



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

WMIP e-bulletin April 2023

A message from the Board of Trustees

Dear Colleagues,

I hope that you've all been able to enjoy a little rest and relaxation over the Easter break, and are not regretting too much indulgence in chocolate and cake (as I am).

Anyone reading this edition of the Bulletin cannot help but be impressed by the range and frequency of events on offer from APT, the CPD Strategy Group, and now a joint event between WMIP and the BTPP, not to mention other organisations and institutes for whom we advertise events.

Spring is, of course, associated with renewal and rebirth, and there is a strong sense within WMIP of this energy and of a blossoming of opportunities. We look forward enthusiastically to our collaboration with the Birmingham Trust for Psychoanalytic Psychotherapy (for more information on this come to the Q&A meeting this Monday evening) and to other exciting ventures such as the Film Group's collaboration with Birmingham's FlatPack Festival (see below).

Continuing the theme of renewal, take a look at Myra Connell's urgent plea for a UKCP representative within WMIP. It seems that the profession is on the threshold of significant change, and if you would like to be able to influence and shape this change do look at Myra's article.

As trustees, we continue to be amazed by and appreciative of the work undertaken by members on behalf of the institute whilst also dealing with demanding work commitments. That will not stop me, however, from making a plea for more board members! As you will see, we are now significantly diminished in number following the departure of Mary Kent and Niall Martin. If you are interested in exploring the possibility of becoming a trustee, please get in touch with one of us.

Diana

On behalf of WMIP Board of Trustees: Diana Houlston, Pauline Higham and Bryan Arnott.



Birmingham Trust
for Psychoanalytic Psychotherapy



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Find out more about WMIP's collaboration with BTPP

WMIP are now collaborating with Birmingham Trust for Psychoanalytic Psychotherapy (BTPP) to deliver a new Modified Adult Psychoanalytic Training. This collaboration brings new and exciting opportunities for both organisations and we would like to give members the opportunity to hear a little more about BTPP, the new training and how we will work together. This synergy will see those who qualify from the course, become members of WMIP and also gives WMIP and BTPP new avenues for the reciprocal marketing of events.

Philippa Boulter (BTPP) and Jinny Sumner (WMIP) will host a session giving a little more insight on the decisions behind the collaboration and members will have the opportunity to ask any questions they may have about BTPP, the Modified Adult Psychoanalytic Training and the collaboration going forwards. Join us on Monday 17th April at 7:30pm via Zoom.

Email admin@wmip.org to book your place

Thank you

Missed a WMIP event? Speaker recordings now available

UNCARING' – WHAT CLIMATE CHANGE CAN TEACH US ABOUT HOW WE AVOID PAIN
WMIP Spring 2022 Conference

SALLY WEINTROBE

'Care and its survival in increasingly unbearable times'

as the climate crisis worsens, bearing climate reality becomes harder. Sally will explore what can make care stronger in this situation.

REBECCA NESTOR

'The ticking clock thing': trauma-infused social defences in climate change communication

In this talk Rebecca shares some aspects of her doctoral research, which involved convening a group of leaders involved in climate change communication. Using the experience of the group over time, combined with individual interviews, the study explored the nature of leaders' experience and found it to be trauma-influenced epistemologically, socially and emotionally.

JUDITH ANDERSON

'Standing in our Pain – Climate Crisis and the Therapist'

Judith describes ways of being and methods that members of Climate Psychology Alliance and others are developing to play a crucial part in facing the triple crises of climate, biodiversity and ecology.

WMIP Conference THE USE AND ABUSE OF POWER IN THERAPY

VALERIE SINASON

'Between the King of the Castle and the Dirty Rascal: The Journey to the Centre'

When working with trauma, dissociative identity disorder and disability the terms “power” and “therapy” do not sit comfortably together. And yet, in working relationally with people whose worlds have been sadistically contaminated or destroyed, as well as trying to examine errors and misattunements, we also need the power of truth, understanding and attachment within a safe-enough structure.

DR FANNY BREWSTER

'The Other in the Temenos'

We now find ourselves in a time when the issue of race, and therefore racism, have consciously emerged as significant factors of consideration in every area of our lives. This is especially true for the psychological work in which we engage--both as analyst and analysand. The Racial Complex, or as Jung called it the 'color' complex, needs to be explored in light of our 21st century continuing issues with racism, and a desire to move away from 19th century colonial theories of racial exclusion. Discussion explores societal issues of racial relations, not as separate from psychology, but as an intricate part of culture, identity and collective consciousness.

SALLY MCLAREN

'Birds, Beast and Babies: Notes from an Infant Observation'

observer and child, mother and infant, analyst and analysand and into stories and mythology. As images and symbols are amplified threads link together. Synchronicity is one of the uniting factors. Beasts appear – the goldfinch, the fly, the Gruffalo, the mouse, the Wild Things . . . and more – and she considers how these might offer a window into Max's inner world.

