

WMIP e-bulletin

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WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

WMIP e-bulletin October 2019

Dear Colleague,

Welcome to the WMIP October 2019 e-bulletin. This edition is packed with two excellent reviews from Martina Wright and Rachel Dunkley Jones. Also, we have three brilliant events planned for this year, which are included below, so please do take a browse and keep the dates in mind. The WMIP Spring Conference is taking shape and will be on the 25th April so please do look out for more details coming out soon!

Finally, we have a new section in the Members News and Views section entitled Membership news. This will provide up to date changes of membership categories and hopefully colleagues will find it interesting.

Finally, I would like to express my gratitude to all the colleagues that have contributed to the bulletin over the years, whether this has been writing reviews,

Many thanks,

Shane Sneyd (Editor)

Events

**WMIP Spring Conference planned for Saturday
25th April 2020.**

**"Matters of Life and Death - Defences and
Development"**

Please keep the date in mind! Further information to follow.



The Meaning of Money

Dear Colleague,

*We are excited to announce a new CPD event 'Holding the Frame: The Meaning of Money' on **Saturday 16th November in Birmingham city centre**. Psychoanalytic Psychotherapist Tom Bradshaw will be our main speaker and the session will explore the role and meaning of money in therapeutic settings, in a dynamic and thought-provoking way.*

More information and full details of how to book are attached. We are reaching out to a range of counsellors and trainees and are anticipating a good take up for the event, so please don't delay booking your place and please also pass the information to anyone else you know who might be interested.

With best wishes,

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

Review of Seminar – The Training in Contemporary Psychoanalytic Psychotherapy welcomed Professor Adrian Sutton on Saturday 28th September, at the Priory Rooms Birmingham.

"The emergence and submergence of authenticity: exploring Winnicott's concepts of the False Self and Transitional Processes"

aims of this organisation are to study the work of Dr. Donald Winnicott and to spread his ideas to a wide audience and put them into everyday uses in today's world.

Professor Adrian treated us to a well-prepared creative presentation. He stressed that he would welcome his audience's thoughts and opinion and provided us with his email address in case thoughts should come to us after our seminar. His talk was accompanied by slides with brief statements on Winnicott's theory of the Maturational Processes. His presentation included two case studies which brought life to discussions as we gleaned how Winnicott's idea could be applied in treatment.

First slide

'Declarations of independence, dependence interdependence?'

He followed this by thought provoking statements such as

'It takes a village to raise a child'.

'How self-centered is self-centered-enough?'

Work/life balance; The amount of time you spend doing your job compared with the amount of them you spend with your family and doing things you enjoy'

'Duty and the destruction of love'

'Who's in charge? Versus 'What's in charge?'

For me the most significant quote for this review is;

'There is no such thing as a baby....if you show me a baby you certainly show me also someone caring for the baby, or at least a pram with someone's eyes and ears glued to it. One sees a nursing mother.' He then added **'There is no such thing as a patient.....'** Maybe I could add that they are no such thing as an audience!

Professor Adrian explained Winnicott's notions of The Maturational Processes.

True Self comes from the aliveness of the body. Winnicott believed that the true self is initially 'little more than the summation of sensory-motor aliveness'. Its 'omnipotence' is 'humanized' within the (m)other-infant dyad in conjunction with a

emergence of a False Self to protect the True Self. False self's power and influence arises from the harnessing of the inherent vitality of the True Self. Then according to Winnicott, the true self ceases to incarnate in the body and the mostly mental false self, based on compliance with other's demands, takes over the life of the individual, hiding the still omnipotent, and but now traumatized true self. False Self has an impact upon external influences—the care provided may appear to be the care required but if this is not actually the case, potential for better adaptation and attunement may be lost. For example, "The Good Baby". When the baby learns to be 'Good' and adapts to not letting her needs be known, how can her carer know and understand. Adaptation and attunement are now not able to take place. Then I suppose the Good Baby then becomes the compliant adult who never actually knows what they want so never actually is able to ask for it. The Good Compliant Patient comes to mind.

Professor Adrian explains that Winnicott saw a spectrum of False-self dominance. I found being able to place a particular example of the appearance of the False Self on a spectrum so informative. At one extreme the True Self is completely hidden, even from the False Self. The ordinary 'knocks' in life become shattering or life is lived to avoid any major challenges. The person is found or finds himself wanting. *Something is wanting in himself.* Further toward health, the False Self is expressed in symptom /signs, emotional life, behaviour, bodily symptoms. A further move towards health the True Self comes into its own, expressed as 'a fate worse than death'. Still further towards health, the False Self is precocious self-reliance and sees a culture of independence as a virtue. Expressed in compulsive care-giving and compulsive reliance on the 'In group'. In Health, True Self is acknowledged, is contained and harnesses to allow and to add to engagement with the real world.

