



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

WMIP e-bulletin

April 2022

A message from the Board of Trustees

Dear Colleagues,

We have had an eventful year, with changes occurring in our Institute. Rosie Hogg's writing, in this e-bulletin, captures the sadness many of us feel about the closure of the Training in Contemporary Psychoanalytic Psychotherapy and takes us back to the early 1990s and onto its beginnings. Despite this loss we are still together as a body and I hope this is a welcome and nurturing home to all who have an interest in, and fascination for, the world of psychotherapy and its possibilities.

At our AGM in March we sadly offered our thanks, and appreciation of, Alan Beadle as he left the Board of Trustees, having served for many years as our Treasurer. We welcomed Bryan Arnott who has stepped forward to take on this role. He has many years of experience in accounting, and we are very fortunate that Bryan offered his service to WMIP just when needed.

We are very appreciative of all colleagues who offer their time to the work and support of the Institute, many behind the scenes, giving many hours of work. We welcome your contribution to the e-bulletin going forward and thank Kate Leeson, our Marketing and Events Coordinator, who will collate and format contributions.

Psychotherapy, and communities like ours, are more vital than ever in this world of existential threats. We provide a place to be, to think and reflect, a place to grow and share together and we invite you to contact the Board of Trustees with any ideas or interest in joining any of the committees or Board. Contact: admin@wmip.org

With Spring greetings!

Pauline, Chair of WMIP Board of Trustees: Pauline Higham, Rev Mary Kent, Diana

Thank you

A big thank you to Shane Sneyd, who has edited the WMIP journal for the last 6 years. This is a huge contribution to the life of the institute, for which we are very grateful. Please send future content to Kate Leeson, who will be collating articles from members going forwards. Please send anything you have for inclusion, or any comments or suggestions, to kate@klevermarketing.co.uk, two weeks ahead of publication and ensure articles are half a page maximum please. Also please do get in touch if you would be interested in taking over or helping with this role. Thank you.

Memories of the Training in Contemporary Psychoanalytic Psychotherapy

As you know, 2021 sadly saw the closure of the Training in Contemporary Psychoanalytic Psychotherapy which has been a central part of WMIP for many years. In the last bulletin, the Board of Trustees invited members to contribute memories, feelings and thoughts about the significant means and contribution of the training. Thank you for these very personal and heartfelt contributions.

In the early 1990s WMIP launched three psychotherapy trainings. I studied with the Kleinian strand at the Birmingham Trust for Psychoanalytic Psychotherapy (BTPP). It was a very sad day for me when BTPP closed and I was left an analytic orphan. I had been fortunate to be adopted by the CF&ITC (soon to become the Training in Contemporary Psychoanalytic Psychotherapy) with an offer to join their training committee in 2002. I settled into my new home though in the analytic fashion I always honoured my parent training. It is therefore a double blow for me that the TCPP has now ceased operating.

Many varied factors have led to this outcome and I feel it marks a great loss to the local therapeutic community. Personally the TCPP offered me a supportive professional family, personal friendships and enormous learning opportunities. I recall wonderful meetings with Anne Samson and Tom Camps where we hammered out the renewed basics of the training together. It was a joyful as well as an arduous task. We then implemented our plan joined by Helen Flanagan (who succeeded me as Chair) and Christine Pitt. Several people were involved on the committee over the years and made their mark on the training and hopefully will be writing from their own perspectives. For me the opportunity to introduce an infant observation was a highlight.

close the training, I really feel for them in having to come to that conclusion. They have undertaken a careful and responsible, ethically sound closure to the course ably assisted, as always, by their administrator Carmela Billingham. I wish all of them and the past students and graduates and teachers and everyone else involved with the TCPP fruitful personal and professional futures.

Rosie Hogg



This photo provided by Helen Lloyd, taken at the first graduation gathering in June 1999, shows L-R Lawrence Kingsley, Anna O'Connor, David Male, Jane Calvert, Angela Liebling, Cath Gillivar, Jane Cheshire, Felicity Madden and Ann Samson.

CPD Planner - Dates for your diary

06 May 2022	WMIP Film Club The Power of the Dog
07 May 2022	APTC Public Lecture Diane Zerfus Hirst IZDUBAR
11 June 2022	APTC Public Lecture Helen Morgan WHITENESS
09 July 2022	Safeguarding Training with Sonia Appleby
17 September 2022	Holding the Frame with Katherine Killick
05 November 2022	APTC Public Lecture Jung's Black Books with Sonu Shamdasani & George Bright

Keep checking the events page on the WMIP website for details

The APT-Birmingham Public Lecture

Saturday 7 May 2022

IZDUBAR: THE HEALING AND REBIRTH OF THE GOD IN JUNG'S RED BOOK, 1915-1917

"Set the egg before you, the God in his beginning.

And behold it.