All recordings £20

Payment to be made to West Midlands Institute of Psychotherapy

Sort Code: 20-08-44

Account No: 50939145

Contact Jools admin@wmip.org and the recording will be emailed to you

Do you have a contact at another psychoanalytic membership organisation?

The CPD Strategy group are always on the look out for new ideas for events, collaborations and the reciprocal marketing of events for similar membership organisations.

Please do get in touch if you have a contact at any organisation who you think would like to receive details of WMIP events and/or who run events you think would be of interest to WMIP members. Please email Kate Leeson kate@klevermarketing.co.uk

Thank you

CPD Strategy Group

CPD Planner - Dates for your diary

Date	Run by	Title
17/04/2023	WMIP/BTPP	WMIP collaboration with BTPP find out more session with Jinny Sumner and Philippa Boulter
06/05/2023	APT	Marica Rytovaara - LA DANSE MACABRE: DANCING WITH DEATH AS A NIGHT JOURNEY TO LIFE
21/05/2023	WMIP/Flatpack	WMIP Film Club in collaboration with Flatpack Film Festival and Andrea Sabbadini - Mediterranean Fever
10/06/2023	APT	Philip Stokoe ETHICS & COMPLAINTS: HOW THE PSYCHOANALYTIC APPROACH REQUIRES A DIFFERENT APPROACH TO UNDERSTANDING BOUNDARIES
12/06/2023	WMIP	Psychotherapy and Spirituality with Suzannah Izzard

Keep checking the events page on the WMIP website for details

WMIP Analytic Film Group in collaboration with Flatpack Film Festival and Andrea Sabbadini

Sunday 21st May 2pm - 5pm MAC cinema, Birmingham

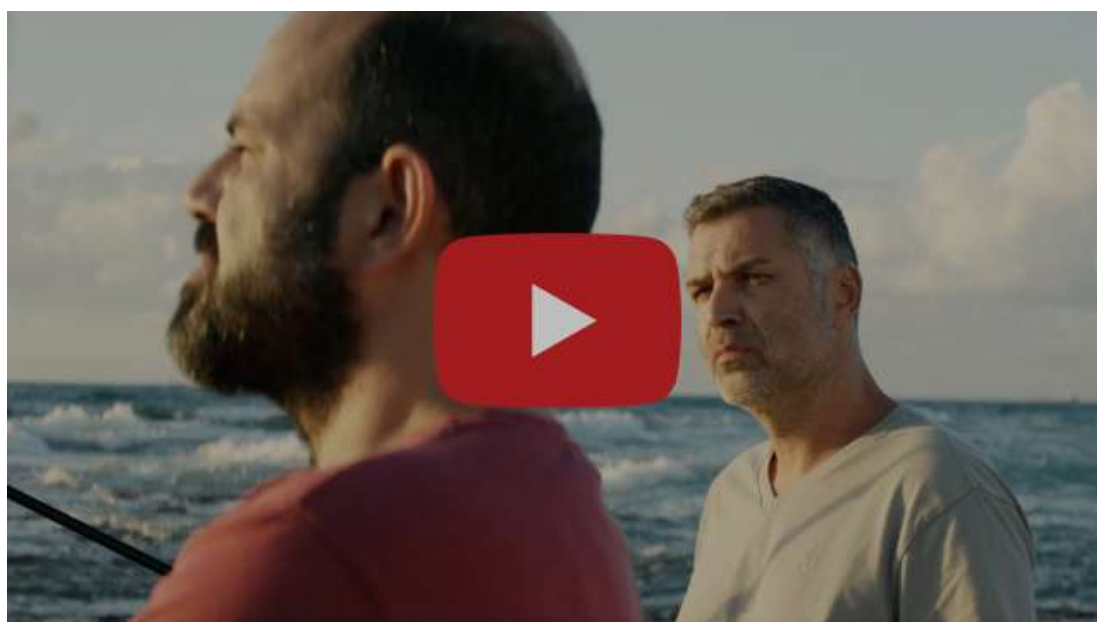
This event will bring together Andrea's psychoanalytic reflections on film with Flatpack's expertise and invite the audience to apply a psychological lens to a film viewing together. Following the viewing Andrea and one of the Flatpack team will discuss their perspectives on this piece and extend the invitation to the audience to contribute their reflections.

The film we will be watching is Mediterranean Fever winner of the Best Screenplay award at Cannes 2022. Maha Haj's Mediterranean Fever explores masculinity and mental health with considerable warmth and gentle humour.

For more information and to book visit the Flatpack website via the button below.

