



WEST MIDLANDS  
INSTITUTE OF  
PSYCHOTHERAPY

## WMIP e-bulletin July 2020

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### Dear Colleague,

As the Covid-19 restrictions are beginning to be eased, some of us may be thinking about whether and how we might begin to see people face to face in our rooms again. Below, WMIP member Myra Connell offers some reflections on her personal process with this, and Kate Leeson makes some practical suggestions.

In addition, we have updates concerning the postponement of two events, under the heading Psyche and the Climate Crisis. The Analytical Psychotherapy Training is promoting their Introduction to Analytical Psychotherapy Course, public lecture series and their annual event which is in November.

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](mailto:shanesneyd@gmail.com)

Finally, I wish you all a great summer!

Best regards,

Shane Sneyd (Editor)

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[Emerging from Lockdown](#)

The question of when and how to go back to seeing patients in the room as opposed to online has been preoccupying me for the past few weeks, and I thought I would share some thoughts. I'm aware that some of us are now working in the room with all patients who want to do that. Others have decided that they will not go back till spring next year at the earliest. Others still are opening to some patients and not to all, with all the complex transference/counter-transference implications of that. Both the BPC and the UKCP have issued guidelines on what safety measures should be put in place, and certainly the UKCP, of which I am a member, advises not going back unless it is necessary. They both emphasise that we check with our insurers as to whether we would be covered if a patient contracted COVID and claimed that had been through our negligence.

Each case is different. Some people have taken to working online; others have found it impossible. Without the bodily connection, without the familiar objects at my door and on the stairs and in the room, they found it impossible to maintain a connection. Thinking about this both practically (can they find privacy in their house to speak with me?) and analytically has been a struggle. But these are the patients who have pushed me really to look at how I might begin to emerge from lockdown.

As well as talking with my supervisor, I met recently with a group of colleagues to think together about the realities and practicalities – something which I have found difficult in the midst of the transference/countertransference pressure, my own responses to the crisis, and the ever-changing and doubtfully reliable advice that comes from the government. How will we feel if someone tells us in the room that they have just attended a large gathering in a small indoor space? What if we feel unwell and suspect we may have COVID – will we have to notify all the patients we have seen and ask them to self-isolate until we have had a test? What are our own needs in terms of shielding, and how might concern for our own safety get in the way of our being able to be fully present 'without memory or desire'? What about sneezing, and crying, and tissues?

As a group we have drafted a letter to send to patients to explain the measures that we will put in place to make things as safe as possible. I am going to send this letter to selected patients this week, and next week take the step of meeting with them face to face again. As I do so, I am more than ever grateful for the presence of colleagues. We are each other's best resource.

Myra Connell

12 July 2020

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## Practical Considerations

### 1. Consider information sources carefully

It is important to stick to trusted sources of information. For information about

([England](#), [Scotland](#), [Wales](#) and [Northern Ireland](#)), and [World Health Organization \(WHO\)](#) websites. You can also access a useful Coronavirus Patient Leaflet on the [BMJ \(British Medical Journal\) Best Practice](#) website, which is regularly updated. For up-to-the-minute reporting, we would suggest the [BBC](#) and [The Guardian](#), which both offer daily round-up emails that you can sign up for.

## **2. Understand Covid-19**

Before returning to face to face work, it is important that you are aware of the latest up to date information regarding the spread of Covid-19 and measures to prevent this, signs and symptoms of the illness and the latest rules about self-isolation. All this information can be found on the above websites.

## **3. Carry out a fresh risk assessment**

Before you return to work, you should re-evaluate all of your work practices and carry out a fresh risk assessment, which addresses the risks of COVID-19. The [HSE](#) website has more detailed advice and a [risk assessment template](#). This will help you to decide whether you need to adapt any of your work practices or put extra measures in place until COVID-19 is no longer considered a threat to health. This includes business premises and treatment areas, hygiene protocols, business policies and insurance requirements for example.

## **4. Assessing your business premises**

Walk through your business premises and consider every item and surface your clients are likely to come into contact with when they visit you. Remove any items you identify that are non-essential and particularly those that cannot be washed and disinfected between clients in order to kill the virus. This might include soft furnishings or things that can be used by multiple clients.

