

WMIP e-bulletin

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WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

WMIP e-bulletin July 2018

Dear Colleague,

Welcome to the July e-bulletin of 2018. This edition is packed with information concerning the development of WMIP. We have an excellent review on the Social Dreaming Matrix by Laura Chaisty. Also, please do take the time to look at the Members News and Views section below which contains the obituary for Anne Samson.

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,

At the last AGM, I announced my intention to step down as Chair at the end of this month. We had hoped that a couple more professional members would have stepped forward to join the Board, which would have allowed for a planned hand over and succession. However, in the absence of any volunteers, I have come to the following decision:

- If a professional colleague steps forward in the next couple of weeks, willing to act as co-chair with myself - ie to share the role - I will stay on as co-chair until the next AGM, at which time I will step down. This will give the next incumbent plenty of time for a smooth hand over.
- If nobody comes forward, I will resign at the end of July, leaving the board and the institute without a chair. I have every confidence that the board will continue to manage the institute well, but constitutionally we do need this post to be filled.

If you feel you might be willing or able to take up the post, please do contact me urgently to talk about it. The work is really enjoyable and interesting, and the Board of Trustees is an effective and friendly working group with a clear strategy; the institute is not in crisis, and the admin team is well established, competent and working well. Perhaps you and a colleague might come forward together to join the board? Often working with friends makes the job lighter and more enjoyable.

My reasons for stepping down are personal, but I would like to reassure members that it is not that I am exhausted or disillusioned! I feel that all organisations benefit from regular changes in "management" and there are other things I want to do, including writing. I feel that a three year term is plenty for the Chair, which should encourage you that, if you are thinking about it, you do not need to make a lifelong commitment.

I look forward to hearing from you. I can be contacted directly on 07939127433 should you wish to speak in confidence and without any obligation about this position.

Thank you for all your support over the past 3 years.

Warm regards,

Carrie Worrall
Chair, WMIP Board of Trustees

If any members are equipping an office or consulting room, there are small desks, armchairs and tables, as well as Ikea Billy bookshelves, office tables and chairs at the Birmingham Centre for Chinese Medicine, available free to WMIP members. They need to be collected by early August - final date still to be confirmed. To view what is available please contact Margaret Ehrenberg the Centre owner, on m.ehrenberg@talktalk.net to arrange.

If anyone is available on Friday 13th July, we will be moving the books to the new premises - anyone local and available to help would be very much appreciated. Contact Lynette Maple librarian to arrange.

Events



Setting up a WMIP event?

If you are interested in setting up a WMIP event, please email Kate Leeson (kate@angelaccounting.co.uk) WMIP Marketing and Events Coordinator, with the details. Kate will get in touch to discuss your plans and if necessary, let you have the WMIP events pack. The new WMIP branded marketing material will help market your event and promote the brand in a consistent way. Thank you.

Please see below a review of the Social Dreaming Matrix.



Social Dreaming Matrix – Monday 25th June- Edgbaston Quaker Meeting House.

Convened by Myra Connell and Rachel Dunkley Jones.

Hosted by Laurie Slade - Associate of the Gordon Lawrence Foundation
for Social Dreaming

Review by Laura Chaisty

I attended the Social dreaming Matrix event with no prior experience or particular understanding of what a 'Social Dreaming Matrix' was. My interest had been piqued not only by the opportunity I foresaw of trying this way of working but also by the invitation to reflect on my response to the EU referendum with a group of others also interested in exploring and thinking about psyche and the impact on the group mind of such enormous change. I don't pretend to be neutral about my responses to Brexit and felt immediate a mixture of unease and deep disappointment at the outcome of the vote. However the months that have followed have left me with a combination of anxiety and boredom as I have struggled to retain interest, understanding and engagement with what I know to be a most important issue. Its not that I don't care, I do but I am aware of feeling paralysed when thinking about what Brexit will mean and imagining what post Brexit Europe might be like.