And incubate it with the magical warmth of your Gaze"

Diane Finiello Zervas

Jung's encounter with the Babylonian Bull Man Izdubar in The Red Book deals with the sickness of western materialist culture, the mythical wisdom of the east, the decline and rebirth of the god, man's primary role in the renewal of the new god image for a new age, and the importance of the symbol and visual imagery. In this seminar, I will discuss the Izdubar text and the visual imagery, with an emphasis on Jung's creative process, which developed from visual simplicity to symbolic complexity. By working with the creative imagination and the transcendent function, Jung created a new visual world in service of individuation and the new god image, and a new aesthetic foundation for his subsequent written theories.

Diane Finiello Zervas is a Senior Training Analyst with the Independent Group of Analytical Psychologists. She is one of the founders of the London Circle of Analytical Psychology, which organises seminars on Jung's Red Book over a two-year cycle. She is also an art historian, having written extensively on Italian Medieval and Renaissance art. Her essays on Jung's art related to The Red Book years have appeared in The Art of C.G. Jung (2019), and Phanes.Journal for Jung History (2019 and 2020). She is currently writing a book themed around Jung's first English seminars in 1919 and 1920.

The APT-Birmingham Public Lecture

Saturday 11th June 2022

WHITENESS. A PROBLEM OF OUR TIME

Helen Morgan

central to seeking a solution.

The colour-blind approach and the silencing process of disavowal that develops in childhood are means of maintaining white privilege. The work required of whiteness and the letting go of privilege is essential if we are to dismantle the system of racism that is so embedded within our society. I argue this is no altruistic endeavour but that, whilst clearly doing untold harm to black people, such a system also limits and distorts the development of white individuals and the society in which we are citizens.

Helen Morgan is a Fellow of the British Psychotherapy Foundation and a training analyst for the British Jungian Analytic Association within the BPF. Her background is in therapeutic communities with adolescents and in adult mental health. She was chair of the British Association of Psychotherapists from 2004 - 2008 and chair of the British Psychoanalytic Council from 2015-18. She has written a number of papers on racism and is the author of the book 'The Work of Whiteness. A Psychoanalytic Perspective' (2021).

APT: Birmingham Training Courses

Do you or a colleague want to find out more about APT: Birmingham's Training Courses? They are holding an **Open Meeting** which will take place on **Saturday 7th May**, from 1pm - 2pm, via Zoom where you can find out more about their full training course, Introductory course and Infant Observation course.

[Visit the APT:Birmingham for more information](#)

WMIP Library update

Benefits of the library collection:

- Symbolises continuity and stability of the organisation.
- It supports the charitable aims of WMIP
- The last remaining asset of WMIP
- A rich archive of donations from elders in the communities of WMIP
- Useful for members in training, for research, writing and teaching
- Free car parking

The WMIP library collection is accessible for all members at **Newman University** during staffed opening hours click the button below for full details. Outside staffed hours access can be facilitated but it is necessary to contact the library first. The signing out book is at library reception.

During the last nine months, Martin has completed a Subject Index of the books; this should make it much easier for members to find items of interest. The outcome of the work is a box holding over 1100 index cards (available at the library helpdesk near our collection). The cards are now being transcribed into a computer-file in Word and paper copies of this are available in a file held at the library reception. Once the transcript is complete, we intend to make the complete index available to members to download, so that they can consult it off-site at home or work.

We will continue to check and update the stocklist for some time and will publish an updated list at some point for members. Jools helpfully started an Excel spreadsheet, which we are inputting the Word document into, again to enhance access for members by including on the website at some point in the not-too distant future. In the meantime, we are happy to email a copy of the current stocklist on request.

Thanks to Peter Chidwick for his generous donation of books, which we have now added to the collection. We have also recently received another generous donation of books from Margaret Cox, which we will be adding to the collection soon.

Martin and Jill hosted a Library open afternoon on Friday April 1st. If members wish to meet with us at the library to view the collection, do contact us and we will let you know when we are next there. We tend to go there on a Friday afternoon but may be able to arrange an alternative time.

Below are a list of books which are available to members as a result of our needing to make space for new donations and having multiple copies of some books. Please contact us if you wish to have any of these books. If we do not hear from you we will ask Newman Library to dispose of them as they do with books from their own collection.

For any queries, please contact Jill Eley

JillEley27@gmail.com Mb: 07906 106882

For more information about the Newman library click here



WMIP Spring Conference Uncaring – What climate change can teach us about how we avoid pain.

Speakers: Sally Weintrobe, Rebecca Nestor, Judith Anderson.

This was a rich and challenging day of insight and discussion about the psychological impact of climate change. Experientially, it was a chance to feel and wrestle with the powerful defences that get activated when we *try* to contemplate the destruction of the ecosystem on which we utterly depend.

Despite the bleakness of the latest IPCC report, this conference was anything but bleak. There were powerful moments of shared sorrow and grief, but I came away feeling *more* hopeful, encouraged by the creative thinking and deep commitment of all three speakers and the lively peer discussion in our break-out group.

