. She changed the dynamic wherever she was, with a tremendous sense of humour, warmth and intelligence. What began as a professional relationship between us grew into a 'your home is my home' friendship. Pauline was a woman with a big heart and a pronounced sense of humanity, these qualities were a constant through out her life right up till the end.

Bev Pretty

Sonia Carlish 1932 – 2019

Sonia Carlish, a founding member and sometime Chair of WMIP, and one of the original training committee members of the Contemporary Freudian and Independent Training Course (predecessor of the TCPP), died in January.

Sonia Margaret Ingram Rainbow was born in Loughborough, an only child. Growing up she loved animals and particularly horses: a picture of her on her beloved horse Black Michael featured in the order of service for her funeral.

After school she went to the University of Birmingham to study English. There at the medical school hop in 1952 she met Sidney Carlish, a medical student. They were eventually married in 1959.

Having graduated, Sonia did a basic social work training, then qualified as a Psychiatric Social Worker at the London School of Economics. She continued in social work until her children were born. It was a difficult time for specialist social workers, with the coming reorganisation of the 1970s diminishing the perceived value of training based on psychoanalytic principles, and introducing the concept of generic social work.

Meanwhile Sidney was continuing his medical training, eventually specialising in psychiatry and then training in psychoanalysis from 1963-68 at the BPAS. In 1968 he was appointed consultant psychotherapist at the Uffculme Clinic and the family, including Natasha, then aged four, and Max, two, moved to Birmingham, where the third child, Ben, was born in 1970. While caring for her children, Sonia continued to read voraciously in preparation for returning to work.

In 1979, when Ben was nine, she again took up her career: she worked as a social worker at All Saints' Hospital, a large 1000-bedded mental hospital serving some of the most deprived communities, with a vast complexity of psychosocial problems. To work there required a strong commitment to understanding how human beings function and survive in such circumstances.

Dr. Ros Jamieson, who had worked earlier at All Saints', where the iconic Dr. Erich Haas had started the first psychotherapeutic treatment of the neuroses outside London, commented that, like him, Sonia had the ability to hold her beliefs while accepting the beliefs of others, accepting psychosocial ideas, and being able to work in adverse conditions. Sonia was able to address the difficult issues facing her when she arrived at All Saints', and eventually to make the decision to retrain as a psychotherapist.

1979 was a problematic time to be working at All Saints': there were still services on site, while the running down of the inpatient services was now in its last stages. The difficulties in finding and sustaining the remaining patients in the community were now far greater. However, the incipient WMIP provided an opportunity for further training which Sonia was then able to undertake.

A project in which Sonia engaged at about this time was a pioneering piece of work with survivors of sexual abuse, then an area into which few psychotherapists had ventured. She presented this work to WMIP at a fascinating and moving Monday evening meeting in the mid 1990s. Ian Lowery, chairing the meeting, pointed out that she had done the work, not as part of her paid employment, but "for love".

As WMIP took shape, there was discussion of a training course for the region, but it was soon evident that supporters of the various strands of psychoanalytic thought could not be contained within one training. The first meeting of the training committee of the Contemporary Freudian and Independent Training Course took place in July 1990: the members were Sidney and Sonia, Ian Lowery and Dr. Mary Reddie. Sidney was later replaced on the committee by Dr. Helen Lloyd, and took his place as one of the group of psychoanalysts who acted as advisers to the committee. Another of these psychoanalysts, Susan Budd, writes: *I remember Sonia very well; she was a remarkable and interesting woman, lively company, and very much a stalwart of the training at that time.*

Val Hill

She was so special...so warm...so human...so caring...just folded one into her arms...she really loved people. I think lots of people benefitted from these qualities of hers.

Angela Blakey

Sonia was my supervisor for a few years. She was a most gracious and affirming lady. She was one of those rare individuals who had the amazing capacity to make you feel as if you were important and what you had to say mattered. She seemed to live in the moment and was able to give herself fully to what she was doing.

She was so accepting and welcoming, firm and supportive always. She had a huge capacity for empathy and was very astute.

Farewell, Sonia: I'll try to continue to let you live in my love and care for others.

Anna O'Connor

Elaine Wake writes:

I met Sonia when I entered psychotherapy with her in 1990. I was at a very low ebb, but her loving care and professionalism transformed my life, and the experience was made bearable, and even enjoyable, by her delightful sense of humour. When after some years I started training with the CFITC, I had to change to another therapist, which felt like one of the most difficult decisions of my life.

Some time after I qualified, my supervisor was unable to continue and I asked Sonia to give me supervision. It was good to be back with her and to have the benefit of her incisive mind on my work.

When I contemplated moving away from Birmingham in 2010, she generously offered the use of her consulting room as a place where I could continue to see my remaining patients. I was very grateful to her and the family for accepting my weekly intrusion into their life, and it was good to be able to keep in regular contact with her.

Sonia's warm and loving nature did not make her by any means a pushover: her powerful intellect and determination fitted her to take an active part in the cut and thrust of WMIP politics, not an area for the faint-hearted, and she held the position of Chair in 1990/91.

Outside psychotherapy her interests included gardening, literature-she was a voracious reader, writing, all the arts, politics and socialising. She delighted in her family, including the grandchildren Louis, Jacob and Daisy.

Sonia started to curtail her activities after Sidney's first stroke in 2004: though continuing to see patients, she said that she was no longer one of the "Ladies who lunch". As his health declined, she spent more time with him and it was truly inspirational to see her patient love and care for him. She lived for a little more than a year after his death.

Her funeral on 12th February was a joyful celebration of all aspects of her life. The family had included in the service Jewish, Christian, Hindu and Buddhist writing; classical, modern and popular music; serious and humorous poetry; sadness and fun. We joined in singing "Those were the days" and "Jerusalem" and left the building to the sound of "What a wonderful world". How Sonia would have loved it.

Natasha and Max Carlish

Ros Jamieson

Elaine Wake

THE FORUM

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

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

We look forward to hearing from you

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