I hoped that this event, more so than my repeated attempts to engage with the media, might help me stay with this issue and to shake off the world-weariness that threatens to close down my thinking. I was really interested to come at this issue through exploration of the unconscious as it presents itself through dreams, those mysterious other world images and stories found in sleep and the free floating attention of daydreams and associations. I was working on the basis that though my conscious mind has largely shut down to the reportage of the media, my and others minds have been impacted and, at least at an unconscious level, are trying to take in this enormous change.

In learning about the process of 'Social Dreaming' I noticed feeling some relief to hear that we would be associating to rather than exploring or interpreting dreams in this forum. The thought of having many therapists interpreting my dreams felt like a nightmare all of its own!

were invited to take a seat within what I have since learnt is called a 'snowflake' formation of chairs. The layout is such so that participants do not directly face each other which I felt added to the sense that one could speak from a state which seemed to straddle both the conscious relational and unconscious dream state. We were invited to speak our dreams and reflections on experiences, thoughts or feelings as they arose without particular focus on the links or gaps and without trying to make meaning of the exchange.

After some moments of silence the first dreamer spoke and the group shifted gear as we were invited into each other's dream worlds where logic was suspended and rich, sometimes stark images were painted with the words that passed between us. Where people brought experiences from waking life, or found themselves associating to items from the news, the material continued to feel as though it were generated in another part of the psyche and carried messages of greater depth and mystery than what is available when constrained by logic. The dreams at times felt weighted with deep anxieties and themes emerged about difficulties in pairings, having words or working together. Characters were not who they first appeared and journeys were arduous and often unresolved. Dreams of insufficient space perhaps spoke to anxieties about what place there will be for difference in a society that has in some way closed its doors. Images of stuffed up mouths perhaps spoke to the difficulty in keeping open the dialogue and findings one's voice in what can feel a deeply anxiety provoking and yet silencing experience.

With great thoughtfulness, Laurie was able to interrupt the flow of the dreams to notice connections as they developed, which encouraged greater associations as I and my fellow dreamers settled into this way of connecting. He gave us the space needed to allow the material to develop and at times in noticing emerging themes brought to our attention where the dream material converged and we were connected.

We flowed together in this way for an hour and then took a short break before reconvening for the second part of the session 'The dream reflection dialogue'.

In this we were encouraged to reflect on the process of sharing our dreams in this way and the associations that had built through this way of working. Importantly Laurie also sought to identify with us what new thoughts had come to light through the process and to think with us how we might keep developing this learning.

He recognised themes of trauma and pain lying just beneath the surface in the dream material, which emerged into consciousness as we tried to make sense of the times in which we are living. Some members of the group got hold of more optimistic feelings of the power and potential of the group as evidenced by the creative and lively experience we had generated in our few hours together. An image that took particular hold was that of a labour in progress that though painful must be gone through to bring about the birth of something new. We can't know what will be born in the post Brexit landscape or even as the deals are finalised in 2019 can we have any real sense of what the future holds. Perhaps all we can do is try to stay conscious to the process and, after my experience of

The session received a very positive response from all involved and Laurie was enthusiastic about the work the group had done. He hopes to be able to offer further workshops perhaps in the autumn and early part of 2019. I feel certain we would welcome him back for more of what a colleague described to me as 'a kind and most generous experience'.

Thank you to Rachel and Myra for their work in convening this event.

Jungian Training Committee

Saturday 8th September 2018

THINKING ON THE BORDER:
MEMORY AND THE TRAUMA IN SOCIETY

Jonathan Sklar

How does an individual human being return from the far reaches of certain terrible experiences?

- From being in the trenches of the Somme?
- From crawling through the sewers of the Warsaw Ghetto?
- From Atomic destruction?
- From today's random bombings to the fragile meaning of life as a mass movement of people flees to

Europe. And these modern matters are contributing to a severe rise in anti-immigrant rhetoric and prejudice towards other human beings.

Walter Benjamin described how, prior to the First World War, experience was passed down through the generations in the form of folklore and fairy tales (Xi The Storyteller). Have such descriptive threads become broken in our modern times?

