



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

WMIP e-bulletin January 2020

Dear Colleague,

Welcome to the WMIP January 2020 e-bulletin.

Happy New Year!

I hope you have all had a restful break.

I would like to encourage everyone to take the time to browse the bulletin! This edition in particular is jam packed with events, reviews and updates. I have included a very thoughtful and honest account of retirement by Elizabeth Simpson, which follows the update from the trustees.

Both the APT and TCPP have events planned in January and March. We have two good reviews by Hellen Mabhikwa and Brian Rich. In addition, John Nicholas provides an important update from The Ethics Committee, while Elaine Wake keeps us informed about new members. Also I have included the planned joint BPC, UKCP and CPJA conference. These updates are under the Members, New and Views section of the bulletin, so please take a look.

Finally, The Spring Conference is fast approaching and looks like it will be an brilliant opportunity for the WMIP community to come together in force. We not only have two very experienced and well known key note speakers in Margot Waddell and Alessandra Cavalli, but we also have break out groups run by local colleagues. So please do show your support by booking up now before the places run out!

Many thanks,

Shane Sneyd (Editor)

[UPDATE FROM THE TRUSTEES](#)



URGENT!!!

YOUR BOARD OF TRUSTEES NEEDS YOU!

Currently the Board of Trustees is made up of 3 lay trustees and 2 WMIP professional members. This number will reduce to 4 by the 2020 AGM when Carrie Worrall steps down.

For the Board to work effectively and oversee the institute 1 or 2 more professional members are needed urgently as trustees. (The Articles of Association stipulate that clinical trustees must be from the 'professional' category of membership.)

The Contemporary Freudian branch of the institute has had no direct representation on the Board since the summer. However, no matter which branch of the institute you fall within, your involvement as a trustee is very much welcomed.

The Board meets around 6 times annually plus the AGM.

Please get involved! The work of trustee is both interesting and enjoyable. To register your interest or for more information contact any of the trustees by email; details below.

Alan Beadle (lay) alan.d.beadle@btinternet.com

Diana Houlston (lay) dianahoulston@hotmail.co.uk

Niall Martin (lay) martin.ogara@blueyonder.co.uk

Jinny Sumner (professional member) jinnysumner@btinternet.com

Carrie Worrall (professional member) carriecopy@yahoo.co.uk



LEAVING PSYCHOTHERAPY

I thought the word 'retirement' had become something of an Irish backstop in our profession, so decided not to use it. It seems to prevent you from thinking. It puts a shadow on the whole business of leaving the profession and the rest of your life to boot!

I had been thinking about reducing my practice for some time – I mean a year or two. Or longer. I wanted to do more writing, as well as have more time for my other lives. I had some health issues that needed attention. While I was prepared to offer supervision, and some trainings, I did not want to be tied to long-term clients. Psychotherapy is a difficult profession to move on from. It clings in many ways – the relationships that need to be broken, the change of lifestyle, when all the limitations you

I decided that a clean cut was not what I really wanted. Some patients were at a stage where ending therapy seemed reasonable, was in the air. Most turned out good guesses on my part, and they took it with hope for themselves, rather than as abandonment. It reminded me that I am not indispensable! A few, though, seemed less ready, and I decided to treat them as the individuals they are, and put some genuine options to them: 'this is what I am thinking of for myself, but what are you thinking about for yourself?' These discussions proved accurate also – they were people not quite ready to leave, and in most cases were able to spell this out clearly. Some wanted to negotiate a further period of work, which I agreed to. Others – only two or three – were more resistant, and I assured them that I had no intention of abandoning them, and let them think things over.

Some colleagues were irritated with this method, feeling something was being avoided. Was I not willing to put myself first, and to experience the pain of that withdrawal? I listened, and I knew it could prove difficult, but also, I decided to go with my plan. After all, everything else we do is taken for granted as an individual matter, so why not the therapist's ending? I was not moving away, or committing myself elsewhere, and was lucky in being able to carry my plan through.

