



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

WMIP e-bulletin October 2023

A message from the Board of Trustees

Dear Colleagues,

Call for Trustees

Welcome to October's e-newsletter! We hope you've had a restorative summer.

The Board of Trustees would like to invite you to consider joining the Board. We have capacity to include more members and urgently need your input. Currently the Board consists of Pauline Higham, Professional Member and Chair; Diana Houlston, Lay Trustee and Honorary Secretary; Bryan Arnott, Lay Trustee and Honorary Treasurer; and Phil Saleh, Lay Trustee. We need more professional and lay members. A lot of 'housekeeping' work goes on in the background of the Institute to ensure that we continue to fulfil our aims.

Have you ever thought of standing and would like to know more? You could have a real impact on the Institute's future as we consider how to grow membership and continue to fulfil our objectives.

What it involves:

The Board meets about five times per year, via Zoom. Between Board meetings we manage matters arising via email. This is not onerous and means we can deal with anything in a timely and efficient way. If you are unavailable at any time, there is no compulsion to respond to emails. We try to make the workload as manageable as possible.

We are well supported by our administrator, Jools Rogers and Marketing and Events Coordinator, Kate Leeson. Their reliable input makes a real difference to the work of a Trustee. We are a friendly group of people open to new ideas, whilst mindful that this is a volunteer role. We respect that people have busy lives.

If you have a passion to develop WMIP this role could be for you!

If you would like to discuss your interest informally, please email Jools admin@wmip.org and she will ask one of us to contact you.

Warm regards,
Pauline Higham (Chair)

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

CPD planner & dates for your diary

Date	Speaker	Title	Venue
Saturday 21st October 2023 (10:30am - 3:30pm)	WMIP: Sonia Appleby	Safeguarding: A Workshop on Ethical Dilemmas in Private Practice	via Zoom Video Conferencing

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2023 (10.15am – 3.30pm)	APT: Birmingham Heather McCartney	Protocols for Memories, Dreams and Reflections			94 Selly Park Road, Selly Park, Birmingham, B29 7LL
Saturday 18 th November 2023 (1:30pm – 3:00pm)	BTPP: Dorothée Bonnigal-Katz	An Introduction to Working with Psychosis: Theory and Practice			Studio 322, Custard Factory, Gibb Street, Birmingham B9 4AA
Sunday 3 rd December 2023 (afternoon)	WMIP & Flatpack	Screening of The Small Back Room + discussion			MAC Birmingham Cannon Hill Park, Birmingham B12 9QH
Saturday 13 th January 2024 (10.15am – 12.45pm)	APT: Birmingham Murray Stein	“A New Heaven and a New Earth” Individuation as Transformation			via Zoom Video Conferencing
Saturday 9 th March 2024 (10.15am – 12.45pm)	APT: Birmingham Katerina Sarafidou	A Treasure Buried in the Field: The Relevance of the Numinous in Analytic Theory and Practice			St Paul's Convent, 94 Selly Park Road, Selly Park, Birmingham, B29 7LL
Saturday 13 th April 2024 (2pm – 4pm) TBC	WMIP	AGM – SAVE THE DATE TBC			via Zoom Video Conferencing
Saturday 11 th May 2024 (10.15am – 12.45pm)	APT: Birmingham Jan Abram	The Surviving Object On the Specificity of Winnicott's Intrapsychic Object Relations			St Paul's Convent, 94 Selly Park Road, Selly Park, Birmingham, B29 7LL
Saturday 15 th June 2024 (10.15am – 12.45pm)	APT: Birmingham Renos Papadopoulos	The Commodification of Trauma and Refugees: Dangers and Therapeutic Implications			St Paul's Convent, 94 Selly Park Road, Selly Park, Birmingham, B29 7LL

Missed a WMIP event? Don't forget speaker recordings are available

If you have an idea for a WMIP event and would like to work with the CPD group's support to bring it to life, please email Alf McFarland alf@mcfarlandpsychotherapy.co.uk or Laura Chaisty laurachaisty19@gmail.com

Keep checking the events page on the WMIP website for details

Working online with patients outside the UK

A member has raised the interesting and important issue of what professional responsibilities and liabilities are involved in working with patients, online, in countries outside of the UK. Both UKCP and BPC have issued guidance (links are provided below) and, in essence, consider the practise to pose significant challenges, not least of which are the legal requirements needed to practise as a psychotherapist in the country in which the patient resides, as well as where the therapist resides. Failure to be able to comply with these would put the therapist in breach of the local laws.