Jonathan Sklar FRCPsych is a training and supervising psychoanalyst of the British Psychoanalytic Society, an Hon Member of the Psychoanalytic Society of Serbia and the South African Psychoanalytic Association. He was Vice President of the European Psychoanalytic Federation from 2007 until 2011, a

MEMBERS



news &
views

Obituary Notice

Anne Samson

11th October 1937 – 9th March 2018

MY THOUGHTS

by Anne

I am not a spiritual person. I can't imagine life after death. For me, eternal life is about significance, meaning and importance. I may be wrong. After all those years studying, I am a medieval catholic and love the legends and metaphors of the 13th and 14th century. I believe profoundly in the seven acts of mercy and believe we are all members of each others' bodies. We are wholly implicated together along with Christ and this is where my faith lies and that is what I see as important.

THE SEVEN ACTS OF MERCY

To feed the hungry.

To give drink to the thirsty.

To clothe the naked.

To shelter the homeless.

To visit the sick.

To visit the imprisoned.

To bury the dead.

encapsulate a life well and passionately lived. The eulogy written by Anne's daughter, Eve, contained much that was unknown to many of the congregation who only knew Anne in the last twenty-five years.

She was born in 1937 in Barrow in Furness into a time and a place that did not appreciate her intellect, energy and independent spirit and it was difficult for her to believe in her intelligence and creativity. Initially she attended teacher training college where she met Paul. They married and had two children, Eve and Alex. After divorce, as a single parent, still only in her late twenties, she went to university to study English and later completed an MA and PhD. She faced immense obstacles but met them all with an indomitable spirit. All through this period of study she was absorbed in the medieval literature that she loved and taught others to love it too.

And then she met and married Bernard and left Newcastle for Leamington and English for psychotherapy. In her fifties she started the next big phase of her life.

In 1992 she joined the CFITC course where her tutor Helen Lloyd remembers Anne's maturity and depth of learning and that she "developed rapidly into an outstanding clinician" qualifying in 1997. Immersed in this new world she was a natural choice, along with Thomas Camps, to help rescue the training when it got into difficulties. At least two graduates of the CFITC, Christine Pitt and Laurence Kingsley, are convinced that Anne and Tom saved the training. Together with Tom and then singly, Anne chaired the newly named TCPP for ten years. She was always a steady hand on the tiller, inspiring students and colleagues alike with her wisdom and thinking. Once she was asked to teach Thomas Eigen and she read eighteen books he had written and then talked about them without notes for two seminars. It was a tour de force and a measure of her capacity for concentration, absorption of information, processing it and making it her own and finally delivering it in a thoroughly digested and comprehensible form. She was the consummate teacher. Susan Budd, who was an External Advisor to the course for many years, always enjoyed working with Anne whom she felt was a safe pair of hands. "I benefited from her warmth, wisdom and also a kind of detachment which I think came from both her Catholic faith and her continuing involvement with literature. Although we hadn't met for many years, I miss her." As a graduate, Christine Pitt particularly appreciated Anne as a supervisor, "I just felt privileged to be supervised by someone who had such a wealth of learning and experience, and so generously shared it."

Anne also wrote beautifully and in 1997 won the British Journal of Psychotherapy student essay competition. In her paper "Science, Metaphor and Meaning in 'The Interpretation of Dreams'" she confidently and cogently brought together her two worlds quoting TS Eliot and Freud with equal facility and comparing Freud's use of science with rhetorical devices in nineteenth century novels.

For four years from 1997 Anne edited the WMIP Journal. She brought her usual energy, rigour and creative energy to the task, as appreciated by her colleague Tricia Harvey who was the next editor and felt particularly grateful for the support Anne provided at that time.

Bion was always a consuming interest and one she was proud to teach on the Jungian training. For Anne this personified the linking in Bion's work. She was

were local and had meaning in people's lives, in the Justice and Peace group at her church. For many years from 2003 she was a member of and from 2010 Chair of the London Bi-logic group, fascinated by the work of Matte Blanco.

