

WMIP e-bulletin

October 2017

Dear Colleague,

Welcome to the October e-bulletin of 2017. I hope you all have had a relaxing summer break. In this edition we have some excellent reviews of recent events, so please do take the opportunity to have a look. Unfortunately, in the update from the trustees we have some disappointing news about the Events Committee and Monday evening CPD programme coming to an end. However, the trustees have put measures in place to make sure that the institute will still continue to offer CPD activities.

In the members section, Michael Reynolds has provided a lovely tribute to the late Margaret Spencer who some of you may have known. Finally, I would like to take the opportunity to thank everybody who have contributed to the bulletin over the years. The bulletin is totally dependent on the good will of it's members, so thank you!

[Update from the Trustees](#)

[Monday Evening Events](#)

[Outreach](#)

[JTC Events](#)

[Members news & views](#)

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](#)

Following the Members Forum on Monday September 25th, the Board of Trustees is sorry to inform you that as from December, the Events Committee *will no longer exist*. No members have come forward to staff the committee.

The Monday evening CPD programme will therefore lapse following **the final event of this term on Monday November 27th which will be Myra Connell's reading of her final qualifying paper: *The Grand Old Duke of York: Beyond Up and Down, to be held at the Edgbaston Quaker Meeting House.***

We have tried to ensure that the great deal of knowledge and expertise that the committee has built up will not be lost. The very useful documentation, guidance and protocols around how to organise an event, venues etc. will be passed to Jodie Kelly, our administrator, who will be more actively involved in event organising from now on. The members present at the Forum suggested that we might have someone who would be a contact point for individuals or groups who had ideas for events or CPD activities, and Myra Connell has agreed to take on this role. She would be able to call on a team of other people to help with advice on the process. Several former members of the Events Committee have offered their support in this capacity, and members are invited to join the support team. This new approach might encourage more organic generation of CPD talks, events, seminars, workshops etc.

If you have any ideas for events, short courses or other CPD which you would like to offer, please contact Jodie on **0121 455 7888**.

We would very much like to thank ALL those stalwart members who have carried the responsibility for putting on a programme of excellent CPD events over the years, and we hope that this pause in proceedings will enable some creative thinking in the membership about how we meet our professional development needs going forward.

WMIP Board of Trustees

Carrie Worrall

Jinny Sumner

Dr Niall Martin

Events Committee (EC)

MONDAY EVENING EVENTS

Please note that from Monday November 27th which will be Myra Connell's reading of her final qualifying paper: The Grand Old Duke of York: Beyond Up and Down, the Monday evening CPD programme will lapse. (Please refer to update from the trustees section for further information)

Below are two reviews of past events, so please do have a browse.



REVIEW: Nicole Schnackenberg: False Bodies, True Selves: Exploring Appearance-Focused Identity Struggles"

Poetry and the 4Fs

Nicole touched briefly upon various pieces of research and theoretical models e.g. Winnicott, Bion, Harry Harlow, Sroufe & Waters. However, it seemed to me that one of the most important references was to Stephen Porges' "polyvagal theory" see - <https://www.youtube.com/watch?v=ivLEAIhBHPM> .

There was a good turnout of people to this event, both new and regular. Nicole shared theoretical insights into body image but also shared much of herself and her own experience, and interspersed her presentation with excerpts of poetry.

defence systems. It controls the body's responses to a perceived threat and is responsible for the "fight or flight" response. However, through his research Porges discovered the important role of the vagus nerve, often called the "wandering nerve", which links brain to heart. I am no biologist but it seems that the polyvagal system is a later evolutionary development which takes into account our more socially sophisticated environment. Its contribution to our safety is that it can help protect the vulnerable, dependant infant by enabling the child to "shut down, faint or freeze". This includes dissociation and numbing of their natural feelings.

Nicole went on to introduce us to another behaviour in this well known hierarchy of defences (fight, flight, freeze) which she called "fawning" (coined by Pete Walker, see below). The dictionary definition is, "to try to gain favour by acting servilely; cringe and flatter or to show affection in a solicitous or exaggerated way". So for some children whose security is very fragile their only recourse to establishing contact with their care-giver often involves relinquishing their own needs to placate the other. These behavioural patterns of denial and repression can have serious long term consequences for the child.

