



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

WMIP e-bulletin January 2019

Dear Colleague,

Welcome to the first e-bulletin of 2019. I wish you all a Happy New Year!

We have a very important update from the trustees, so please do take the time to familiarise yourself with the important issues that urgently need addressing. Events for this new year are coming in quick and fast. We have a APT lecture in January by Geraldine Godsil, an event by TCPP in February and a social dreaming matrix in March. In addition, we have an update regarding the APT new introductory course. So please do take a look at the details.

We also have two excellent reviews in this edition, focusing on the social dreaming matrix event and the Brinsop Court retreat, which was attended by four WMIP members. In the Members News and Views section we have consulting room space available in Birmingham City Centre.

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](#)

Dear Colleagues,

We are writing with a very urgent plea for volunteers to staff some critical vacancies in the Institute and to help with a key working party for 2019.

In 2019, WMIP will be required to go through a Quinquennial Review as a Member Organisation of UKCP / CPJA. We would like to invite all UKCP-registered members to form a Working Party to support our UKCP Rep, Alf McFarland, and the Board of Trustees in this process. **Please contact the Board of Trustees if you can help with this, especially if you have been through a Quinquennial Review of the Institute before.**

The matter is complicated since both trainings are now BPC-accredited, and we are therefore no longer a training organisation of UKCP. We had hoped to be able to be recognised instead as an Accrediting Member. If, however, we have no Membership Committee (see below) it may be impossible to do this. One alternative is to become a Listing Member of UKCP/CPJA, which means members can still be UKCP-registered through WMIP, but we cannot accredit new members. However, if CPJA does not consider us able to verify the professional standards of our members, they may not re-accredit us at all.

This will have implications for all our UKCP-registered members, so if this matters to you, please do support us in strengthening the service and processes we offer. Contact Alf McFarland: alf@mcfarlandpsychotherapy.co.uk or Carrie Worrall: carrie@carrieworrall.com asap, if you can help.

1. Membership:

Wanted: Chair, plus 3 Professional & Clinical Associate members

Patience Gray (Chair) and Linda Wisheart have given notice that they are intending to resign from the Membership Committee at the next AGM (March 2nd 2019) as the work cannot be done effectively by two people and they have been unable to recruit new members to the committee. Patience, Linda and other former members of the committee have been working very hard to manage all membership matters, including the huge job of re-accrediting our UKCP members in 2018, and we are very grateful to them for their commitment. In the event of a new committee coming forward then they will, of course,

To discuss the roles and responsibilities, please contact admin@wmip.org or Patience Gray on membership@wmip.org

2. Board of Trustees

Wanted: Chair / 2 Co-Chairs plus 1 or more Professional / Clinical Associate Member.

As you will be aware, Carrie Worrall stepped down as Chair of the Board of Trustees in July. As yet, no professional member has offered to take up the role. There is nothing in the Articles of Association prohibiting the role being shared, and we would strongly encourage a joint-Chair arrangement. Board meetings are up to 6 times a year, in a venue and at a time agreed to suit the Board members, and we are happy to use Skype / Zoom to connect with those who live further away.

So, if you feel you might like to play a part in guiding the Institute through the next phase of its life and help shape the future of psychotherapy in the Midlands, then please do **contact the Board immediately for more information via admin@wmip.org**. Or contact Carrie carrie@carrieworall.com directly for an insight into the Chair's role.

Note: we cannot continue indefinitely with the Chair's post unfilled. We would prefer this to be a professional member, or two professional members sharing the role. However, if we are unable to recruit from our membership, we will be seeking further lay members for the Board. This will inevitably shift the balance from professional to lay membership on the governing body of the Institute, and we are hereby informing you of this.

3. Ethics Committee

Wanted: 2 or 3 Senior Professional Members (more than 5 years post qualification)

Following the sad death of joint Chair Anne Samson, the Ethics Committee has been very under-staffed and the present committee is urgently seeking new members. The work is very interesting and complex. It requires substantial clinical experience, and involves responding thoughtfully to member enquiries, potential grievances and other issues, developing our policies and codes of practice and sharing the latest thinking about what constitutes ethical practice today. Complaint handling is now devolved to BPC/UKCP, but we still hold responsibility for trainees and for the way in which we conduct ourselves as an institute. **Please contact admin@wmip.org, for the attention of John Nicholas, or contact the Board of Trustees if you would like to help.**

Thank you to all those members who have contributed to the work of the Institute during 2018, and we look forward to welcoming new faces onto the various steering groups of the organisation in 2019.