In addition, there is the question of professional insurance and whether it would cover a therapist in such a situation; the encryption of the platform being used and how effective it is at ensuring confidentiality; and the matter of being familiar with local safeguarding and emergency services in the event of a disclosure or a serious mental health issue developing on the part of the patient. There are other issues to consider alongside these, so careful perusal of the guidance issued by BPC and UKCP is vital if this work is being considered.

UKCP Guidelines for Working Online/Remotely (2021) with particular reference to page 15, section 7 'Working Internationally' <https://www.psychotherapy.org.uk/media/jrohoner/ukcp-guidelines-for-working-online-or-remotely-v1-0.pdf>

BPC Guidelines:

<https://www.bpc.org.uk/download/2668/BPC-Guidance-Working-Remotely-Internationally.pdf>

WMIP Analytic Film Group in collaboration with Flatpack Festival present... The Small Back Room

Sunday 3rd December afternoon - MAC Birmingham

In this 1949 Powell and Pressburger's film based on Nigel Balchin's novel of the same name, high contrast photography pervades much of the film capturing the mood of wartime England as scientists in the 'back room' seek to make sense of and disarm the bombs that are landing and arm the men going to the front.

Sammy Rice is a British scientist working as a bomb disposal expert in one such back room. He rails against the incompetency and bureaucracy inhibiting his military scientific research against the backdrop of war. He physically struggles and is near constant pain because of an artificial foot. To manage the pain and also to anaesthetise himself against awareness of his limited power and ever-increasing bitterness, Sammy turns to alcohol. His spiraling self destruction threatens to destroy his relationship until he is called on for a mission that might restore his sense of purpose.

Powell and Pressburger create a film which follows a complex protagonist in a world of high pressure and determined stiff upper lips. It throws light on the impact of trauma in a time when all are traumatised by war and death is ever present.

We invite you to come and join us for this event at the Midlands Art Centre on Sunday 3rd December at 1pm. We will watch the film together and then a panel from WMIP will begin a discussion and invite the audience to join in to explore the film together from a psychological perspective. Tickets are on sale through the MAC website - click the button below to book.

WMIP Analytic Film Group



[Watch the official trailer here](#)

To BOOK your place at this event [CLICK HERE](#)

WMIP Affiliate Analytic Discussion Group - hosts needed please

WMIP have had a number of new Affiliate members join us recently, and we would like to ask if WMIP Professional members would consider hosting a session. The reading group happens every 6-8 weeks via Zoom and is usually on a Monday evening from 7.15pm – 8.45pm (can be another night if more convenient for you).

This would involve:

2. Hosting the session via Zoom (all set up/admin can be arranged)

Examples of papers covered so far:

Klein 'On the sense of Loneliness'

Winnicott 'Hate in the Countertransference'

Bick 'The experience of the skin in early object relations'

Holmes 'Mechanisms of Defence'

Winnicott 'Ego distortion in terms of true and false self'

Rothschild 'The Body Remembers' and Miller 'The Body Never Lies: The Lingering Effects of Hurtful Parenting'

Tyminski 'Fifteen Minute Stories about Training' and Crowther et al 'Just Black Sometimes'

Man and his Symbols

Donald Kalsched's 'The Inner World of Trauma' called 'The Inner World of Trauma. Archetypal Defences of the Personal Spirit'

Andre Green's: 'The Dead Mother'

Britton, R. (1989) The Missing Link: parental sexuality in the Oedipus complex

Christopher Bollas (1996). Psychoanal. Q., (65):1-20 Figures And Their Functions: On The Oedipal Structure Of A Psychoanalysis

Please email Kate Leeson kate@klevermarketing.co.uk if you are happy to offer an evening and if so some dates that would work for you. We are keen to get sessions planned in advance for Autumn/Winter and into 2024 so people have dates in good time.

