



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

WMIP e-bulletin April 2021

Dear Colleague,

I hope you have had a restful Easter break.

In this bulletin we have an update from the CPD strategy group, a review of the recent WMIP conference by Myra Connell and details from the Analytical Psychotherapy Training about their public lectures in May and June.

Finally, in the members section (end of bulletin) we have details about consulting rooms for hire in Kings Heath and Birmingham City Centre. Also, I have provided details about an essay competition, which is looking for original submissions on politics, sociology and psychoanalysis.

Best regards,

Shane Sneyd (Editor)

CPD Strategy Group update March 2021

Dear Colleagues

Since we last updated you in February 2020, we have spent a year feeling impacted upon by the corona virus and the move to online CPD. During our four meetings we have been digesting these impacts and working to stay creative in the face of challenges. We have kept in mind our main objectives of supporting CPD within WMIP, building our membership and coordinating with other WMIP groups and diary dates, like those of the APT.

not forgotten. We also let go for the time being of two social dreaming events on climate change due to the Corona situation making significant calls on members' energy and resources. Other events that have been paused include more in the series on 'Keeping the Frame', and the reading of final papers by newly qualified members.

We were grateful to Jinny who wrote to us on behalf of the Trustees in April 2020, supporting our work and noting two ongoing priorities for WMIP to address within its culture: our safeguarding provision and our representation of diversity.

Myra has linked with several groups within WMIP, as well as the UKCP and BPC to start our development towards becoming a safeguarding conscious organisation. *(Please see Safeguarding Steering Group summary below).*

We have been fortunate to support Alf in offering the next WMIP Conference 'The Use and Abuse of Power in Therapy' (20th March 2021). This event has also had its share of challenges during its development, so it has been essential to draw on each other for ideas and support, to problem solve as we went along. Kate has worked to develop our links with partner organisations: UKCP, BPC, Newman University and beyond so that many psychotherapy providers and therapists are aware of our conference. For those of you into social media, do check out the WMIP Facebook page. **'The Use and Abuse of Power in Therapy'** will be our first substantive online CPD offer – we hope to see you there!

We are hoping to build on the conference input of Fanny Brewster on race relations to help our organisation think further about our approach to diversity. Through the conference, the growing affiliate membership and evolving our thinking as an organisation we would like to connect with an increasingly diverse mix of people interested in psychoanalytically oriented ideas and practice. We all know change is slow, but still want to give energy to making WMIP more relevant to West Midlands' communities.

Bringing in affiliate members as a way of increasing membership has been one of our ongoing projects. We recently enjoyed our first online Journal Club for affiliates, hoping to offer an opportunity to engage more deeply with psychoanalytic ideas. We are on the look out for professional members to come forward to support a journal club meeting over the coming year, perhaps share a paper that has been valuable to you. This would be a one off meeting for an hour and a half.

We are very grateful to Jill Rowbottom, Rachel Dunkley Jones and Alison Rolfe who have been working with us on the events in abeyance: the spring conference, social dreaming and literature festival events. We also welcome Alf to the CPD strategy group.

Going forward we would like to collaborate with many more WMIP members, as we feel that CPD needs to belong to us all to make it meaningful. Please do contact any of us if you have an idea you would like support to develop, or if you want to come along to one of our meetings.

Rachel Hirschfeld, Myra Connell, Brian Rich, Alf McFarland and Kate Leeson

below gives a little summary of each.

WMIP Safeguarding Steering Group

The recent UKCP Quinquennial Review (Feb 2020) said that WMIP needed to “ensure that all members have awareness of and training in safeguarding as safeguarding issues are not confined to professionals who work with ‘vulnerable people’, and ensure safeguarding information is signposted to members”.

The Safeguarding Steering Group was formed in late 2020 with the aim of addressing this. The members are Sheila Bonas, Tim Wood, Linda Wisheart, Kate Leeson and Myra Connell. So far we have met twice, and we are beginning by establishing what exactly is required of us by UKCP and BPC – as an organisation, as trainings and as individual members. We hope to put in place a two-year plan for raising awareness of safeguarding within WMIP and, as necessary, organising training for members who do not receive this in their place of work. We would welcome contact and contributions from anyone with experience or expertise in Safeguarding issues.