The plan turned out to be revealing and useful in unexpected ways. I had been struggling with a bewildered patient, with not much sense of progress. Now, confronted with the dire prospect (as she saw it) of losing me, she opened up in a way she had not been able to before. She faced the reality of her problems and saw how much help she needed. She remained confused, but we did manage to do some useful work, and I had a sense she might be prepared to move to another therapist, having had a fair period of transition with me – of being on the threshold, that uncertain and yet adventurous place in which anything can happen. I had a feeling there was a future in that confusion, which might never have come out without the impetus of our discussion. Another, narcissistic, highly capable patient whom I expected to give me trouble, did indeed trouble me, but in a useful way, since she challenged me boldly about my own mental state, and was often very accurate in her observations. She was able to spot when I was pressing her too hard to make progress, with my own freedom in mind! Intuition suggested we might move quicker by settling for being slow! I asked *myself*, why this one space was so important to me? It had no special significance, other than the sense of wanting to 'tidy away' my practice! So, I decided to stop pushing, and the result was one of the best pieces of work I have done with a narcissistic client, who is now close to being ready to go. I think she appreciated that I had 'sacrificed' my own priorities for her sake, and it made a lot of difference to her ability to trust me. I laughed at myself for feeling heroic! Heroism does not go away, in my opinion, as we grow older. It takes new forms, perhaps, but there is something in all of us that feels we owe a special striving, under certain circumstances, that goes beyond normal civilised behaviour.

Having started this plan last December, I arrived at the summer break this year with an irritated feeling that some patients would never give up, given half a chance to stay around! I think this gave colleagues an opportunity to feel self-satisfied that good advice had been given and not appreciated! However, there is an objective psyche in us all, whether we recognise it or not. Things happen that have not been discussed or analysed logically. When September dawned, all but two of my remaining clients came with a plan to reduce their therapy to twice, or even once, per month, without any prompting from me. They had obviously been listening to my conversations with colleagues! It's not the way I usually work, but it seemed highly appropriate to the circumstances, and I simply agreed. One negotiated monthly sessions, and obviously felt proud of her ability to do this. But no sooner had she arrived at the second monthly session than she realised she did not really need to come at all – good experience. By now, mid-October at the time of writing, the end is sight for all but two - the bemused one, who will soon be moving to another therapist, and the narcissist, who remains stubbornly stuck at a point where, it seems, needed change is obvious but she will not quite grasp it.

Meanwhile, I have had lots of spare time I never had before to do the things I really wanted. I have completed two novels and am busy at work on a third, and have got my writer's website and blog going. I am learning the art of self-publishing, because it could be useful in the right circumstances. I have put some energy into family relationships that were being neglected, and planned a holiday in Europe. I have improved my health just by taking stock and giving myself some attention. I have done three pressing jobs in the house that were on my to-do list for aeons of time. I don't appear to be broke yet – though this probably depends to a degree on what happens politically in the next few months? Like everyone else, I am not immune to financial disasters.

Most precious of all, though, I have time for reading and reflection. The bucket list has never inspired me. If you want to make time for the self of your future, you need to be able to leave something of the old one behind. And you have no way of knowing that what is on your ego's bucket list is in the plan of your Self!

I have often struggled with endings. Now, I appreciate that it's not the leaving, but the way you leave, that makes it work for you. For some, the clean cut will be fine. For others, like myself, there needs to be a process, and one you have thought through for yourself alone. It's become a gift to myself, in a way that I could never have anticipated.

Elizabeth Simpson

October 2019



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

Matters of Life and Death: Defences and Development

Saturday 25th April 2020



Adriaen van Utrecht, "Still Life with Bouquet and Skull," *WUSSL Digital Gateway Image Collections & Exhibitions*.

The conference organising group has been working on a Spring Conference for 2020 with the aim of offering a CPD event that will appeal to all members, be an opportunity for whole institute to come together, and have wider appeal. We wanted to steer away from an emphasis on personality pathology towards exploring the utility of psychoanalysis in everyday life. We have been very aware that in the past year several colleagues have died, and we thought to express our gratitude for the ways they have contributed to the life of the institute. Although not explicitly a memorial conference we hope that the conference will be part of renewing the life of psychotherapy in the West Midlands and of valuing our predecessors.

Conference overview

Keynote: Margot Waddell - This talk will offer an overview of key anxieties, defences and thrusts for life that are stirred up at significant points in the lifecycle. Thinking about how the changes in the generations evidence the passage of time, how loss and transition works on our internal objects both creatively and regressively, old conflicts return and struggles towards integration and reparation are felt.

Alessandra Cavalli - Will give a closer look at clinical examples from different life stages about the central losses and challenges for individuals at the key moments.

Break out groups - Will be run by local colleagues working in different specialities from infancy to palliative care enabling close attention to clinical interest areas and reflections on one's own challenges through the lifecycle.

Early Bird

A limited number of early bird tickets priced at £85 are available to the first 30 members to book – don't delay, book now to avoid disappointment. Please complete the attached booking form and return asap to admin@wmip.org

Location

The conference will be held at Newman University. The group are keen to build on the already established links with the university, that is now home to the WMIP library.

Looking forward to seeing you there.