There was an enthusiastic and reflective question time after Nicole's presentation. One of the important questions was, "What was the significance of poetry in Nicole's presentation?" Her answer was revealing. Nicole, I think, used poetry to transform the feelings of her early traumatic experience into something which was not just manageable but which for her had become meaningful. She talked movingly of how her early experience led her to dissociate from her body and to deny her feelings of pain and anguish but through her experience of personal therapy and yoga she had come to learn to not only accept her body but to love it and respect it and value it for the wondrous thing that it was.

One of the other important points Nicole made was that any organisation which was engaged in helping people with an eating disorder or body dysmorphia needed to mediate their work based on kindness and beauty and not through coercion or authoritarian regimes.

Review by Alan Boyd

Monday November 27th

Myra Connell's reading of her final qualifying paper:

The Grand Old Duke of York: Beyond Up and Down.

7pm - 8.30pm at EQMH



SHORT COURSES



REVIEW: Marilyn Miller: “An Introductory Exploration of Male Sexual Identity in Today’s World: from caricature to whole person”

Marilyn is a member of WMiP. She undertook a full time training at the Tavistock in the 70s. She has worked in Private Practice and other settings. The following conversation, listening project style, took place between 2 colleagues who have so far attended 5 out of the 6 sessions of Marilyn Miller’s short course.

C: What can I say, where can one even begin?

M: It’s been such a rich experience I wish we had a way of letting other members know about this invaluable resource. The depth and breadth of her experience comes across both in terms of the cases she has presented and in the theoretical material she has selected from such a vast field.

C: I really appreciate how she encourages all course members to participate, how she manages to guide us in deepening our analytic thinking.

grateful for that.

C: This is a vast subject and Marilyn has managed to deliver it in a coherent form over a few sessions. She managed to introduce us to the development of male sexuality in the first half which has been a good foundation for the second half as we delve into thinking about the 'perverse' aspects.

M: We could say a lot about this. It has been so good I don't feel that words could really capture it.

C: I think this is a good time to talk about the journey and the experience of the day.

M: Where do we start, if you split the whole thing into small sections each of them would be absolutely great on its own, and we have it all in one day. What a lovely day!

C: Well, there is the 'light vegetarian lunch' which has never consisted of less than two spectacular soups, a selection of cheeses, nice granary bread, humus and a selection of vegetables. Oh and cake for tea.

M: and apples picked from her orchard!

C: I have enjoyed sharing lifts with you. It has taken us just under an hour from Birmingham on the M54. The location is wonderful

M: Keen amblers can get there early, park up and go for beautiful walks from her doorstep.

C: Well at lunch time or at the end of the day they can enjoy the beautiful Shropshire countryside. The views from her home are stunning.

M: So she gives a brilliant experience all round. I think we have found a very good CPD resource here.

Completed by Hellen Mabhikwa



The WMIP OUTREACH programme finished strongly this year with an excellent 'in conversation' between Alf McFarland of WMIP and Barbara Taylor, author of *The Last Asylum* (2014). You will find a review of the talk below.

A review of Barbara Taylor, author of *The Last Asylum* (2014)

Repertory Theatre.



The Last Asylum is Barbara Taylor's story of being lost in rage, alcohol and drug misuse, breakdown; "madness years", from which she eventually recovered through twenty years of psychoanalysis, hospitalisation under the care of an intelligent (her word) psychiatrist, and the support of family and friends. It also recounts the ending of the asylum system and introduction of the insufficiently resourced and often dishonest policy of care in the community.

Barbara began the event by insisting on being able to see the large audience, that the house lights be put back on; the stage on which she and Alf sat having been brightly lit with the house lights dimmed. After she read passages from the book Alf asked her, amongst other questions, for her thoughts about how she arrives at being able to be responsible, in the sense of reflective, about, her feelings.