As many of us know, a safeguarding issue can crop up at any moment in a session and while it is always a matter of some anxiety, this is considerably lessened if we as therapists are already aware of the issues and procedures.

Myra Connell and Linda Wisheart

WMIP Members’ Retirement Group

A small group of about 6 of us retired WMIP members have met monthly for 90 minutes in each other’s houses or on Zoom.

Initially we circulated a paper or piece of criticism on art topics (painting, films, novels, music) to discuss, taking it in turns to choose and present it briefly.

More recently we have each shared current concerns and issues arising from the pandemic and current affairs to reach a wider understanding of our hopes and fears and what may be affecting others during these challenging times.

Mark Pearson

Affiliate Members’ Journal Club

The Journal Club is an exciting new space for Affiliate Members to read and explore psychoanalytic papers together and their relevance to daily life or work experiences. It is a great opportunity to meet others from the Institute in an informal setting. We meet every 6-8 weeks, currently via Zoom.

We are on the lookout for professional members to come forward to support a journal club meeting over the coming year, perhaps share a paper that has been valuable to you. This would be a one off meeting for an hour and a half.

Brian Rich

TCCP Graduate Group

A group of WMIP members who graduated from the contemporary psychoanalytic psychotherapy training in the last decade or so (how time flies!). We meet to share

Rachel Hirschfeld

WMIP Membership Committee

The WMIP Membership Committee processes applications, deals with accreditation issues and oversees the WMIP referral service. It is a lively and vital committee which deals with all issues to do with membership. In 2019 the committee helped to develop a UKCP Accreditation Process (amended slightly during the 2020 UKCP Organisational Member Review report) to enable WMIP to accredit suitably qualified professionals to UKCP. It also oversees the process of UKCP reaccreditation for UKCP registered members. The committee is currently looking for new members and a chair – please do get in touch if you are interested in joining.

Pauline Higham and Elaine Wake

The Board of Trustees

The role of a Trustee is to work with Board members to ensure that the administrative, communication and financial procedures and structures are in place within WMIP to assist with the smooth and effective running of the trainings, committees and groups. Examples of recent things the Trustees have worked on are writing WMIP's Data Protection Policy, moving the administrative function from Angel Accounting to having our own administrator, Jools, and marketing advisor, Kate, in 2020 and preparing annual accounts. The ultimate aim is to help create a flourishing, supportive and dynamic culture within WMIP that is attractive to a range of analysts and therapists.

There are usually four Board meetings a year, although it is sometimes necessary to have additional meetings, and currently there are six trustees, three of whom are lay. Trustees cooperate well and discuss issues constructively. In practice the role of Trustee is straight forward, practical, conscientiously undertaken and enjoyable. It is also good for professional and personal development.

Two trustees have given notice and so the Board is currently seeking at least one more professional member and, in addition, a replacement treasurer who can be either professional or lay.

Diana Houlston (Lay Trustee), Niall Martin (Lay Trustee) and Alan Beadle (Treasurer)

Ethics Committee

The Ethics Committee is chaired by a senior professional member of WMIP. The committee comprises of 3 to 6 senior members appointed by the chair. A senior member is a practicing psychotherapist in good standing, with at least five years' experience of clinical practice. The committee will also have a lay member. The term of office of members of the committee is up to six years.

The brief of the committee is; to maintain a watching brief on all ethical aspects of psychotherapy and Institute functioning; providing commentary and recommendations on any ethical matters referred to it. To develop, amend and implement the WMIP codes of Ethics and Practice and any complaint or grievance matters *not covered* by BPC or UKCP complaints processes. The Ethics committee

John Nicholas

Race and Culture Group

The Race and Culture Group meet once a month (online at the moment) to talk about and try to understand how race, heritage and cultural factors affect us personally and in analytic work.

Recently we have discussed, sometimes with an accompanying paper, Trumpism, conspiracy theories and anti-Semitism - whatever we feel is relevant and catches our interest from a psychoanalytic viewpoint. Some members of the group are no longer working - so it is not particularly client-focussed.