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SOCIAL DREAMING MATRICE

HOSTED BY LAURIE SLADE

The next Social Dreaming Matrix will be on Monday 11 March 2019. It is open to everyone, members and non-members, whether or not you have attended a matrix before. Social dreaming provides a wonderful opportunity to think with others, in this case about the place we are in as a society; and to see what might emerge from the unconscious. To quote from the flier:

Social dreaming is a way of working with dreams, developed by Gordon Lawrence and others at the Tavistock Institute, London in the 1980s. Since then its applications have been explored extensively, in a variety of settings.

In social dreaming, we meet in what is called a matrix. Participants have a specific task which is to share and associate to dreams, making connections where possible. We are not trying to interpret the dreams for their dreamer, we own the associations we make, as our own. There's no right interpretation or response. 'Once a dream is offered, there can be as many associations as there are people in the room', says Gordon Lawrence.

If you're unsure about it, haven't done it before, read Laura Chaisty's review in the July Bulletin – Laura was also new to social dreaming and speaks very positively of her experience of it. And please do invite friends and contacts from outside our field to join us – everyone is welcome.

Date and time:

Monday 11 March 2019

7.00 – 9.30 pm

Doors open at 6.30 for prompt 7pm start.

Venue:

Edgbaston Quaker Meeting House, St James Road, Edgbaston, B15 1 JP

Please note that advance booking is essential, for members as well as non-members. The last date for booking is Friday 1 March. Full details and booking form are available on the WMIP website.

Review of Social Dreaming Matrix.

On Monday 19th November the second of three social dreaming matrices organised by Rachel Dunkley Jones and Myra Connell - and hosted by Laurie Slade - took place. Like last June's matrix, and the one that will take place in March 2019, it involved members of the matrix sharing their sleeping and waking dreams - and their associations to them - as Britain moves closer to the date it will leave the EU.

In the matrix, I had not been able to recall any of the many dreams I sensed I had had, the night before. But following it, after a night's fitful sleep, I awoke with a splitting headache and the following dream in my mind: *I was arguing with a man about a window frame that he had placed on a wall where there was no window space, and, therefore, no view. I wanted to take the frame down. But the man refused. He had placed it there to humour another man who was mentally unwell. Taking it down could lead to the second man's breakdown.*

Reflecting on this dream, I saw in it an image of our struggle in the matrix the evening before. Then, we had faced a 'bricked up' view, in which there seemed to be no 'prospect' for psychological intercourse, collaboration, or digestion. Dream after dream, association after association, we sat facing only a sense of conflict and mess; division and confusion.

The pain of this experience was set against the harmonious sounds of the flute orchestra that was rehearsing in the room next to the one in which we were meeting. The eighteenth century 'enlightenment' world these sounds evoked for me contrasted poignantly with the indigestible twenty-first century material that our dreams were throwing up. It was a 'soundtrack' that I found intensified the pain of the dream material we were encountering.

The matrix last June had referred to the painful process of labour. In our matrix there was hope that we were now very much in the middle of such a labour and that eventually new life would be born. But there was also a real sense of the enormous difficulties that remain to be faced – not just through Brexit, but globally and psychologically, in addressing the huge imbalances of power in the areas of gender, age, race, class, culture and economics.

What frame can be found to contain the results of the increasingly urgent shifts in the tectonic plates that are taking place in all these areas? I find myself asking, as I write this review. I look forward to the matrix in March, and to the response, in the situation prevailing then, that our dreams will produce.

Peter Chidwick

Review of Brinsop Court Retreat.

In July 2018 four members of WMIP joined a 7 day 'Creative Dreamwork' residential workshop based on the work of the Jungian analyst, Marion Woodman. The venue was a wonderful 13th century stately home in Herefordshire, Brinsop Court.

The workshop leader was Kim Gillingham who is based in California. She trained with the original founders of 'BodySoul' work namely Marion Woodman, Ann Skinner and Mary Hamilton. It was poignant that we were meeting for the workshop just days after Marion Woodman died – we kept a period of silence to acknowledge Marion and her legacy.

The work encourages the integration of body, mind and soul. We worked hard from just after breakfast through to evening time with natural breaks for meals and refreshment in the wonderful parkland surrounding the house. A new and interesting feature of this workshop was that we were working with and creating a small therapeutic community with people mainly from America who were professional actors and writers. We were mutually interested in each other and the different ways we worked.