Anne had a vast hinterland of which we who only knew her later in her life had little knowledge. One colleague recounted how after many years of knowing Anne they accidentally discovered that they had attended the same university, at the same time, sat in the same lectures in the first year and even lived in the same crescent. It felt like one of those connections which Anne loved coming together. She had a full and rich life, always fighting for what she believed was right and enjoying the fruits of her labours. She loved creature comforts, her beautiful home, her great enjoyment of stylish clothes, her lately acquired convertible car; she was a legendary cook and treasured her succession of cats. Typical of Anne's generosity and zest for life was her sharing all of that with family, friends and colleagues who gathered at her home to celebrate her 80th birthday last October.

She was a loyal and considerate friend; always interested but never intrusive. In fact, it was a hall mark of Anne's approach that when intrigued by the conversation she would lean forward and say "oh, that's very interesting". She was always engaged, curious and whole-hearted in everything she did. We shall miss her enormously; that driving intellect, fierce loyalties, intolerance of those she considered fools, always questioning, demanding of herself and others, generous, sharing, kindly, a complete human being, always attempting to live by the seven acts of mercy. Often, both writers still find themselves thinking I must email/phone Anne about that.....

Entering fully into the life she was living now, Anne would not have seen herself as important and had no sense of self-importance. But her contributions to the lives of the Training and the Institute as a whole were enormous. She never balked at taking on a task. And the last task was death. She was not afraid of dying. There had been terrible dark times in her life like her serious accident ten years ago and her son's and husband's long illnesses ending in their deaths in recent years. Nevertheless, she felt she had lived a good and fulfilled life with nothing saintly about it – to hold the depressive position takes a lot of hard work and she did that work.

The day before she died she was working in bed reading for an idea she had for a new paper about mermaids and narcissism. She could never stop studying and writing and seeking after greater clarity and understanding whilst also being willing to stay with not knowing. As she wrote "eternal life is about significance, meaning and importance" so she lived as she wished the After Life would turn out to be.

Rosie Hogg and Helen Flanagan.

As writers of Anne's obituary, we decided that Brian Truckle's heartfelt contribution should stand alone, as it conveys so well the essence of Anne which many of those of us who knew her will carry with us.

"For the past few years I have had the privilege of working closely with Anne. It was a risky business because Anne took risks: but they were always planned, calculated risks and always on behalf of her patients. She stretched boundaries and certainly stretched mine. The rollercoaster ride was always enriching and

discussed them frankly with her patients and thoughtfully wondered how and why. If she erred it was on the side of generosity of spirit, for that she had in great measure. What impressed me most in our conversations, often interwoven with quotations from medieval poetry, was her compassion. That is the overriding memory which I shall hold onto: her capacity to see people as fallible but valuable and her compassionate response.”



Dear Colleagues,

I am pleased to let you know that our library has a new home - at Newman University, who will be 'hosting' it for us. This means that at least for the time being it will not be part catalogued as part of the University library and will continue to run on much the same basis as it is now though with vastly increased access and in a very attractive and hospitable environment.

The library is currently packed and ready to move next Friday 13th July. Would anyone who currently has books on loan please keep them until end of August when I will be back from holiday and can further announce how to access the library. Until then the library will be Reference Only - I will let you know more details about using the Newman Library in this way after the move.

Help required.

1. Help with loading the books into a van at 10am on 13th July at the Chinese Medical Centre 245 Alcester Road South, Birmingham.
2. Reshelfing the books at Newman University from approx 11.30 onwards on 13th July. (Porters will unload the books and take to the shelving area).

As with all removals, several pairs of willing hands will make the move go more smoothly. Please email me with your availability and mobile phone number if you can spare an hour or so on Friday. My mobile number is 07850 281552.

Having visited Newman with Carrie Worrall, we are impressed with their willingness to help us and indeed collaborate with us. We foresee considerable potential in developing links in whatever way the membership wishes to do so as it offers a very attractive learning environment generally, as well as scope for varied teaching, seminar or conference spaces.

With best wishes,

Lynette Maple
Librarian

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

Our mailing address is:

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