We have space for another 3 people. Should you be interested please contact vivienmmorgan@gmail.com

Louise Laville

We hope this gives you a taster of the groups that currently meet across WMIP. If you would like any more information on any of these, or would like to join up with colleagues, please do make contact with Kate Leeson (email kate@klevermarketing.co.uk)

Events

WMIP Conference: The Use and Abuse of Power in Therapy.

Today has been the gentlest, most compassionate and most compelling call to action I have ever experienced. Thank you from my whole heart. (Anonymous comment on Zoom chat)

After almost two years of planning our conference went ahead on Saturday 20 March, online instead of physically but still with the original structure, which allowed plenty of space for the participants to talk in small groups to begin to digest the issues.

The first speaker was Valerie Sinason, poet, writer, child psychotherapist and adult psychoanalyst, who has worked for forty years with disability and dissociation. Her talk was called 'Between the King of the Castle and the Dirty Rascal: The Journey to the Centre', and she began by acknowledging that as the person who was speaking she herself had a power that one does not have when one cannot speak. Many of the vulnerable people in her examples lacked precisely that power, their worlds

able to find words for their speechless actions (smearing menstrual blood, throwing oneself onto the floor) so that they could be heard, and sometimes so that Sinason could advocate for them and fend off yet further trauma. 'Learning what another has gone through is largely impossible,' she said, 'if it's not our own lived experience... But maybe that can help us be more kindly in how we deal with such things.' There was much to learn in what she said, and in the deep compassion she showed, and much to think about – including her sense that, with these vulnerable patients in particular, 'boundaries are made to breathe'.

The second speaker was Fanny Brewster, Africanist poet, writer and Jungian analyst, who joined us from the USA. Her talk was called 'The Other in the Temenos'. She began with a blessing, saying that in this conversation about the racial complex, racism and raciality, deep emotions get activated and 'the emotional body needs support': the blessing would help to make a safe container for the work, something of a 'temenos'. She declared at the start that she would not be sticking to her script: just as when she invites a patient into the space of her consulting room, so with us she didn't know in advance what the work would be; she would be led by psyche. 'I try,' she said, 'to be available to myself, to fall into the unconscious, to let myself be surprised... There will be something not seen by the ego, I want to be available to that surprise or discovery, and vulnerable to it.' Listening to her speak from that place was an intimate, moving and powerful experience, especially perhaps because on screen we could see close up her wise, warm, worn and definitely not embittered face. She spoke of 'the ground we stand on' being political and social not psychological, emphasising that it has been politics that has meant that she, a descendant of enslaved people, could be there speaking. She said that we needed to talk about the thing that calls us. Her own calling was to do with dreams and the unconscious, and she modelled for us a way of speaking from the heart and soul with a genuine sense of the importance of one's contribution.

After each speaker we had an hour-long small-group discussion, and the conference finished with a plenary.

There was a sense of deep engagement, and great appreciation of the opportunity that the conference created. We owe enormous thanks both to Alf McFarland (who steered it through from beginning to end and was astonishing in his determination to persevere despite all obstacles) and to Kate Leeson, who showed equal determination to get to grips with hosting a large conference on Zoom. We had 119 participants, from three continents, and the feedback was appreciative and enthusiastic. 'It is seldom that I have attended a conference that felt so pertinent and important... and so gripping', one person said.

It seems that, after several years of puzzling as to how as an institute and as a profession we can become more diverse and inclusive, we have made a start now and the conversation can really begin.

Analytical Psychotherapy Training

The APT-Birmingham Public Lecture

Saturday 15 May 2021

REFLECTIONS ON THE ROLE OF THE ANALYTIC SETTING IN THE LIGHT OF COVID-19

Jan Wiener

On-line via Zoom

Times: 10:15 - 12:45

We have all been reflecting individually and collectively within our Institutes on the effects on our work with our patients caused by Covid-19 and the need to move suddenly from the setting of our own consulting rooms to working with patients online or on the telephone. This sudden change and subsequent negotiations about how and when to return have been central preoccupations. This paper will focus on what we can learn from these experiences that can add to the knowledge we have already about the role of the setting in analytic work. Two papers form the foundation stone of the ideas to be developed. First, José Bleger (1967), a South American psychoanalyst, who comments on the ways in which the setting can remain the mute or silent projection carrier for primitive transference projections and affects for some patients that only emerge when there is a sudden change. Second, Alessandra Lemma's (2014) development of Bleger's ideas illustrating how the analyst's body unconsciously represents an embodied feature of the analytic setting.