She described the arrival of being well half way through a long analysis, as the 'getting' free association, the discovery of her mind out of madness. "...I felt myself go rigid, I stopped



At the same time the book is a living, beautiful, burning testament to the personal as political, how maddened rage is a meaningful response to societal stupefaction in which the 'well' are outraged.

Drawing on her experiences in the feminist movement in the 1970's she writes of how appropriate rage could become toxic to those who experienced it. "There is a wild frustration that can afflict social movements like feminism whose egalitarian premises are so obviously true that their sheer banality can be maddening. It was enraging to find oneself arguing with beauty-contest defenders and 'pro-lifers' and other sexual reactionaries, and that rage became toxic, seeping into our relationships with each other. We dreamed of a radical unity of women.....there were too many inequalities among us – of class, ethnicity, cultural advantages, financial resources – for a lasting solidarity;"

Her gift to us, born from deep personal experience, is of anger as connective tissue, the

flood of memories, images, sounds: blue dress, sky blue....." Excitement cascaded through her as she realised her dream was her living creation and her mind, "a flow, a mnemonic tide, awash with vitality." In this she experienced the connection with her analyst and the recognition simultaneously of her analyst as his own person; realising the mind as an inter-personal and imaginal phenomenon.

On a personal level she tells of the healing of rage in a transference relationship; rage toxic to the un-held, insecurely attached child in the overwhelmed adult. In the event and the book, she owns her experiences, she does not generalise, she eschews any easy explanation of madness as creative.

madness and its cure. She wanted us to leave the theatre angry, angry at the insanity of our unrelationality engrained into social and political behaviours, angry at our cowardice in relation to mental illness. There is a beautiful, subtle and inherent relationality in Barbara Taylor's *The Last Asylum*, which is apparent in the language; the inequalities are "among" us, not "between" us.

In addition to Barbara's story of her "madness years" and recovery, *The Last Asylum*, is a record of the closure of Friern Hospital, contains a chapter on psychoanalysis and psychiatry and the history of the treatment of psychosis in analysis; each usefully referenced.

Rachel Dunkley Jones and Myra Connell initiated these conversations with the Birmingham Literature Festival, they have been very successful, attracting good numbers for the past two years.

Review by James Barrett

Jungian Training Committee **(JTC)**



Saturday November 4th 2017
Staff House, The University of Birmingham

SPIRITUALITY IN THE CONSULTING ROOM

Murray Stein

What is the difference between religiosity and spirituality?

Should questions regarding these matters be addressed in the context of psychotherapeutic practice?

Does it make a difference if the therapist has religious commitments or a spiritual attitude?

Murray Stein, Ph.D. is a Jungian psychoanalyst practicing in Zurich, Switzerland. He is a former president of the IAAP and is a training and supervising analyst at ISAPZurich. His books include Jung's Treatment of Christianity, In MidLife, Jung's Map of the Soul, Minding the Self, and most recently Outside Inside and All Around.

The Training in Jungian Analytical Psychotherapy

New intake for September 2018

The application period is open (opens on the 1st September) and closes on the 30th November

MEMBERS



news &
views

Tribute to the late Margaret Spencer

Margaret and I trained together but I really got to know her through our mutual involvement with the Contemporary Freudian and Independent Training Committee, and Confide – the Shrewsbury based counselling service which she had helped form.

Margaret had a very analytic mind along with a rare capacity for getting things done. In meetings she would gather together the issues and diplomatically focus the group to the hub of the matter: if a compromise was needed, she recognised it; if a firm line was needed she was the one to hold it. I may be speaking for others but I think we were all grateful for this strength given the uncertainty and the politics of the time.

prosper. One couldn't help liking Margaret a great deal.

Michael Reynolds

THE FORUM

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

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

West Midlands Institute of Psychotherapy

Nairn House, 1174 Stratford Road, Hall Green, Birmingham B28 8QA

(registered and correspondence address)

Tel/fax 0121 455 7888 email: admin@wmip.org

Company Limited by Guarantee (No 2883306)

Registered Charity (No 1031011)

Member of [UK Council for Psychotherapy](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

West Midlands Institute of Psychotherapy · Nairn House · 1174 Stratford Road · Birmingham, west midlands B28 8QA · United Kingdom