## **5. Enhanced hygiene measures**

As well as the usual chairs and furniture where you speak to clients, you will need to consider cleaning the following areas between clients: doorbell/knocker, handles and bannisters, light switches, toilet and sink area, chairs in waiting area, pens or mobile device screens, payment terminals. Trying to increase the flow of fresh air into your treatment area, using a foot operated pedal bin with a lid and having tissues and hand sanitiser available for patients at all times are all good practice too.

## **6. Communicate with others**

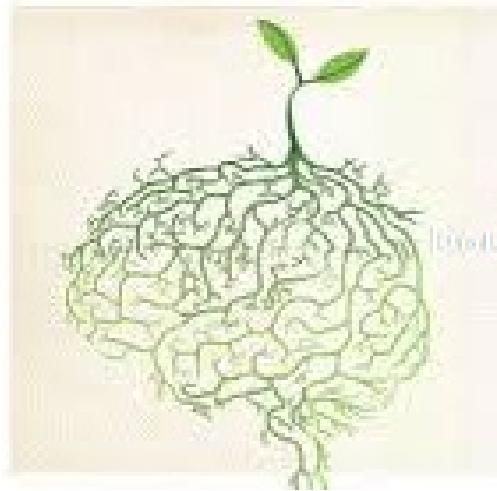
Talk to colleagues and friends about returning to work and challenges they have had/make suggestions to help one another. It is also a good idea to write to your patients to tell them about you returning to face to face working and about all the measures you have put in place to mitigate the spread of Covid-19. They will be comforted to know you have carefully considered this and will be more confident to return to therapy.

Here are the links to the relevant information on the BPC and UKCP websites which also contain useful information.

Kate Leeson.

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## Events



### **Psyche and the Climate Crisis**

**TCPP Seminar - POSTPONED**

**Climate Change: From Disavowal to Engagement**

**Professor Paul Hoggett**

**Previously planned for Saturday 19<sup>th</sup> September 2020 10am – 1pm Newman University**

**Due to continuing covid 19 restrictions TCPP is postponing this event and hopes to rearrange it some time in 2021.**

**Social Dreaming Matrix – POSTPONED**

**The social dreaming matrix, which had been planned for 14 November to coincide with the COP Convention on Climate Change in Glasgow, has been postponed.**

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**[Analytical Psychotherapy Training](#)**

## Course

### A CPD Course to Explore Concepts of Analytical Psychotherapy

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

2 x 10 Week Blocks. Sept - Dec 2020 and Jan - March 2021. **5pm - 7pm Via Zoom Video Conferencing.**

#### Block 1

17, 24 September 2020

1, 08, 15 October 2020

5, 12, 19, 26 November 2020

3 December 2020

1. Introduction - What is Analytical Psychotherapy? Historical Concept of the Unconscious.
2. Introduction to Freud's Concept of Psyche
3. Introduction to Jung's Concept of Psyche
4. Archetypes. Collective Unconscious, The Psychoid. Synchronicity
5. British Developmental Jungian Analysis
6. Introduction to Klein and Object Relations
7. Winnicott
8. The Analytic Frame
9. The Transference
10. Process and Goals of Therapy

#### Block 2

14, 21, 28 January 2021

4, 11, 25 February 2021

4, 11, 18, 25 March 2021

1. Concepts of Health vs Pathology
2. Depression
3. Anxiety
4. Obsessive Compulsive States
5. Trauma
6. Psychosis
7. Psyche-soma
8. New Developments in the Field: Neuroscience, etc

If you are interested please contact Sue Harford. Tel 07789 545908 or email: [aptc@wmip.org](mailto:aptc@wmip.org).

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## APT: BIRMINGHAM - PUBLIC LECTURE SERIES 2020 / 2021

*A series of papers which illustrate the influence and application of Jungian and psychoanalytic concepts to the practice of analytical psychotherapy*



**Presented by The Analytical Psychotherapy Training: Birmingham of The West Midlands Institute of Psychotherapy**

Apart from the November lecture which has been confirmed to take place via zoom, we are not able to confirm if the remaining lectures will take place face to face or via Zoom. However, the dates and times will remain unchanged with more information to follow.