These ideas will be explored from a more Jungian perspective using relevant clinical examples from the time of Covid-19.

Jan Wiener is a Training Analyst and Supervisor at the SAP. She was until recently, Director of Training at the SAP. She is author of numerous papers and chapters on topics ranging from transference, supervision, ethics and training.

She has written/edited four books. The most recent, edited with Catherine Crowther and published by Spring Publications in 2015 is called *From Tradition to Innovation: Jungian Analysts working in Different Cultural Settings*.

The APT-Birmingham Public Lecture

Saturday 12 June 2021

PSYCHOANALYTIC TRAINING ORGANISATIONS, PSYCHOTHERAPISTS AND THEIR PATIENTS'

Frank Lowe

On-line via Zoom

Times: 10:15 - 12:45

Racism has played a major role in the development of western societies, and although there has been progress towards racial equality, it remains a repressed organising principle in our culture and forms an unconscious part of our psyches, identities and relationships. This paper contends that as a result of this history there exists within the psyche a complex about race that is usually hidden, rarely explored and largely unanalysed. The race complex consists of feelings, images and beliefs, consciously and unconsciously held, which seems to autonomously influence our attitudes and behaviour and can obstruct or disturb our relations to reality.

Although psychoanalysis has concepts and tools that can develop our understanding of this complex, psychoanalytic training organisations have historically failed to think about race and racism in the training of psychotherapists. Consequently, a psychotherapy culture has been inherited, which mirrors the wider culture, one in which race within the psyche is a largely unthinkable subject and is an unanalysed part of most therapists' minds. In this paper, I will draw on clinical and other material to illustrate the race complex, and propose that the profession needs to create a non-judgemental environment where resistance towards thinking about race and racism in oneself is better worked with in order that greater personal and professional understanding of race in the psyche and in our relationships can be achieved in our profession.

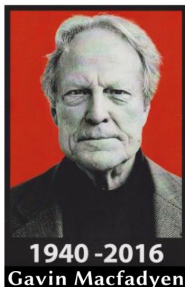
Frank Lowe is a psychoanalytic psychotherapist and Head of Social Work Adult Services and the Adolescent & Young Adult Service at the Tavistock Clinic. He has published several papers on race and psychotherapy and edited *Thinking Space: Promoting Thinking about Race, Culture and Diversity in Psychotherapy and Beyond* (Karnac 2013). He was given an award for psychoanalysis and diversity by the British Psychoanalytic Council in 2015 for establishing 'Tottenham Thinking Space', an open therapeutic group for Tottenham residents following the 2011 riots.



TWO SPACIOUS CONSULTING ROOMS STILL AVAILABLE IN KINGS HEATH B14: Two rooms are available for rent, following the retirement of colleagues. Both are downstairs rooms in a 1930s building, the first a large front room (partly furnished) and the second a medium sized room (unfurnished). The landlords are open to considering options for part-time rentals, including room shares, as well as full time tenancy. The building is shared with analytic colleagues Hellen Mabkwa and Rachel Dunkley Jones. Parking is available and both rooms have good ventilation and access to a reliable internet connection. A COVID protocol is in place for face-to-face work. To find out more, discuss possibilities around sharing a room or to arrange to see the space, please contact Rachel on 07814 536375 or at rachel.dunkleyjones@gmail.com.

CONSULTING ROOM available in Birmingham City Centre to share with Jill Eley. Separate consulting rooms with shared facilities. For further information contact Jill via email: JillEley27@gmail.com or call on 07906 106882.

2021 GAVIN MACFADYEN MEMORIAL ESSAY COMPETITION



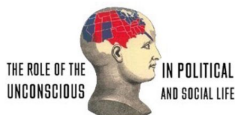
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Submit your entry to publicinterestpsychology@gmail.com
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THE FORUM

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

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