



WEST MIDLANDS  
INSTITUTE OF  
PSYCHOTHERAPY

## WMIP e-bulletin July 2022

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### A message from the Board of Trustees

#### Dear Colleagues,

It has been customary for psychotherapists to take a break over the summer and I am sure that many still do. However, increasingly, life seems to continue to be busy over this period. Your Trustees continue to be active as always but are hoping to meet socially in September to enjoy each other's company after much hard work on Zoom meetings. A good deal of behind the scenes work will nonetheless need to continue.

In this edition of the bulletin, Di Bhurruth says farewell to us after a rich professional life. She speaks movingly and joyously of moving forward in to the rest of her life just as we all move forward in to the next part of the year. As we consider this, let's make sure we use these summer months to refresh ourselves so that we also are ready to go forward with enthusiasm, bearing in mind the difficult pressures on all of us in our world today.

Safeguarding has been an important consideration on the agenda of the Trustees and, hopefully, the recent excellent and popular training given by Sonia Appleby will be the first of others as we were reminded of the obligations legislation puts on all of us. Currently much thought is going in to this in our professional bodies and, to some extent, everyone is finding their way forward so that trainings appropriate to our own profession are devised. Certainly, within WMIP, we seem to be ahead of the field.

Grateful thanks to Tim Wood who stepped in to represent us at the BPC Council Meeting and has reported back in this edition. Our professional bodies are important and we cannot afford to ignore developments in the wider world of psychotherapy or the codes of the Professional Standards Authority, any more than we can ignore the war in Ukraine and climate change in our wider world.

Enjoy the summer!

With my warm good wishes

***Rev Mary Kent***

***On behalf of WMIP Board of Trustees:*** Pauline Higham, Diana Houston, Niall Martin, Bryan Arnott.

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## "CHEERIO" ~ Diane Bhurruth

Here we are at Midsummer, the time of Litha, fertility and growth abounds as fulfilment fills the warm air around us. At this time the 'God, as Oak King, is rich in abundance, but he too surrenders his reign to his brother twin, the Holly King, and the descent begins. The old King who has ruled the waxing of the year represents strength, courage and endurance, and the Oak has always been particularly significant at Litha. The Celtic name for Oak is 'Duir' which means 'doorway' - we are crossing the threshold, entering the doorway, into the second waning part of the year.'

I have been enriched by my bountiful and fulfilling time as a member of WMIP and the Jungian community spanning 26 years, and now, I dance through my doorway: I stand on the threshold of my new unlived life, as I say goodbye to my professional life and WMIP, as I retire at the end of July.

For twenty seven years I have happily been bringing myself to listen, learn and share ideas with others at the Public Lectures, organised by, and I'm using old money here - the Jungian Analytical Training, now APT - Birmingham. So, it was with a full and grateful heart I attended my final lecture in June, listening to Helen Morgan's powerful talk on: "Whiteness: A Problem of Our Time." I wish West Midlands Institute of Psychotherapy and the The Analytic Psychotherapy Training - Birmingham continued rich and abundant life through the lives, work and creativity of all its members and trainees now, and those to come.

From the beginning of my Jungian Analytical professional life these words of T.S Eliot have been my companion. So as I begin my ending and into new beginnings, they are with me once again:

Will be to arrive where we started  
And know the place for the first time.'  
From: 'Little Gidding' - T.S Eliot

I wish everyone a relaxing and nourishing summer.  
With warmest wishes and hugs,

***Diane Bhurruth***

***24th June 2022***



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## **CPD Planner - Dates for your diary**

17 September 2022 Holding the Frame with Katherine Killick

05 November 2022 APTC Public Lecture Jung's Black Books with Sonu Shamdasani & George Bright

21 November 2022 Birds, Beasts and Babies - Infant Observation paper with Sally McLaren

05 November 2022 APTC Public Lecture Jung's Black Books with Sonu Shamdasani & George Bright

5 December 2022 WMIP Members' Forum

Keep checking the events page on the WMIP website for details

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**Holding the Frame: Meeting and Working with the  
Unthinkable**

## **Saturday 17th September 2022, Birmingham city centre**

***Establishing and maintaining a frame, which facilitates psychotherapeutic work, can be challenging because of issues constellated at the most primitive levels of the psyche. Enactments in relation to the frame can present dilemmas for the therapist which feel insoluble because they present events that are in fact insoluble in psychic reality. A grasp of the meaning and potential significance of these enactments can develop the therapist's capacity to establish an interactive field within which early trauma, anxieties and defences can be engaged and worked with.***

Katherine Killick helps us grapple with the meaning and potential significance of these enactments, offering both theory and case material to see how these pressures on the frame can be worked through. She looks at the early anxieties that are often stimulated in psychotherapeutic work and helps us to think about the trauma and relational communications that are being expressed.

