



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

WMIP e-bulletin April 2020

Dear Colleague,

I write to wish you well during this difficult time. I hope you are all keeping safe and have found creative ways to continue in your practice.

In this edition we have an update concerning WMIP events and Coronavirus. Also included is an exciting new venture where three different groupings of members are organising events on climate crisis. These events will come under the heading **Psyche and the Climate Crisis: opportunities to engage through WMIP.**

In addition we have an excellent review of a seminar by Hellen Flanagan which was on 'Shame as a Cause of Psychological Disturbance'. In the members, news and views section we have two pieces of information. One concerns a postponement of a paper by Rachel Dunkley Jones, and the other relates to a position that is being advertised by North Warwickshire Counselling Service. Please do take a look!

With so many of us now living under drastically different circumstances compared to this time last month or even last week, perhaps now is a good time to reflect on our work, and to use writing to reach out to each other as a community. I am reminded of the work Melanie Klein did with the case 'Richard'. The analysis took place in a makeshift consulting room – a girl guides' hut – with a backdrop of turbulent war and air raids on London.

Finally, I have included two poems by Kitty O'Meara and Fr. Richard Hendrick, OFM. I would like to thank Alison Rolfe for providing me with the Kitty O'Meara poem. I hope both poems offer some comfort and hope during our current collective predicament.

Shane Sneyd (Editor)



“And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced.

Some met their shadows. And the people began to think differently.

"And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

"And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed."

~Kitty O'Meara



Lockdown

Yes there is fear.
Yes there is isolation.

Yes there is even death.

But,

They say that in Wuhan after so many years of noise

You can hear the birds again.

They say that after just a few weeks of quiet

The sky is no longer thick with fumes

But blue and grey and clear.

They say that in the streets of Assisi

People are singing to each other

across the empty squares,

keeping their windows open

so that those who are alone

may hear the sounds of family around them.

They say that a hotel in the West of Ireland

Is offering free meals and delivery to the housebound.

Today a young woman I know

is busy spreading fliers with her number

through the neighbourhood

So that the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples

are preparing to welcome

and shelter the homeless, the sick, the weary

All over the world people are slowing down and reflecting

All over the world people are looking at their neighbours in a new way

All over the world people are waking up to a new reality

To how big we really are.

To how little control we really have.

To what really matters.

To Love.

So we pray and we remember that

Yes there is fear.

But there does not have to be hate.

Yes there is isolation.

But there does not have to be loneliness.

Yes there is panic buying.

But there does not have to be meanness.

Yes there is sickness.

But there does not have to be disease of the soul

Yes there is even death.

But there can always be a rebirth of love.

Wake to the choices you make as to how to live now.

Today, breathe.

Listen, behind the factory noises of your panic

The birds are singing again

The sky is clearing,

Spring is coming,

And though you may not be able
to touch across the empty square,
Sing.

Fr. Richard Hendrick, OFM

March 13th 2020

Events

WMIP Events and Coronavirus

Dear Member

In light of government measures now in place, communications and developments about the severity of Coronavirus over the last couple of days, key event organisers within WMIP, TCPP and APTC have been in consultation regarding WMIP events and how to move forwards.

WMIP Spring Conference

We have decided the wiser course of action is to postpone the WMIP Spring Conference planned for Saturday 25th April 2020. We want to keep members and registrants safe and are looking to hold the event at a later date, when the situation is calmer and we can all enjoy what promises to be a fantastic event.

We apologise for any inconvenience this may cause and understand this will be disappointing news, but hope you agree this is the right thing to do given the unprecedented nature of the situation. The event organising group will be in touch again soon with further details.

TCPP events

TCPP have postponed their summer seminar planned for 13th June.

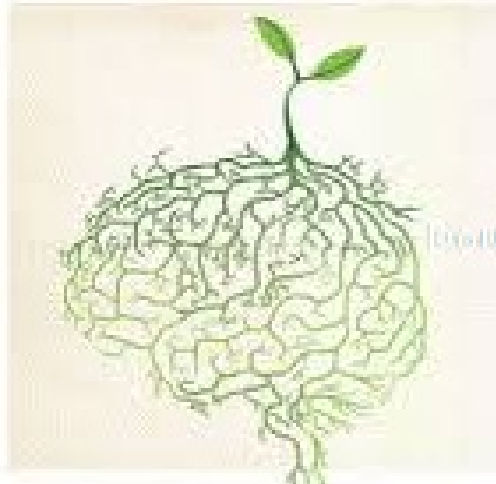
APTC events

Public lectures for May and June 2020 will not be held face to face. It is the APTC intention to hold these virtually and further details will be available in due course. Applications are therefore still being accepted in the usual way. **For more initial information on May and June lectures please refer to APTC website:**

www.apc-birmingham.co.uk

Best wishes

WMIP CPD Strategy Group, TCPP and APTC Events Committees



Psyche and the Climate Crisis: opportunities to engage through WMIP

Climate Sorrow and the Seeds of Change: using social dreaming to help us engage with the climate crisis

It was Susie Orbach who came up with the phrase 'climate sorrow' to name one element of our response to the climate crisis and the recognition of what we as humans have done to the world. We want to offer social dreaming to help us engage more deeply with this, to dialogue with others, and perhaps to begin to envisage ways forward whether individually or in community.

Our plan is to hold a large matrix on Sat 14 November, 2-5pm, with the theme **Climate Sorrow and the Seeds of Change**. This will coincide with the COP conference in Glasgow and we hope to bring in up to fifty participants, activists and concerned others as well as WMIP members. This is scheduled, and all being well will go ahead, hosted, as our sessions have been in the past, by Laurie Slade.