WMIP Analytic Film Group

BOOK your place WMIP's Flatpack Film Festival event [HERE](#)



The APT-Birmingham Public Lectures

The Woodbrooke Conference Centre, 1046 Bristol Road, Birmingham B29 6LJ and via Zoom

Saturday 6th May 2023 via Zoom

LA DANSE MACABRE:

DANCING WITH DEATH AS A NIGHT JOURNEY TO LIFE

Marica Rytovaara

The paper discusses the adolescent's fascination with death in its developmental and destructive aspects, transience and transitions and the archetype of Death as the harbinger of change. Life and death do not merely form a continuous loop but create a constant regenerative paradox where the dance alternates between mimesis and alterity. The talk will be illustrated by case material.

Marica Rytovaara is a Training Analyst of the SAP and on the Advisory Board of the Journal of Analytic Psychology. She is a Training Analyst for the Association of Child and Adolescent Psychotherapy and a Consultant in Adolescent Psychotherapy in an NHS adolescent inpatient unit. Marica has a private practice in North London.

Saturday 10th June 2023 in person and via Zoom

**ETHICS & COMPLAINTS: HOW THE PSYCHOANALYTIC APPROACH REQUIRES A
DIFFERENT APPROACH TO UNDERSTANDING BOUNDARIES.**

Philip Stokoe

In this talk, Stokoe will argue that the nature of boundaries in a psychoanalytic treatment requires a unique approach to ethics and the management of complaints. They are not 'things' that exist independently of the activities of the working couple, they are part of the engagement of that couple. In fact, they act to stimulate conflict. Perhaps it is truer to say that they are not concrete 'rules' that prescribe the behaviour of the participants, as in a legal contract; they are emotional and psychological material that can be stretched and distorted so as to reveal unconscious information. The skill of the therapist and the therapeutic institution is to maintain a psychological balance that allows these apparent rules to be broken without ever completely losing the Hippocratic commitment to do no harm.

Philip Stokoe is a Psychoanalyst in private practice working with adults and couples, and an Organisational Consultant, providing consultation to a wide range of organisations. He worked in the Adult Department of the Tavistock & Portman NHS Foundation Trust between 1994 and 2012, he was the Clinical Director from 2007. Philip is a member of the European Psychoanalytic Federation Forum on Institutional Matters, which studies the nature of psychoanalytic institutions. Philip's book, *The Curiosity Drive: Our Need for Inquisitive Thinking*, was published by Phoenix Publishing House in November 2020 and shortlisted for the Gradiva® Award for

To book email aptc@wmip.org

BTPP in collaboration with WMIP

Ageing: 'The consequences of Loss and Shame' **Simon Archer**

1st July 2023 10:30am - 12:30pm, Custard Factory, Birmingham

BTPP's Adult Modified Psychoanalytic Training are pleased to host a talk by Simon Archer.

The paper will discuss the effects of ageing on the individual's self-image in terms of the possible revival of unconscious conflicts around guilt, shame and loss. References will be made to stage and cinema.

Booking is required for this event – please email Sonia at info@btpb.com to reserve a place or for more information. Please note, there are limited places available.

Philippa Boulter

An Introduction to Analytical Psychotherapy

A short CPD course to explore key concepts of Jungian psychotherapy

THE COURSE:

The Analytical Psychotherapy Training: Birmingham warmly invites you to join a short 10-week course this autumn in central Birmingham.

In a small group setting, led by experienced psychotherapists, we will cover the key clinical ideas of analytical psychotherapy, including the analytic frame, transference, working with dreams and mother/infant research.

The course will include attendance at our keynote public lecture, on the 11th November 2023.

PARTICIPATION:

We welcome participants from all backgrounds. Previous attendees at our introductory courses have included counsellors, clinical psychologists, those working in pastoral care and spiritual direction, teachers, doctors and social workers.

SEPT – DEC 2023 Saturday mornings 10.15am – 1pm

CENTRAL BIRMINGHAM

EARLY BIRD FEE: £500.00 If registered and paid in full by 30th June 2023

Please share with friends and colleagues who may be interested. For more information, please

#WithUkrainianJungians

Walking alongside our Ukrainian colleagues in solidarity in 2023

Sonu Shamdasani made the following observation after his #WUJ webinar:

I've not witnessed a similar mobilisation of the Jungian community, at a collective level, before. Moreover, it seems to me that the tenor of group has not been 'political activism', but has remained on providing support and generating reflection on the psychological level. In the context of what I was speaking about at the last webinar, dare I say it, there seems to be some post-institutional recovery of spirit, which is worth fostering.