The emphasis of this half day CPD will be on giving you opportunities to think about how issues around the frame can play out in your practice. The small group discussions and plenary afford a chance to put into words some of the communications that can lie unspoken around the frame.

Katherine Killick is a Training Analyst for the Society of Analytical Psychologists. She has worked in private practice as Jungian psychoanalyst for many years, and before that worked in the NHS as an Art Psychotherapist with patients in acute psychotic states. She has edited two books about Art Psychotherapy and Psychosis and written a number of papers for the Journal of Analytical Psychology.

To confirm your place please email [admin@wmip.org](mailto:admin@wmip.org). We look forward to meeting up with friends and colleagues again at our first face to face event in a long time!

### **The APT-Birmingham Public Lecture**

**Saturday 5th November 2022 via Zoom**

## ON DEATH AND DYING IN THE BLACK BOOKS

***Sonu Shamdasani***

The Black Books presents not only Jung's confrontation with 'the unconscious', but also his encounter with the Dead. This talk follows Jung's I Down into The Underworld and Hell and shows how this resulted in a new understanding of our relation to the Dead, which reconfigured Jung's conception of human development.

Professor Sonu Shamdasani is the Vice-Dean (Health), Faculty of Arts and Humanities, and Co-Director of the Health Humanities Centre, UCL. He is the General Editor of the Philemon Foundation. He is the author and editor of a dozen volumes, which have been translated into many languages.

## A COSMOLOGICAL DEVELOPMENT IN TIME: THE INDIVIDUATION PROCESS IN THE LIGHT OF JUNG'S BLACK BOOKS

***George Bright***

Jung developed an original use for the term "individuation" in the period covered by his Black Book entries, 1913 - 1932. The term has since been used very widely both in the field of psychotherapy and more generally and has suffered from "linguistic drift" in which its meaning has broadened and diversified considerably to the point of near-meaninglessness. Jung's Black Books record the experiences out of which he fashioned his concept of individuation. In this presentation I will try to re-establish what Jung meant by individuation and how this might inform the contemporary practice of psychotherapy.

George Bright is an analytical psychologist, a training and supervising analyst of The Society of Analytical Psychology. He works in private practice in West London and is one of the founder members of The Circle of Analytical Psychology, a group based in London to provide a two-year study course of Jung's The Red Book: Liber Novus and a subsequent course to study Jung's Black Books.

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## WMIP Library Collection Update

A reminder that The WMIP library collection is accessible for all members at Newman University during staffed opening hours (see <https://libguides.newman.ac.uk/home>). Outside staffed hours access can be facilitated but it is necessary to contact the library first. The signing out book is at library reception.

Martin's completed Subject Index of the Collection is to be added to the website for members, hopefully by the autumn. In the meantime, please contact Jill should you

near our collection.

Jill's Excel version of the collection is also now complete (if a little messy – do point out irregularities if you wish) and awaiting addition to the website for members. Again, if anyone wants her to send it to them do let her know.

Quite a few of the books made available to members were taken and we're glad that they are of use to them. We will continue to consider ways of making extra books available to members and we are also thinking about how we might sell some for the benefit of WMIP: any contributions to this thinking would be gratefully received.