Sally Weintrobe brought to life many of the delusional narratives of the 21st century, including the disavowal of material reality such as time and resources; the deep rooted ‘exceptionalism’ that feeds omnipotent thinking and creates megalomaniac politics; and the extensive splitting and polarization that destroys our capacity for reflection and care. Her talk illuminated the unconscious suicidality, moral degradation and dissociative processes that enable us to continue *as if* nothing is happening – *as if* we can survive or escape this crisis, *as if* it is happening somewhere else, only to strangers we don’t have to care about. I found her analysis of the ways in which we avoid the pain of caring acutely relevant to much of my work in the consulting room.

Rebecca Nestor followed this up with an account of her research with a group of individuals engaged in climate communication. The title phrase, ‘the ticking clock thing’ (a quote from one of her group participants) captures the sense of pressure and urgency that emerged in her research. Her findings demonstrate the heavy load carried by those working in the field, whose expertise and science-based communications are often attacked, dismissed and threatened by a broad array of media and government organisations. Within the group, there was splitting, shame and fear, feelings of despair, exhaustion, fragility and vulnerability alongside hope and creativity. Making spaces (like this conference) where the full range of responses to

Judith Anderson (current chair of the Climate Psychology Alliance) picked up the baton following the break out sessions, with an informative round up of the work and resources offered by CPA, from climate cafes to youth groups, linking this to ways in which psychotherapy offers a frame for essential work in the face of the crisis.

Personally, I was flagging a little by this time (a whole day on zoom was probably too long), but it was still good to end the day with more practical thinking about where our contribution might lie, whether that is in promoting active listening, good self-care and sustainable organisations, supporting activists, young people and communicators, as well as reducing our personal impact, always circling back to the need to bear the pain of ecocide and destruction in which we are all complicit.

I came away thinking that holding the line between shame and resilience, challenging our defences against the pain of reality, is the task for all humans now and especially for those of us engaged in therapeutic work.

Carrie Worrall

Space to Think: Race and the Therapist series

Following the Use and Abuse of Power in Therapy conference in 2020, I invited any WMIP members interested in joining me to discuss offering some further CPD on the topic of Racism to get in touch. Hellen Mabhikwa and Lee du Plessis did so and we began a series of meetings on Zoom to think about how to go forward.

These meetings were a challenging journey in themselves as we spoke of our concerns around the uncomfortable fact that the membership of WMIP is almost entirely white. We did not want to be a group of white middle class people theorising about racism, or in some masochistic, hand wringing way sharing our bad feelings about slavery and our consequent privilege. But if we offered CPD on racism, would any people of colour want to join us? And why should they be expected to step into our world to help us to catch up our ignorance about the experience of black and Asian people? Should we not be shutting up and attending events run by the Black African and Asian Therapy network?

In the end we decided to have a go, making use of recorded talks by visiting speakers to BAATN events and see how it went. We planned a short three session series and pledged to give the £30 fee from our own members to BAATN as a thank you for the

attended one of their events.

So we advertised the series in the autumn, to run on the last Monday of the first three months of 2022. Thirty-six people signed up, including several practitioners of Black or Asian heritage; eight WMIP members joined us and the rest from all over the UK. The training group at another psychoanalytic institute saw our flyer and asked to be allowed to attend the series as part of their training. We asked everyone to listen to the podcasts in advance and assigned everyone to a small discussion group of seven or eight, which remained the same throughout the series.

The BAATN podcasts provided us with rich material to focus our thinking in each discussion. They included a personal account from Gloria Gordon, a lecturer at South Bank University in London, of her journey to self awareness as a British African Caribbean woman. She radically changed her approach to teaching as a result of her own awakening. Isha McKensie-Mavinga, an experienced psychotherapist, spoke about internalised racist attitudes in people of colour and of the need to develop a 'black empathic response' as a therapist, learning to recognise and name racism when accounts are brought by a client who has not themselves been able to recognise the subtle racism they have experienced. Bea Miller and Suzanne Keys described their experience of offering a group entitled 'Examining whiteness, white identity and racism' to other white counsellors and psychotherapists. They believe that white people need to take responsibility for working through their feelings about being white with each other in order to bring themselves more fully into relationship with people of colour and get on with the work of eliminating racism.

The feedback we received from participants was generally positive. We are currently thinking about how we might keep the conversation going around the experience of Black and Asian people in their lives and in therapy and psychotherapy training and how we might develop our sensitivity to racism in our clinical work. Part of our intention in using podcasts from BAATN was to raise awareness of BAATN as a resource for all of us in understanding how racism still affects peoples' lives both inside and outside therapy. Our next plan is to see if we can connect up with BAATN members locally and explore the possibility of WMIP members joining some of their events or of us hosting an event which they present. We'll keep you posted.

Alf McFarland



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