Thanks for your support

WMIP CPD Strategy Group

Ukrainian Psychotherapists

As the war in Ukraine drags on, a number of our Ukrainian colleagues have found refuge in the UK. The WMIP membership committee, overseeing an accreditation panel drawn from WMIP professional members, was privileged to be able to support new member Yuliia Sheremeta through our accreditation process to UKCP.

Yuliia is now offering online psychotherapy in both Ukrainian and Russian – so if any members are aware of refugees in need of support in their own language, please be aware that Yuliia is accredited to work in the UK and has availability, including some affordable spaces.

Carrie Worrall

Here is her letter of introduction:

I'm Yuliia Sheremeta.

I am a Jungian analytical psychotherapist. I have been practicing since 2012, and now work in the UK with Ukrainian and Russian speakers, including refugees and all those impacted by violence. I work with trauma, depressive states, relationship issues, grief and loss, various mental disorders and many other issues. My professional interests include working with dreams, exploring symbols and their capacity to promote healing.

As a Jungian psychotherapist, I follow the psychodynamic approach that emphasises systematic study of the psychological forces that underlie human behaviour, feelings, dreams, fantasies and emotions, and how they might relate to early experience.

This is based on the recognition that our psyche can self-regulate if the following conditions are met:

- a clear, safe and confidential therapeutic setting*
- the presence of an empathetic person*

As a therapist, I provide time and space in my therapy room where a person can safely share and reflect on their experience. I am experienced in working with clients online. As a member of UKCP (United Kingdom Council for Psychotherapy), I follow their Ethical guidelines and maintain myself in regular professional supervision, as well as taking part in an intervision group. I have a

- "Psychological Counselling and Jungian Psychotherapy for Children and Adolescents" – including psychoanalytic infant observation for 2 years
- CPD courses run by the Israel Jungian School
- Ongoing training in Jungian Analysis with the IAAP

Membership

- Accredited by UKCP
- Member of WMIP
- UDG IAAP (Ukrainian Development Group IAAP)
- UUP (Ukrainian Union of Psychotherapists)

I work with private insurance companies Aviva, AXA, Vitality, Bupa and others.

I currently have availability for new once-weekly and more frequent patients, including a few lower fee spaces for those on Universal Credit. I also have availability for some face to face sessions in London. I am also hoping to set up a therapeutic support group for Ukrainians in the UK.

Yours sincerely,

Yuliia Sheremeta

T: 07958516180

E: juliavorotilo@gmail.com

W: www.juliasheremeta.com



The BPC is marking **World Mental Health Day** by speaking to past authors about **psychoanalytic approaches in public services, outdoors and as a limited, free service**. Read below for our collection of interviews, reflections and insights from members of the psychoanalytic community.

[Click HERE](#) to read BPC insights and full case studies

APT: Birmingham Public Lecture series

Saturday 11th November 2023

IN THE STREAM: REFLECTIONS ON TRANSLATING THE ORIGINAL PROTOCOLS FOR MEMORIES, DREAMS AND

Translated by Heather McCartney and John Peck)

Heather McCartney

From the Philemon Foundation: In 1963, Memories, Dreams, Reflections by C. G. Jung, recorded and edited by Aniela Jaffé was published and swiftly became a bestseller. Since then, it has been regarded as the primary source of information concerning C. G. Jung's life and work, with sales nearing a million in English alone. In short, it is the work by which Jung has come to be known by the public at large.

Saturday 13th January 2024

"A NEW HEAVEN AND A NEW EARTH"

INDIVIDUATION AS TRANSFORMATION

Murray Stein

This lecture will address the question of the ultimate goal of the individuation process. Individuation is generally understood as a psychological and spiritual developmental process that continues from birth to death and advances in several discrete stages. It has a beginning, a middle and an end in chronological order, which contribute to the development of ego-consciousness and personal identity. This horizontal dimension of temporality is coordinated with a vertical dimension of timelessness. Visions, dreams, and synchronistic events introduce messages of the Self into ego-consciousness. These help individuals to create a myth of meaning for their life. Temporality and atemporality intersect continually throughout the individuation process, and at certain moments in life these intersections create significant transformations. This lecture will describe the goal of these transformations as the creation of a state of consciousness that may be called the realization of "a new heaven and a new earth."