**We would also like to invite any interested and available members to attend our second 'Open Afternoon' at Newman University Library on Friday July 22<sup>nd</sup> from 1.00 to 4.00 p.m, where we will have the Excel spreadsheet Catalogue available on Jill's laptop and cards and printed out Index list for perusal. There will also be biscuits.**

For any queries, please contact Jill Eley - [JillEley27@gmail.com](mailto:JillEley27@gmail.com) Mb: 07906 106882

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## Update from BPC Council Meeting - 27/05/22

At the last meeting of the BPC Council, which I attended to represent WMIP, the following issues were discussed:

- The SCoPEd framework, (Scope of Practice and Education), which is a massive piece of work between six Professional Standards Authority accredited bodies, including the BPC, UKCP and BACP, to set out core training, practice and competence requirements for counsellors and psychotherapists working with adults. We should all have some awareness of this from various mailings and, essentially, the BPC have been encouraging us members to give feedback on this work. However, perhaps understandably given the size, complexity and possible controversy of it, they have not had an overwhelming response. However, this did not seem to be a major concern because the broad view is that it will not impact unduly on the practice and training of BPC Member Institutions, (MIs), but may pose a threat to people and organisations with less intensive trainings.

- The BPC strategy for 2022 to 2025 had apparently been circulated although I had not seen it. The main question raised was one of the health and usefulness of the relationship with the Professional Standards Authority, (PSA). I think there is some concern about a possibly increasing level of intervention that is oppressive to analytic thinking and freedom. It seems that the BPC executive currently believe that we are

- There was some discussion of consultation processes within the BPC, with particular interest thoughts about the changes to the code of ethics – the new code should be put out in August with a four month consultation period. And, again, the SCoPEd framework was mentioned as an opportunity for consultation between MIs and BPC. Essentially, the BPC are very keen to look at how consultation processes might best work.

- There was mention of a newly drafted MI handbook, which I had seen prior to the meeting. The BPC are seeking MIs views on this, how helpful it is and so forth – the document is designed to clarify the relationship between BPC and MIs, for both MIs and the PSA.

- There is a desire to enhance the sharing of good practice amongst MIs and a section of the BBC website will be, or maybe already is, collating useful documents from MIs. The idea is for the BPC to provide a forum which can recognise particular themes in issues occurring for different MIs.

- There was an update of the new BPC complaints process, which apparently seems to be working well - 'so far so good'. However, it is early days, the new process is only four months old, and the point was made that it will be more useful to review it at the AGM in November.

- The Psychoanalytic Psychotherapy Now 2023 conference got a 'plug' – it will take place on the evening of Friday 11th and all day on Saturday 12th November. It will be a hybrid event at the British Museum entitled 'Insiders and Outsiders'.

- There was also a 'plug' for a new, paid post in the BPC; Head of Professional Practice – obviously they are keen to recruit and emphasised that this is a job that could be worked remotely.

- Some delicate information was shared about an individual who has started litigation against various organisations who have signed the Memorandum of Understanding concerning conversion therapy – this now includes the BPC but did not seem to be viewed with particular concern.

- Notice for the next meeting of the BPC Council was given - it will take place at 11.00am on Saturday 26th November. This will include the AGM.

Finally, just to say that I attended this meeting largely out of curiosity and because, when I received Jools' email asking for someone to do so, I realised that I happened to be free at the time when it was due to take place. I did not expect to be unduly



*Tim Wood*

## **MEMBERS'**



news &  
views

### **WMIP Level 3 Safeguarding Training**

**Trainer: Sonia Appleby**

This was a very stimulating, useful and, in some respects, challenging day of learning, thinking and reflection. Sonia Appleby drew on a wealth of experience of safeguarding issues. Using case studies based on serious case reviews, she illustrated how, when things go wrong, it is often because of a failure to follow an organisation's own procedures. This can be because professionals don't know what information to share, when and with whom. However, Sonia emphasised that it was not simply about knowledge. Rather, the central issue is that safeguarding is anxious work, and anxiety (individual and organisational) can often delay or prevent thinking, information sharing and action, sometimes with terrible consequences.

I had attended safeguarding training before but not in the context of private practice and, by the lunch break, I felt my own anxiety levels rising, as I mentally scanned my practice for my own 'blind spots'. I was therefore pleased when, In the afternoon, the focus shifted to applying the morning's broader framework and concepts to analytic private practice. Some of this was about the practicalities of who to share information with. At times it was quite a struggle to keep up with the various organisations and acronyms. I made a mental note to follow Sonia's advice to use this training as a springboard to further reading and discussion, including looking at the policies and procedures of my local Safeguarding Children Partnership.