Warmly

Rachel Hirschfeld, Shane Sneyd, Jill Rowbottom, Brian Rich and Kate Leeson



CPD strategy group – a year on

THINKING, TRAINING, THERAPY

Following on from the Trustees survey of members in June 2018, the strategy group was formed in December 2018 with a three fold remit of: holding in mind CPD events and needs across the calendar year and across different membership categories, building membership, and developing outreach events.

A year on we have supported:

- Kate Leeson (Admin Angels) to hold a WMIP events calendar that trainings and members putting on events can use to schedule events thoughtfully
- Reading in of a final qualifying paper
- Literature festival event: Rachel Dunkley Jones in conversation with Susie Orbach
- Outreach event at St. Martins: Holding the Frame – the meaning of money with Tom Bradshaw.
- Subgroup working on the Spring Conference 2020 'Matters of Life and Death: Defences and Development
- Careful thought to growing the affiliate membership.

We hope to build on all of the above in the coming year with further supported reading in opportunities, developing contemporary conversations, another 'Holding the Frame' event, and much more. 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, in person or via Skype / Zoom.

With best wishes,

*Brian Rich, Rachel Hirschfeld, Myra Connell, Carrie Worrall and Kate Leeson
WMIP CPD Strategy group*

Review of Seminar – Holding the Frame: The Meaning of Money with Tom Bradshaw

As an Institute we have for a long time wanted more CPD events that speak to not only our membership but clinicians of other modalities and also the community at large. We previously fulfilled this out-ward facing function through public lectures from both APT and TCPP and also through the annual Conference. In recent years we have had some additional events held near Birmingham city either on a Friday or Saturday. These events have attracted huge participation from both clinicians and interested public. Such was the case this time with money talk. The event was very well attended mainly by clinicians from local organisations and private practitioners from various modalities. The facilitator Tom Bradshaw was very good at stimulating the group to *think* as in Bion's idea of thinking.

The event started with a group exercise to get us all thinking quite deeply about how our very early relationship with money has influenced how we handle or think about money. Also, how we might be handling money consciously or unconsciously by giving, withholding, being open, closed or envious etc. Some paranoid or depressive anxieties were expressed partly linked to early experiences, partly linked to the collective worry about the current political or is it fiscal climate. Some clinicians who were in the transitions from being employed to going to into private practice seemed to have triggered deeply embedded associations with money: who deserves it, who earns it, who works hard for it, who blows it, who counts it and does it add up, can one demand to be paid it, can one speak openly about it, is one worthy of it, can one trust anyone with it etc.

Defences against these anxieties seemed to be linked to individual developmental experiences. This might all sound quite reductionistic and maybe it is, being told from my own vertex. Discussions with how for example a non-psychodynamic therapist collects her fee at the start of the each therapy session also produced different viewpoints. Some analytical therapists jaws might drop at the prospect of this, and maybe having recovered from that we might ask ourselves, why not? Does familial or

only about the symbolic function of money but also the practicalities and the realities. For the practice to go on the therapist needs to get paid.

It would be interesting to hear what the feedback was from non-WMIP members who attended. One got the sense that while this was an interesting discussion we perhaps needed more time to explore the issues arising. The anxieties of Brexit, the election and the uncertainties they bring seemed present in all of us. How does one explore the meaning of not being paid when in the midst of threats to income, real or anticipated. How does the therapist manage his/her own defences in order to continue thinking with clients. There were a number of practitioners who have been held in employment and are now considering 'going it alone' at a time when the country's future is filled with uncertainties. Maybe smaller discussion groups would have enabled a deeper discussion of the various anxieties that people had hoped to explore here.

My colleagues and I were left feeling fulfilled but most of all stimulated. I for one took away that there might be a way in which I might be deeply collusive in turning the potentially transformative work to faeces. Bion's idea of thinking, which requires a robust apparatus that can continue to discern, hold, digest, link, translate etc comes to mind. In money is partly where the unconscious things are, I hope that I will keep thinking.

A great thanks to the members who contributed really well. No doubt, there will always be room for improvement in every event that we put on, but this was very impressive. Thanks to Brian Rich who was a great chair and a brilliant thinker and ambassador for WMIP. A phenomenal co-chair of the meeting Myra Connell and Rachel Hirschfield and the others who worked behind the scenes with them.

Hellen Mabhikwa

Review of Seminar - Marilyn Miller's Short Course on 'Containment in Theory and Practice.'

'From a brass neck to analytic gold.'

"What a bloody cheek", I thought (privately) on starting one of Marilyn Miller's courses and discovering that I would, as part of the programme I had just paid for, be expected to present an analytic paper and clinical material relevant to discussions.