The workshop was called "intensive" and we certainly worked hard to help connect up with unconscious material. We worked with the body through breath, voice, movement, artwork, active imagination and dreams. There were 12 participants and we had an opportunity to explore, with each other's help, our own psychic material manifested through dreams, artwork and personal journals.

The weather was glorious, food delicious, often riotous fellowship and wonderful absorbing and stimulating therapeutic work. The 4 of us came away keen to ask how we might integrate some of our insights into our own practice.

Judith Anderson, Alan Boyd, Hellen Mebhikwe and Jinny Sumner

Analytical Psychotherapy Training

New Introductory Course (UPDATE)

In the last bulletin it was announced that the new introductory course was due to start in January 2019. Unfortunately, this has now been postponed to September 2019.

Saturday 19th January 2018

RESIDUES IN THE ANALYST OF THE PATIENT'S SYMBIOTIC

CONNECTION AT A SOMATIC LEVEL:

UNREPRESENTED STATES IN THE PATIENT AND ANALYST

Geraldine Godsil

This paper discusses the residues of a somatic countertransference that revealed its meaning several years after apparently successful analytic work had ended. Psychoanalytic and Jungian analytic ideas on primitive communication, dissociation and enactment are explored in the working through of a shared respiratory symptom between patient and analyst. Growth in the analyst was necessary so that the patient's communication at a somatic level could be understood. Bleger's concept that both the patient's and analyst's body are part of the setting was central in the working through.

Geraldine Godsil is a training analyst and supervisor with the British Jungian Analytic Association. She has been Clinical Director of a London based organization providing brief therapy to employees of various companies and worked for several years in the NHS in Yorkshire. She taught and supervised in Estonia for five years. Geraldine has a particular interest in representation and the way dissociation operates at different levels in traumatic histories.

Geraldine currently works in private practice in East London and has a particular interest in supervising difficult cases both here and abroad.

Saturday 2nd March 2019

THE PERSONA, THE MASK AND SOCIAL MEDIA

Maggie McAlister



'The most important thing about acting is honesty. If you can fake that you've got it made.' George Burns

In this talk, I would like to present some clinical material regarding Jung's idea of the persona, 'the social self', focusing in particular on the use of social media, and what Psychoanalyst Ron Britton terms the 'as if personality'. The persona was the name given to the mask in Greek drama, worn with the aim of heightening theatrical truth and enabling the suspension of disbelief. Using the mask as metaphor, I would like to explore some clinical material from those patients who struggle with feelings of suspension, where life is lived in the persona, via social networking sites.

Maggie McAlister is a Jungian Analyst with the Society of Analytical Psychology, a Forensic Psychotherapist (BPC) and also a HCPC registered Arts Psychotherapist. She has worked extensively in the NHS in forensic inpatient secure units and also currently within secondary complex care. Maggie has written many publications and has a private practice in North London.

The Training in Contemporary Psychoanalytic Psychotherapy

Forgiveness: a forgotten clinical consideration?

Speaker: Professor Adrian Sutton,

Date: Saturday 2nd February 2019, 10.00 am – 1.30 pm

Venue: The Carillon Suite, Beeches Conference Centre, Birmingham

Adrian Sutton is Director of The Squiggle Foundation. He is Visiting Professor of Psychiatry at Gulu University, Uganda and Honorary Senior Teaching Fellow in Medical Education at Manchester University. He was previously Consultant in Child & Family Psychiatry and Psychotherapy at the Winnicott Centre, Royal Manchester Children's Hospitals. He is the author of *Psychiatry, Paediatrics and Psychoanalysis: through counter-transference to case management* (2013) and his other publications reflect his interest in applying psychoanalytic understanding in child and family health and welfare, medical education and professional ethics.

The Fictions of Dreams

Speaker: Otto M Rheinschmiedt

Date: Saturday 30th March 2019, 10.00 am – 1.30 pm

Venue: The Sycamore Suite, Beeches Conference Centre, Birmingham

Otto M Rheinschmiedt is a university lecturer, group analyst, and psychologist in private practice with over thirty years experience of working with dreams. He has written a book on dreams, *The Fictions of Dreams. Dreams, Literature, and Writing*, published by Karnac in May 2017, appeared on BBC Radio shows on dreams, given public lectures on dreams and literature in the UK and abroad, and taught dream interpretation at the University of Bath.

MEMBERS



**news &
views**

Consulting Room space available - Birmingham city centre (Newhall Street, off Colmore Row)

Pleasant consulting room suitable for psychoanalytic / Jungian analytical psychotherapy available for hourly / sessional rent. Waiting area. Tea and

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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