Lionel Corbett: *"This kind of large-scale evil and suffering is almost unbearable to witness. It seems to be more than purely human evil, and it requires the response of the entire community as well as the contribution of individuals. Such collective evil is an ancient and eternal spiritual and psychological problem."*

Here is a round-up of #WUJ news:

- The next webinar in solidarity with our Ukrainian colleagues will take place on **Tuesday April 25th at 6pm BST**. Flyer below. Lionel Corbett and Elena Pozdieieva will be presenting on *Jung's notion of the Self : an emerging new God-Image*. Has the Ukraine war, climate crisis and the pandemic changed our God-image? Lionel and Elena will consider clinical material - especially dreams - with particular attention to the dark side of the Self. Alessandra di Montezemolo will Chair.
- Details of the next four webinars (including Murray Stein, Susan Schwartz and Ann Shearer) are available on the Summer Flyer which you may view here: <https://aras.org/sites/default/files/docs/#WUJ%20SUMMER%20FLYER%2030.3.23.pdf>
- The #WUJ-ARAS Image Project will be putting together a slideshow on the theme of renewal and rebirth that will play before the webinar. If you would like to contribute any images or music, please email info@aras.org or post them via the ARAS website at <https://aras.org/withukrainianjungians-aras-image-project-add>. You can view the previous slideshow, film clips and the Image Gallery at <https://aras.org/wujwebinars>.
- There will be an international Social Dreaming Matrix on Tuesday Sept 12th at 1800 BST. An international team of experienced convenors will be led by Helen Morgan. Simultaneous interpretation English and Ukrainian. Please put the date in your diary!
- Recordings of the previous webinars by Marian Dunlea, Sonu Shamdasani and Joe Cambray plus three excellent presentations from our Ukrainian colleagues Inna Kyrlyuk,

- As you can probably imagine, our colleagues in Taiwan can very much relate to the situation in Ukraine and are themselves in a precarious position. For the first time we have been able to offer simultaneous interpretation into Chinese, and the summer flyer has been translated into Traditional and Simplified Chinese so that our colleagues in Taiwan and China can participate. When you participate in a #WUJ event you will be supporting all colleagues who are facing erasure.

How you can help:

1. We have 41 requests for financial assistance. To give each request £500 we would need to raise around £21,000. Please be as generous as you can. Donations may be made to: <https://gofund.me/49977cf7>
2. Turning up at events - activating our Ukrainian colleagues' Social Engagement System (Panksepp) to help manage their trauma. It is an easy way to make a real difference to how our colleagues survive this trauma. Considerable libido is invested in each webinar by the speakers and the production team, which produces very rich content and a moving experience for those who participate.

Everyone is welcome to #WUJ events and anyone can get involved.

Catherine Cox

TO BOOK A WUJ EVENT CLICK HERE

WMIP UKCP representative

We currently don't have a UKCP rep. This is particularly important at the moment, because of several issues that are coming up: the regulation of the profession, the standardisation of trainings, and the (increasingly litigious) way in which complaints are being handled.

We desperately need representation, so that we can be part of these discussions: otherwise we run the risk of finding that as analytic therapists we are marginalised and might even find it impossible to work in the way that we do, ie taking account of an unconscious.

There is currently an interesting small grouping within the CPJA part of UKCP, which is gathering momentum, and energetically networking to try to make sure we are not legislated out of existence. They are fielding a three-person committee to stand as chair of the CPJA (because nobody feels they can manage to do it alone). It will be interesting and lively to be part of that.

The job of WMIP rep would involve attending 3 meetings per year (online), and reporting back to

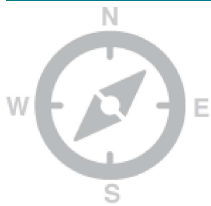
Myra Connell



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SHOP via GIVE AS YOU LIVE and the WMIP page [HERE](#)

MEMBERS'



news &
views

WMIP Holding the Frame: Meeting and Working with the Unthinkable event with Katherine Killick

The CPD strategy group was pleased to hold its first in-person CPD event since covid on 25th March 2023 at St Martin's in Birmingham city centre. This event had originally been going to run in September 2022 but the train strike and Queen's funeral meant a postponement. It was good for WMIP that so many registrants held on until our new date in Spring, and some further delegates signed up.

Katherine's talk took us right into the heart of clinical work, with an understanding of how the early psychotic anxieties of patients show in pressures and changes to the therapeutic frame. Katherine drew on her years of working as an art therapist with psychotic patients, and her intensive private practice work, to explore the countertransference experience of a 'soundless scream'. An experience that might be felt when there is a crevice between the psychotherapy frame and the implicit frame that the patient unconsciously presses for. She used the idea of a structural void in the personality where dependence can't be born but where the reparative work

There were pre and post talk discussion groups as well as a plenary in which the participants, from different clinical backgrounds could explore their own thinking and clinical experiences relating to the frame. These were well used, and people were really pleased to meet up and see each other in person.

Thank you to Katherine Killick, and to those who put in the hard work to make the event happen.

Rachel Hirschfeld



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