This is not a typical CPD format but as I have now discovered it is a very effective one. If you are at all like me, the personal benefits of brief, didactic CPD events are lost quickly, with ideas fading during the subsequent busy working weeks. Marilyn's programmes are different. Set across 6 sessions, each day builds on the last and contains a clinical presentation from Marilyn to introduce the day's concepts, followed by a paper presentation and lastly clinical material from a member of the group, where core ideas are used to help illuminate practice. The depth of work and thinking is complemented by a light and refreshing lunch and the stunning views of the Shropshire countryside.

'Containment in Theory and Practice' was a particularly enriching course. Beginning with Klein's discovery of projective identification and Heimann's paper on countertransference, we went on to see how these ideas would be weaved together in Bion's 'Theory of Thinking' to conceptualise a transformational and developmental relational process, rich with clinical opportunities for insight and understanding but fraught with challenges.

Later papers explored these processes in a range of social and organisational contexts, for example examining how a shared understanding of containment can help shape the delivery of multi-disciplinary clinical spaces and provide more responsive services to client. Conversely, we looked at how, in the absence of containment, primitive organisational defences can emerge, perpetuating conflict and stress at significant cost to both staff and clients.

These ideas were particularly helpful to a group made up of therapists practicing in a wide range of settings, each bringing their own problems and pressures. We were able to think about the challenge to contain and work with client anxieties for therapists working alone in private practice, to those in third sector agencies struggling to survive, to those working in multi-modal IAPT teams, to the problems of containing and working psychodynamically with risk when other, non-dynamic agencies are also involved.

Most importantly, it was the dynamic of a group with vast experience, facilitated by Marilyn, that really brought material to life. The sharing of ideas and observations, within an analytic framework modelled the process of containment and transformation that we were examining. With each session building on the material of the last, I have certainly seen a gradual change and nurturing of my own understanding of analytic ideas and positive changes in my clinical practice.

Brian Rich

Analytical Psychotherapy Training

APT: BIRMINGHAM - PUBLIC LECTURE SERIES



Saturday 18th January 2020
IDENTIFICATION - OBSTACLE TO INDIVIDUATION,
OR: ON HOW TO BECOME "ME"

Alessandra Cavalli



In this talk I will describe how in my work with children unprocessed weaning and the absence of a good experience of separation can lead the child to identify with aspects of the lost caregiver as a defence against pain. I will discuss how this state of affairs becomes a hindrance to individuation. I will highlight what is the meaning of identification as a defence and clarify the link between mourning and individuation.

Alessandra Cavalli PhD (UK) child and an adult analyst in private practice, is a training and supervising analyst at the Society of Analytical Psychology. She supervises therapeutic work with children in care in Mexico (Juconi) since 2008 and has a team of 8 child psychotherapists in London who work with her on the project and travel regularly to Mexico. In 2013 she started a training course in child psychotherapy in Moscow with a group of Jungian and non-Jungian child psychotherapists from London. She has published extensively in the Journal of Analytical Psychology and is co-editor with Lucinda Hawkins and Martha Stevns of the book "Transformation", published by Karnac in 2013.

Saturday 14th March 2020
WHEN PARTS OF THE BODY FEEL OTHER: WORKING ANALYTICALLY
WITH TRANSGENDERED STATES

Robert Withers

madness. Under these circumstances, medical transition can appear attractive. But if this is sought as a way of avoiding painful psychological issues that have become embodied, it is unlikely to be effective. In this talk I will be exploring some ways that analytical psychotherapists can help overcome this impasse and engage trans clients in meaningful psychotherapeutic work. Participants are welcome to bring relevant case material – subject to the usual requirements of confidentiality.

Robert Withers is a training analyst with the Society of Analytical Psychology. He is in private practice at the Rock Clinic in Brighton, which he co-founded in 1990. He has published several papers on trans phenomena including *The Seventh Penis*, which jointly won the Michael Fordham prize for 2015. He has taught on numerous psychotherapy and university trainings.

The Analytical Psychotherapy Training: Birmingham

offers

An Open Invitation

to discuss informally with Committee members what is involved with all our training programmes

Saturday 14th March 2020

1pm – 2pm

CENTRAL BIRMINGHAM

THE FULL TRAINING IN ANALYTICAL PSYCHOTHERAPY

The training aims to provide an experience of learning from which its graduates will qualify as competent and responsible analytical psychotherapists. It leads to registration with the British Psychoanalytic Council.

Applicants are expected to have established themselves soundly and creatively in a profession relating to psychotherapy, or a related discipline. They will usually hold a degree and must be able to demonstrate a capacity to function at a postgraduate level in relation to academic study, written work, and the capacity to communicate effectively. Applicants must show evidence of sustained learning as well as evidence of having been able to use that learning in a creative way.