The Therapy as Part of the Facilitating Environment 'Space' and 'Gaps'

Professor Adrian asked his audience for their thoughts on the concept of 'Space and gaps'. All views were thoughtfully listened to and acknowledge and skillful left for his

When True Self is acknowledged and adaptation and attunement takes place it can lead to the emergence of developmental possibilities and allows 'catch-up'. Exploration in the real world, relationships and imaginative life promote developmental progress. The gap in our sense or knowledge of what we can do whether we have 'got it in ourselves to do or not do something' becomes 'a Space in which we can come to know whether we do or do not (yet) have it in ourselves to do something.

One of the slides states that becoming a competent practitioner means that we have to tolerate uncertainty, that we specialise in the not-knowing while still striving to understand better.

Professor Adrian used the Johari Window grid to demonstrate perceptions of Safe/Unsafe. In a further grid it demonstrates the stance of understanding, being understood and the unhelpful position of not understanding and of not being understood. The thought-provoking grid went on to demonstrate degrees, when 'enough' is added to the grid or when a 'gap' is added at points.

Often Professor Adrian referred to himself as a Teacher. Now I understand that the word for 'Teacher' in Gaelic translates nearer to the meaning 'to facilitate' and he certainly did 'facilitate' an environment where learning could take place. His style is unassuming and thoughtful. He reminded us several times that 'He was an expert in the not knowing' In my experience one has to acquire a huge amount of knowledge and have journeyed long before getting to a 'space' where it is comfortable 'not to know'. This was evidenced in the breadth and depth of the material presented. It was fascinating and assessable, rich in detail and was much appreciated by an engaged audience.

I really enjoyed the seminar very much and look forward to future events.

Review of Seminar – Susie Orbach in Conversation at the Birmingham Literature Festival, 5 October 2019

Susie Orbach's most recent book, *In Therapy: The Unfolding Story*, accompanies a Radio 4 series of the same name, still available on BBC Sounds. In a creative development of the psychoanalytic cameo, the series aimed to show something of the fascination and the richness of what can happen in the consulting room by engaging actors to improvise the roles of different patients visiting Orbach for therapy. She was herself, in her own office, meeting a range of characters: an out of work actor facing a crisis of confidence; a woman in her mid-forties who has had unsuccessful IVF and then fled from the sadness by leaving her long-term partner and their shared home; a senior judge who feels himself unraveling in court; a couple about to have a baby, facing difficulties in their relationship. In her lucid commentaries on what happens in each vignette and in an excellent Afterword, Orbach conveys psychoanalytic thinking in a wonderfully jargon-free way.

In the introduction to the book, Orbach writes about *slowing a person down* in the therapy room, to create space for them to be less overwhelmed by rage or fear or anxiety or whatever might be gripping them. She states: *'therapy aims to crack open the existing words, the existing emotions and the existing ideas... Therapy takes the time to listen closely. To find entry points so that contradictory thoughts and feelings can surface and be acknowledged, so angers can be heard, disappointments felt, anxieties unpicked.'*

I took this quote as the frame for my conversation with Susie Orbach, which took place at the MAC in Birmingham on 5 October as part of WMIP's collaboration with the Birmingham Literature Festival. Now in its fourth year, this partnership was

response of the audience, it seemed clear that there is a real hunger for this kind of engagement. My brief was to talk to Orbach not only about therapy itself but also about the fractured state in which we find ourselves politically and socially. I wanted to ask her about how we might use the tools of analytic thought to better understand our current predicament, including Brexit and the climate crisis.

As I prepared for the event, I was horribly aware just how painful I find it to think about the issues. Accustomed as I am to 'grasping the nettle' with my patients and to grappling with uncomfortable realities, I found myself unwilling to even open an edited collection of psychoanalytic perspectives on climate change over the summer months. I struggled to contain my own anxieties as the dramas of Brexit continued to unfold, turning off the radio in states of rage, fear, powerlessness and shame.

As the event drew closer, I began to pay real attention to these difficulties as perhaps the most important things to ask Orbach about: how can we stay with the unbearable when it comes to contemplating the damage we are doing to our planet? How might we bring what we know about defences, loss and mourning to understand why we have been stuck for more than three years since the EU referendum?

Shortly before the event, I read the article Orbach contributed to Extinction Rebellion's recently published book, *This is Not a Drill*. She writes:

'Climate sorrow, if I can call it that, opens up into wretched states of mind and heart. We can find it unbearable. Without even meaning to repress or split off our feelings we do so. I am doing so now as I write. Staying with such feelings are bruising and can make us feel helpless and despairing. It is hard, very hard, to stay with and yet there is value in this if we can create contexts for doing so.

The feminist movement taught us that speaking with one another allows truths to enter in and be held together. In creating spaces to talk, we transformed our isolation We need to take that practice, to create spaces in which we can share how difficult this hurt is and how to deal with our despair and rage....We need to accept our own feelings of grief and fear and we need to provoke conversations that touch the hearts of others.'

four decades as a therapist and political activist to make connections between psyche and politics, inner and outer worlds, the feminist movement and environmental campaigning. There was hope and energy in the room as people listened and the sense of relief that comes from naming the unbearable rather than avoiding it. She was generous in her responses, and open about her own anger and rage.