Laurie had kindly offered to come to Birmingham earlier in the year to host a smaller matrix to which we planned to invite our various contacts in climate and environmental organisations, giving them a chance to experience social dreaming and spread the word to their colleagues. Sadly, this has had to be cancelled because of the Covid 19 restrictions. We may be able to reschedule it for September.

Full details of the November matrix will be available nearer the time, but for now, please save the date: 14 November, 2-5pm.

is no date yet, but if you would be interested in this in principle, contact me (myraconnell@hotmail.com) giving your email address for me to forward to him. He needs this so that he can invite you to participate in a Zoom meeting.

TCPP Seminar

Climate Change: From Disavowal to Engagement

Professor Paul Hoggett

Saturday 19th September 2020 10am – 1pm Newman University

The deepening climate crisis threatens to arouse powerful feelings in us. Until very recently the use of disavowal and ‘as if’ approaches to change have typified both individual and societal responses. This interactive seminar will explore what happens when reality bites and, through personal experience or the media, climate change breaks through our defences. How do we prevent ourselves being overwhelmed by anxiety, loss or anger? What helps us to ‘stay with the trouble’, engage with this difficult truth and avoid lurching from denial to despair?

Paul Hoggett helped set up and was the first Chair of the Climate Psychology Alliance. He is Emeritus Professor of Social Policy at UWE, where he was a Director of the interdisciplinary Centre for Psycho-Social Studies. He is a psychoanalytic psychotherapist who trained at the Lincoln and is now a training therapist at the Severnside Institute for Psychotherapy. He was the founding joint editor of *Organisational and Social Dynamics*, the journal of the Tavistock Group Relations tradition. His recent books include (with Simon Clarke) *Researching Beneath the Surface: Psycho-Social Research Methods in Practice* (Karnac, 2009), *Politics, Identity & Emotion* (Paradigm Publishers, 2009) and *Climate Psychology: On Indifference to Disaster* (2019: Palgrave).

APT - Public Lecture

The Climate Crisis

Sally Waintrobe

Saturday 6th November 2021 10am - 3pm. More information to follow closer to the date.

Review of Seminar – Shame as a Cause of Psychological Disturbance

lively and engaging presentation to an absorbed group of 37 on Saturday, 25 January 2020. The place of shame in psychological disturbance and the clinical challenges shame can generate is of especial interest to him. His thinking draws from multiple, largely but not exclusively, psychoanalytic sources as well as his own extensive clinical experience. His paper was clear, stimulating and clinically crucial in working with pathology as well as optimal development.

Though Freud did not develop a theory for shame, he did mention it far more often than guilt. Guilt was taken up by Klein and in the 1950's that Erikson said that while shame is necessary, inevitable and useful, excessive shame contributes to the formation of a persecutory superego. While shame and guilt are often used interchangeably in everyday language, the distinction is essential in the consulting room. Shame is about *who we are* whereas guilt is about *what we have done*. Shame is about *right versus wrong* (If I am shown to be wrong or if I fail, I am ashamed) whereas guilt is about *good versus bad* (If I been bad, I am guilty). The capacity to feel guilt requires a capacity to see others as separate and empathise with their distress. Shame precedes guilt developmentally and is experienced bodily as an immediate and unstoppable sensation of mortification. In a state of acute shame, we lose our capacity to think, we lose our minds.

Joan Riviere's 1936 seminal paper 'A Contribution to the Analysis of the Negative Therapeutic Reaction' explains negativity in the face of analysis as driven by unconscious persecutory guilt. Simon Archer builds on this by suggesting that patients' persecutory shame leads them to experience the therapist with cynical suspicion so that interpretations are experienced as attacks and the therapist as untrustworthy. The nakedness of shame is so unbearable for some patients that a classic impasse occurs and the therapy falters if it is not addressed.

The developmental necessity of ordinary shame is in facilitating the gradual dissolution of omnipotence, thus opening the pathway to recognition of separateness and valuing of otherness. It enables an individual to develop an ego ideal which is an aspiration that may be achieved some of the time as opposed to an absolute necessity all of the time. Holding onto the latter, impossible, position masks a fragile self which is continuously vulnerable and is fiercely defended and leads to a range of difficulties.

This rich paper, much of which I have had to omit, generated much discussion. The request that Simon Archer repeat his conclusion showed the engagement of those who attended so I have quoted it in full. This was despite the fact that a copy of the paper was generously made available.

"There is a basic conflict built into all of us. We begin life utterly dependent on our parents. We love those who care for us but we soon begin to hate, as well as love this dependency. It is humiliating and shameful because it contradicts our instinctual grandiosity and our striving for independence (which, from an evolutionary point of view are essential for survival). The 'terrible twos' are a vivid demonstration of this conflict. We grow into adults with this in-built conflict. We are social animals who hate the shameful dependency we need. This is a central conflict of human life and it is responsible for personal, political and international crises."

MEMBERS



APT Graduate Reading In Postponed

Prior to the coronavirus outbreak, a date had been found for an APT Graduate Reading In on a Monday evening in May. Rachel Dunkley Jones was due to read her final paper, which is an account of intensive work with a training patient over several years. A history of trauma meant that the work was challenging and the countertransference very powerful. The title was to be presented at the event, to be chaired by Basia Gasiorek. When it is once again possible to organise public gatherings, this will be rescheduled and all professional, student and clinical associate members of WMIP are warmly invited to attend.

Thanks,

Rachel

A registered charity working in Warwickshire has a position available from Easter 2020 for a clinical supervisor.

There are currently 11 counsellors, some in their final year of qualification and seeking clinical experience, others already registered and building practices or employed. Each counsellor has one hour per month of supervision with the Service in addition to any required by employers or course regulations. They also attend a monthly small group supervision. These activities will constitute the case load of the clinical supervisor.

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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

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