AN INTRODUCTION TO ANALYTICAL PSYCHOTHERAPY

This short course is designed for those curious about psychoanalytic and Jungian analytic concepts and the practice of analytical psychotherapy.

Attendees are likely to include counsellors, clinical psychologists, mental health practitioners, teachers, current analysands, other professionals in a related discipline such as social work, medicine, the church, but applicants from all backgrounds are welcome.

This is a CPD earning course.

INFANT OBSERVATION COURSE

This 1-2 year training offers students the opportunity to explore and develop their understanding of early emotional experiences and communications through weekly observations of a baby within their family setting from birth onwards.

This course is suitable for psychotherapists, counsellors, health visitors, health professionals and anyone with an interest in gaining a greater understanding of emotional development in infancy and early childhood.

This is a CPD earning course.

For more initial information on all three courses please refer to our website

www.apb-birmingham.co.uk

**THE TRAINING IN CONTEMPORARY PSYCHOANALYTIC
PSYCHOTHERAPY (THE TCPP)
Presents a Seminar
with
Mr. Simon Archer
Entitled “Shame as a Cause of Psychological Disturbance”
on
Saturday 25th January 2020**

Brief Outline:

“The discipline of Psychoanalysis initiated by Sigmund Freud is built upon the concept of the role of the unconscious in determining psychic development, along with the part played in this developmental drama by the repression of sexual and aggressive instincts. Klein expanded Freud’s idea about aggression and guilt. This psychoanalytic framework was embraced by western intellectual and artistic culture, and by analytic psychotherapists and psychoanalysts. However, almost no attention was paid to the existence of the universal human phenomenon of shame. Shame is intimately linked with the idea of failure, self-doubt and humiliation. It remains a peculiarly ignored cause of neurotic and more serious psychological disturbance. I will outline some historical references to shame and use some examples from my work with patients to illustrate the importance of shame as a cause of psychological distress and conflict.”

Mr Simon Archer

Venue:

Newman University, Birmingham B32 3NT - 10.30am–1.00 pm (registration from 10.00 am)

Cost:

£55.00 for WMIP members, £60.00 for non-WMIP members, £30.00 for Students

For a booking form, please email Carmela Billingham, the TCPP Administrator, at tcpp@wmip.org

MEMBERS



WMIP Ethics Committee.

I am sure that you will be aware that all our UKCP registered members are now expected to be familiar with and to work to the new *UKCP Code of Ethics and Professional Practice*. This 2019 version is available for viewing on the

WMIP will be confirming to UKCP that our UKCP registered membership is aware of the existence of the new 2019 Code and their obligation to be bound by it. Likewise, our BPC registered members are bound by the BPC Codes of Ethics and practice. For the time being our own WMIP Codes of Ethics and Practice remain in place, but now sit alongside the codes developed by both the UKCP and BPC. As one would expect the three sets of codes are in many respects very similar and so in the event of a complaint or dissatisfaction arising, and dependent upon whether the WMIP member is registered with UKCP or BPC, the codes that set the highest standard will apply.

Some of our members have opted to be registered by both UKCP and BPC. Given that this is a potential a source of confusion, the Ethics committee have drawn up a document that will accompany and be read alongside: WMIP codes of ethics and practice, the WMIP grievance procedure and the procedure for hearing a complaint against a WMIP trainee.

This document will be posted on the members area of our website in due course.

Please accept that these changes represent work in progress as WMIP Ethical policies and documents are reworked to take into account the differing external affiliations of our membership.

John Nicholas

Chair WMIP Ethics Committee.

December 2019

MEMBERSHIP NEWS

We are pleased to welcome the following people as members of WMIP.

Professional member:	Smita Kamble
Affiliate members:	Martin Pursey
	Daljit Sandhu

Elaine Wake, for the Membership Committee

BPC and the UKCP Council of Psychoanalysis and Jungian Analysis (CPJA) Joint Conference: Breaking or Making Professional Bonds

The British Psychoanalytic Council (BPC) and the UKCP Council of Psychoanalysis and Jungian Analysis (CPJA) are proud to present a joint event - Breaking or Making Professional Bonds: Progressing Psychoanalysis in the United Kingdom. Aimed to help reinvigorate our place in contemporary society, this ground-breaking and timely conference brings together BPC and CPJA psychodynamic and psychoanalytic clinicians to explore and celebrate our history, our commonalities and our differences.

For more information please click on link below.

<https://www.bpc.org.uk/civicrm/event/info?id=58&reset=1>

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

Our mailing address is:

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