The group also discussed what appears to have been a blind spot around safeguarding within the analytic profession. We acknowledged that a focus on action, potentially as an emergency, may seem at loggerheads with our work, based as it is on a capacity to stay with not knowing and with the symbolic, resisting the pull to the concrete and to action. In addressing this, Sonia posed the question, 'how can we be more nuanced, to enable us to consider when we ought to act?'.



think about our 'blind spots' as practitioners and as a profession, and that this was perhaps at the nub of it. This day provided an excellent, thought-provoking and rich grounding on the topic.

***Alison Rolfe***

### **Safeguarding training update**

We are aware that places on the recent safeguarding training course were limited, demand was high and that there are a number of members who wanted to attend, but didn't get a place. In terms of re-registration with WMIP, please be assured that currently, (in line with current guidance from UKCP and BPC), it is *not mandatory* to have undertaken safeguarding training. As a membership organisation, we are required to *advise* members to undertake safeguarding training when re-registering, if they are currently practicing, and as such, will be keeping a record of dates trainings have been completed.

WMIP Safeguarding Steering Group and the Board of Trustees are now considering how we move forwards and looking into the possibility of running a second training session, pending positive feedback from the first session. In the meantime, if you are keen to source an alternative course, we would suggest BPC accredited members could look at the course being run by BPC themselves. For more information click here [BPC Safeguarding Training - British Psychoanalytic Council](#)

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### **International Event in Solidarity with Ukrainian Jungian Colleagues**

On Saturday 21 May over 150 people gathered online from across the world in solidarity with Ukrainian Jungian analysts. Many Ukrainian colleagues came, both those still in Ukraine and those who have fled to other parts of Europe.

Organised by WMIP member Catherine Cox, a Jungian colleague, and others, the event started with a series of parallel social dreaming matrices. The one I attended was unlike any matrix I have been part of. The outpouring of dreams from the Ukrainians blurred the boundaries between the waking horrors of reality and the nightmare images of the dreams. There were guns, bombs, soldiers, roadblocks, apartment buildings under attack. I found that I could not keep hold of the images, distinguish one from the next or remember clearly afterwards what had been shared. Colleagues in the group were translating between Russian, Ukrainian and English. Those of us not immediately involved did not find ourselves sharing dreams and it

As well as being an act of solidarity, the event was a fundraiser and senior Jungian colleagues worldwide joined us and donated an online hour of their time to be 'auctioned'.

The Presidents of the Ukrainian Jungian Association and the Ukrainian Society of Analytical Psychology each spoke, describing the severe difficulties their members are experiencing.

The culmination was a powerful talk by Ann Ulanov, entitled "Ukraine and Jung's Red and Black Books: 'Making the Unsayable Experiential'". Her late husband Barry Ulanov's family originated in Kyiv, and many of them died in the 1930s famine, during World War II and under the Soviet Union. She said she had never worked harder on any paper in her life.

It is impossible to do her paper justice. Drawing deeply on Jung's engagement with the 'spirit of the depths', which has become the spirit of the times we are living through, she asked: 'What are we willing to die for? What are we willing to live for?' She spoke in the second person directly to the Ukrainians: 'You have the capacity of human creative symbol-making, and that confers the power of aliveness even in the midst of death and destruction.' Hate is 'the first protest from the gut, the bowels, from the backs of our throats against erasure'. If we do not repress the terrific energy of hate, don't act it out in sadism or collapse in exhaustion, if we can bear to hold it in awareness and relate to it, this begins something that may transform it. It makes the unsayable experiential. If the shocking episode can be *taken in*, it becomes an inner psychic reality, and that allows the possibility of birthing symbols, which make meaning and keep within them a 'secret aliveness'. This symbol-making defies the violent erasure of war, the annihilation of the independent existence of the other.

On the other hand, if we plug into the pathological aspects of the collective unconscious, mania results. If we fall into a state of identification with the fantasies of the collective unconscious, we lose the capacity to relate to it and are instead possessed by it. Putin's complex of power mania, she said, has a 'hole at the bottom', through which 'pure unadulterated archetypal energy emerges'. Instead of being in touch with the taproot of the creative unconscious, he pathologically replaces reality with fantasy, on an archetypal scale. Thus the 'disordered masculine' holds the feminine in contempt. In the grip of the complex, he loses touch with the human capacity to 'stand between the gods and demons', to 'relate to the whole of reality, the divine and the dreadful'.