Please share with friends and colleagues who may be interested.

For more information, please contact Sue Harford 07789 545908 aptc@wmip.org

www.aptc-birmingham.co.uk

MEMBERS'



news &
views

#WUJ update ~ working in solidarity with our colleagues in the Ukraine

Dear Colleagues

The **9th webinar in the #WUJ webinar series** in solidarity with our colleagues in Ukraine will take place on **24 October at 6pm UK time**. (For further information and to book [click here](#)). **Verena Kast and Olga Kasianenko will be speaking on Coping with Grief.**

Some of the #WUJ team met with some of our Ukrainian colleagues last week. Morale was low and hope in short supply. There was deep distress at the number of people who have died. They see how full the graveyards are with fresh graves and how overflowing the hospitals are with severely injured young people. Friends are being widowed; their children are fighting at the front; their children's friends are being killed. There was doubt over whether they would live to see Ukraine free, and concern as to whether their children would. The support of the international community is very important and they are worried as to whether it will hold, so please do turn up at the webinars if you possibly can. They really appreciate people sharing the 1-minute silence and also the Lysenko's Prayer for Ukraine which we play at the end. It's a stirring piece!

When the International Association for Analytical Psychology (IAAP) decided to spotlight Jungians who had made a "remarkable influence", Verena Kast was the first person to be covered. Although she is now 80 she is still as sharp as anything. She brings much wisdom and experience to this subject. The Chair will be Nomfundo Mlisa, a Jungian Analyst and Tribal Healer in South Africa. Just as she started work on preparing for this webinar a nephew committed suicide and another died after a short illness. Her community suffer daily power outages, meaning they have no reliable refrigeration for food or medicine. It is a different sort of trauma. To look after herself in this process she is working with a Christian spiritual director in the Jungian tradition. I am told

So everyone involved in preparing for this webinar will be drawing deeply from the depths of their own experience for the benefit of the whole community. I am reminded of Jung saying: Embrace your grief, for there your soul will grow. It's a topic that is relevant to us all. As you know, war has now broken out in Israel and Palestine and so we will also be thinking of colleagues from those regions and including those who have died in that war in our 1-minute silence.

All this means that as a community we will be holding a lot at this month's webinar. We therefore invite you to come and be part of the container. It is, as the archetype of the wounded healer tells us, through our wounds that we facilitate healing.

We are hoping to make a financial distribution to colleagues suffering severe financial hardship in time for Christmas.

If you would like to make a donation for Christmas, the link is [https://www.gofundme.com/f/wuj-webinar-series?](https://www.gofundme.com/f/wuj-webinar-series?utm_campaign=p_cf+share-flow-1&utm_medium=copy_link&utm_source=customer)

[utm_campaign=p_cf+share-flow-1&utm_medium=copy_link&utm_source=customer](https://www.gofundme.com/f/wuj-webinar-series?utm_campaign=p_cf+share-flow-1&utm_medium=copy_link&utm_source=customer) Thank you for your generosity. I know it will mean a lot to our Ukrainian colleagues. If you would like to contribute a dream, somatic experience or synchronistic experience to the community, the link to the dream depository is

https://docs.google.com/forms/d/e/1FAIpQLSdwf1ZZfmsH_RSHdToNxu1fy7cC0pG6koYSObiOb9aDwYfcPg/viewform.

Contributions are anonymous.

Thank you to all who support #WUJ in one way or another. Everyone is welcome, so do please get involved if you would like to.

Warmly

Catherine Cox

SIGN UP for the #WUJ Grief webinar HERE



You are able to raise money for the West Midlands Institute of Psychotherapy when you are shopping online at over 4,000 top stores including John Lewis & Partners, Expedia and Marks & Spencer. When you shop via Give as you Live Online, they'll turn a percentage of your spend into free funds for us! Simply go to your chosen retail store, select the retailer and start shopping.

SHOP via GIVE AS YOU LIVE and the WMIP page HERE



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