### Dates for your Diary

Date	Speaker	Venue
Saturday 7 <sup>th</sup> November 2020 (10.15am – 3.30pm)	William Meredith-Owen	Zoom Video conferencing
Saturday 16 <sup>th</sup> January 2021 (10.15am – 12.45pm)	Duine Campbell	To be confirmed
Saturday 6 <sup>th</sup> March 2021 (10.15am – 12.45pm)	Carrie Warroll	To be confirmed
Saturday 15 <sup>th</sup> May 2021		To be confirmed

Saturday 12<sup>th</sup> June 2021

To be confirmed

(10.15am – 12.45pm)

Frank Lowe

Further information on the speakers and their papers will be released in August 2020 and will be sent to you by email

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## The Analytical Psychotherapy Training: Birmingham



in collaboration with

The Society of Analytical Psychology



Presents

**ALCHEMY – A BRIDGE TO JUNG’S “OBJECTIVE PSYCHE”**

*William Meredith-Owen*



**Saturday 7<sup>th</sup> November 2020**

***Via Zoom Video Conferencing***

**Online arrival from 10am. Lecture starts promptly at 10.15am**

This talk has its origin in a paper (JAP 2005) by Jeffrey Morey in which he presented a correlation of this striking image – ‘Athene arising from the head of Zeus’ – drawn from an alchemical emblem book of 1617, with the ‘splitting headache’ dream Winnicott experienced in the wake of completing his

which to know' effectively draws a challenging line between the objective, collective, unrepressed psyche of Jung and the subjective, personal, repressed unconscious of Freud: yet his dream, 'which cleared up an element of my psychology that psychoanalysis could not reach', self-confessedly bridges these two perspectives that have for so long regarded each other with mutual suspicion.

One implication of this alchemical image of the bearded contemplative accepting (self) sacrifice in order for the Athene (Self) figure to emerge is that the work of psychoanalytic introspection, leading to a relinquishment of narcissistic preoccupation, must necessarily precede any sustainable engagement with the 'objective psyche'. Narcissus cannot see beyond his own image into the depth of the pool.

Although not of course couched in such terms I believe some such premise underpinned much of the alchemical opus, particularly its European flowering in the C16 & C17. This day conference is an invitation to consider this possibility in the company of the richly enigmatic imagery which expressed it.

***William Meredith-Owen is a Training Supervisor with the SAP and former committee member of the Analytical Psychotherapy Training Committee. He is the author of several papers, is currently Consultant Editor to the JAP, and continues in private practice in Stratford-Upon-Avon and London.***

Our November 2020 Annual lecture will be a collaboration between the APT and the Society of Analytical Psychology in London. The APT has always enjoyed a fruitful relationship with the SAP, many of its members have taught on its training over the years and we now have a number of WMIP members who trained with and are also SAP members. Plans for this event were made some time ago before the advent of Covid-19 and we have decided to go ahead with the lecture as a shared event on Zoom, as accommodating the potential number of attendees with social distancing and eating at the university began to feel increasingly problematic.

William Meredith-Owen, member of both SAP and WMIP will give his paper on Alchemy and there will be responses from Hellen Mabhikwa for APT and Marcus West (also a good friend of our training) for the SAP. We will still have small groups and hope this will afford an opportunity to meet colleagues from other trainings, particularly the SAP. We extend a warm welcome to everyone and hope you will support this collaboration between our two training organisations.



## **MEMBERS**



## news & views

### **Membership News**

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

#### **Professional Members :**

Sheila Bonas

Rachel Dunkley Jones

Peter Rigg

**Clinical Associate Member:** Lynn Abbott

**Affiliate Member:** Rebecca Cunningham

We are also glad to welcome Mary Kent back to Professional Membership following a period of ill health.

Lynette Maple has now retired from clinical work and changed her status to Retired Member.

Susannah Izzard has resigned from WMIP membership and joined the Forum of Independent Psychotherapists, after moving away from the midlands.

We are grateful to both Susannah and Lynette for the valuable work they have done for WMIP during their time as Professional Members.

#### **Missing contact details**

We do not have up to date contact details for Harvey Pritchard, one of our Honorary Members. We would be grateful for information from anyone who is still in touch with Harvey.

Elaine Wake, Christine Pitt, Pauline Higham

WMIP Membership Committee

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The Forum is accessible at [www.wmip.org/wmipforum](http://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**

**Our mailing address is:**

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