The paper merits many re-readings / re-listenings and I cannot recommend it highly enough. It is available as a free PDF online at <https://withukrainianjungians.com/post-event/> (See below for the notice about the reading groups). The recording of the main

You can join an online readings group to discuss it with Ukrainian therapists and others (see below).

Afterwards, one of the Ukrainians present wrote to the organisers: *'For me it was very important to see the eyes and the faces and to feel the support of all the colleagues who came to support us. Probably, NATO couldn't close the sky above us but you did it the other way. Thank you for that.'*

**Rachel Dunkley Jones**

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**Invitation to join an online Reading Group to discuss Ann Ulanov's  
*Ukraine and Jung's Red and Black Books: 'Making the Unsayable  
Experiential'***

Mondays: 26/9, 10/10, 24/10 OR Tuesdays 27/9, 11/10, 25/10 6 - 7.30pm

There will be a maximum of 15 participants per group - Ukrainian and non-Ukrainian - and they will meet three times. Each group will be facilitated by 2 analysts to ensure a safe space, and there will be simultaneous translation. Participants do not need to have attended the May event. The cost is £10 to attend all three meetings.

If you would like to participate, to reserve your space please email [WUJ@citypsychotherapy.org](mailto:WUJ@citypsychotherapy.org) specifying whether you want to attend on a Monday or Tuesday evening.

The recording and paper are available at:

<https://secureservercdn.net/160.153.138.180/bm7.904.myftpupload.com/wp-content/uploads/2022/06/Making-the-Unsayable-Experiential-2.pdf>

<https://youtu.be/kZxgQp85ZIs> (from 56 minutes onwards)

**READING GROUPS** You are invited to join with our Ukrainian colleagues to read and discuss Ann Ulanov's paper: *"Making the Unsayable Experiential: Ukraine and Jung's Red and Black Books"*  
(It is not necessary to have attended the event on 21st May 2022 to participate.)



**GROUPS**  
A maximum of 15 participants will meet on 3 occasions to discuss Ann Ulanov's paper. Groups will be facilitated to ensure a safe space & there will be simultaneous Ukrainian & English translation.

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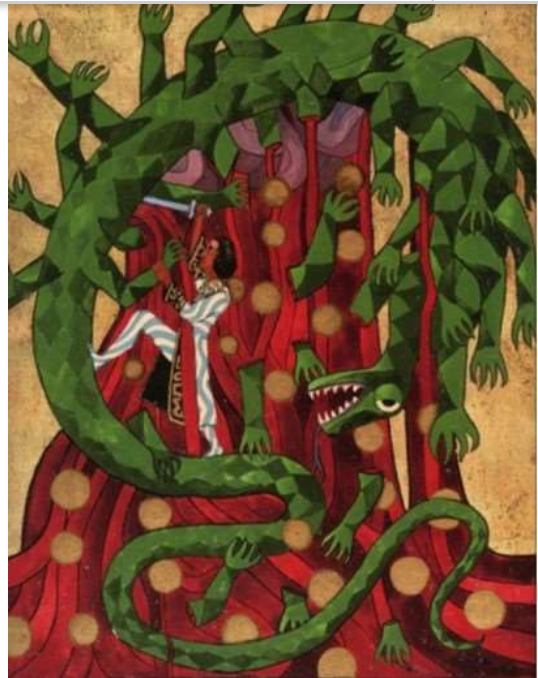
**DATES & TIMES**  
6:00pm BST; 7:00pm CET; 8:00pm EEST; 1:00pm New York.

**MONDAYS:** 26/9, 10/10 & 24/10  
**TUESDAYS:** 27/9, 11/10 & 25/10

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**COST**  
£10 for all 3 meetings. Ukrainians free

To book stating your preferred day, please email: [WUJ@citypsychotherapy.org](mailto:WUJ@citypsychotherapy.org)  
For Ann Ulanov's paper & YouTube recording: <https://withukrainianjungians.com>



Our mailing address is:

**West Midlands Institute of Psychotherapy**  
66 Smirrells Road  
Hall Green  
Birmingham  
B28 0LB  
Tel: 07903740512

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