For me, the event was a confirmation that we can't just stay in our consulting rooms at a time like this. We need to be creative and courageous in stepping out into the public realm, to share the richness of analytic thought beyond the usual audiences, to be part of a constructive conversation which moves beyond grievance, denial and blame. In our work, we see what tremendous creativity can be released when a patient gets unstuck and starts to mobilize their aggression and anger in the service of life. How we do that now, politically and culturally, may be the most urgent question any of us face.

Rachel Dunkley Jones

Analytical Psychotherapy Training

APT: BIRMINGHAM - PUBLIC LECTURE SERIES



Saturday 9th November 2019

CAN INFANTICIDAL WISHES BE SURVIVED? *Professor Brett Kahr*



Although Sigmund Freud wrote extensively about death wishes in the family, he devoted far more attention to the *child's* desire to kill the *parent* of the same sex as well as any unwanted siblings, rather than upon the *parent's* desire to murder the *child*. Donald Winnicott elaborated upon parental death wishes, especially in his classic essay "Hate in the Counter-Transference", albeit rather briskly. Building upon these foundational contributions, I will draw upon his work with psychotic and forensic patients and, also, with normal-neurotic individuals, to explore the many ways in which maternal and paternal death wishes and death threats towards babies and children become internalised over time and ultimately contribute to the development of severe psychopathology. I will explore the concept of the "infanticidal attachment", examining how early death threats can damage the very foundations of the ego structure, resulting in psychosis, suicidality, criminality, severe eating problems, life-threatening addictions, and a host of other extreme psychological states. Drawing upon extensive case material, I will consider how intensive, long-term psychoanalytically orientated treatment can contribute to the neutralisation of such toxic "infanticidal introjects".

Professor Brett Kahr has worked in the mental health profession for over forty years. He is Senior Fellow at the Tavistock Institute of Medical Psychology in London and, also, Senior Clinical Research Fellow in Psychotherapy and Mental Health at the Centre for Child Mental Health. A Consultant Psychotherapist at The Balint Consultancy and a Consultant in

Kahr is the author or editor of twelve books, including *D.W. Winnicott: A Biographical Portrait*, which won the Gradiva Award for Biography, as well as the best-selling *Sex and the Psyche*, a study of the traumatic origins of sexual fantasies. His most recent book is entitled *How to Flourish as a Psychotherapist*. He is also Series Editor of over fifty-five further titles on forensic psychotherapy; the history of psychoanalysis; and couple and family psychoanalysis. His forthcoming book is entitled *Bombs in the Consulting Room: Surviving Psychological Shrapnel*.

Formerly Resident Psychotherapist on B.B.C. Radio 2, Kahr maintains a long-standing interest in the dissemination of psychological knowledge to the general public.

He currently serves as Trustee of the United Kingdom Council for Psychotherapy and, also, as Chair of the Scholars Committee of the British Psychoanalytic Council.

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.

The Training in Contemporary Psychoanalytical

TCCP Seminar - Saturday 23rd November 2019

10.30 am – 1.00 pm (Registration from 10.00 am)

**“The lure of sameness, the pain of difference:
the role of friendship in identity formation”**

Speaker: Dr Alison Lee

Friendships are a key factor in the child’s learning to find an identity and a place in the world: this talk is an attempt to look at friendship through the lens of psychoanalysis, using fictional friendships from Elena Ferrante and from Charles Dickens. Introjection of the other leads to a friendship based on sameness, while the charismatic, “different” friend leads to some tricky power dynamics, of the kind that also present in therapy - around idealisation and boundary confusion, and around some basic assumptions about what relationships are and how to negotiate them.

Biography: Alison Lee is a psychoanalytic psychotherapist who trained in Scotland and worked there in private practice before moving to West Oxfordshire. She did a D.Phil in English Literature and worked in television before becoming a therapist. She is currently a training therapist with Severnside Institute of Psychotherapy, and teaches with the North Eastern Association of Psychoanalytic Psychotherapy in Newcastle.

Venue: Newman University Genners Lane, Bartley Green, Birmingham B32 3NT

If you wish to book a place, please contact Carmela Billingham, The TCPP
Administrator, on 07939 255534 or Email: tcpp@wmip.org Website:
<http://www.wmip.org>

MEMBERS



MEMBERSHIP NEWS

The Membership Committee will be including news of changes of membership category in future issues of the Bulletin. We hope that members will find it interesting to see news of colleagues, and to get an idea of how the fortunes of WMIP are progressing.

If any members do not wish their change of category to be published (e.g. if they are resigning because of ill health but would prefer other members not to know about their medical condition) please make this clear to the Committee.

We are pleased this month to welcome two Professional Members, Sheila Bonas and Rachel Dunkley Jones, who have both qualified with the Training in Analytical Psychotherapy. Congratulations to both members.

We are sorry to say goodbye to Susan Nakhla, who has resigned from Clinical Associate membership as she is now working in London.

THE FORUM

The Forum is accessible at 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

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