



WMIP e-bulletin April 2024

A message from the Board of Trustees

Dear Colleagues,

I hope everybody was able to enjoy the Easter break despite the weather doing its best to turn us back into amphibians.

Yet again, the bulletin is full of interesting CPD events and, yet again, the trustees are full of admiration and gratitude for all those who put such a lot of time and effort into providing the institute with such an interesting range of training opportunities.

Having just sustained a serious injury, which is going to limit my ability to fully participate as a trustee for a while, it has underlined the urgency of attracting another professional trustee to support Pauline Higham who is the only professional trustee on the board. Whilst making this plea I am mindful of the huge amount of work that professional members already do for the institute and feel conflicted about asking people to do yet more. Perhaps there is some way of limiting the amount of time someone stepping forward would undertake. For instance, limiting the commitment to one year. It would be useful to discuss this at the AGM, and anyone who is unable to attend but would like to contribute to the discussion, is very welcome to put their thoughts in an email.

You will receive this bulletin just prior to this year's AGM so we look forward to seeing some of you on April 13, if only via Zoom.

With best wishes

Diana

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 13 th April 2024 (2pm – 4pm)	WMIP	AGM	Via Zoom Video Conferencing
Friday 19 th April 2024 (8pm – 9:30pm)	WMIP Analytic Film Group	Analysis of the film: 2001: A Space Odyssey	Via Zoom Video Conferencing
Saturday 27 th April 2024 (10am – 4pm)	WMIP: Simon Archer	Shame and Psychoanalysis – Better Late Than Never!	St Martins in the Bull Ring, Edgbaston St, Birmingham, B5 5BB
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 and via Zoom Video Conferencing
Saturday 15 th June 2024 (10.15am – 12.45pm)	APT: Birmingham	The Commodification of Trauma and Refugees: Dangers and Therapeutic	St Paul's Convent, 94 Selly Park Road, Selly Park, Birmingham,

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

What happens when therapists mistake Shame for Guilt? Shame & Psychoanalysis: Better late than never with speaker Simon Archer Saturday 27th April, St Martins in the Bull Ring, Birmingham

- ✓ 5.5 hours of CPD (certificates issued) and two talks from Simon
- ✓ Meet up with WMIP friends
- ✓ Bring other friends and colleagues along
- ✓ Discounted members tickets
- ✓ City centre location - easily accessible on public transport



In Talk 1 Simon will outline the history of shame as it appears in mythology, drama and literature and its slow emergence within analytic writings

In Talk 2 Simon will speak about working with shame in the course of analytic therapy, signs of conscious and unconscious shame, defences against shame, and the possibilities that arise when the therapist's own shame is activated

SIMON'S TALKS WILL BE RECORDED, SO IF YOU ARE UNABLE TO ATTEND IN PERSON, PLEASE MAKE PAYMENT AS PER BOOKING FORM AND WE WILL ARRANGE FOR THESE TO BE SENT TO YOU AFTER THE SESSION.

To book complete the [booking form](#) and email back to Jools at admin@wmip.org

Please support our event - we look forward to seeing you there!

WMIP CPD Strategy Group

Click [HERE](#) to BOOK onto this event

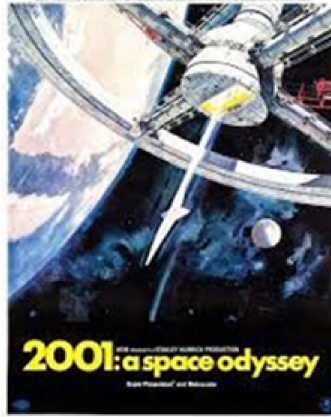
JOIN WMIP Analytic Film Group Friday 19th April 8pm via Zoom to discuss 2001: A Space Odyssey

WMIP Analytic Film Club meet regularly online (once every couple of months) and bring analytic thinking to discussions on a range of films. Group members suggest film and at the end of each session we draw the title for our next session. Films are introduced by the proposer who invites the group members into an exploration from a psychological perspective.

This month the group is discussing [Stanley Kubrick's 2001: A Space Odyssey](#).

This film is available to watch on Apple TV £3.49, Amazon £3.49, Sky Store £3.49, Microsoft £3.49, You Tube £3.49, Google Play £3.49, Rakuten TV £3.49, BFI Player £3.49

Please email Laura Chaisty laurachaisty19@gmail.com to confirm your attendance and she will send you the Zoom link before the session.



Click on the image to watch the official 2001: A Space Odyssey trailer on You Tube

An Introduction to Analytical Psychotherapy~ A short CPD course to explore key concepts of Jungian psychotherapy

Do you have a friend or colleague who would be interested to join The Analytical Psychotherapy Training: Birmingham's short 10-week course this autumn in central Birmingham?

The course covers the key clinical ideas of analytical psychotherapy, including the analytic frame, transference, working with dreams and mother/infant research and includes attendance at the keynote public lecture, on the 2nd November 2024.

Participants from all backgrounds welcomed - previous attendees have included counsellors, clinical psychologists, those working in pastoral care and spiritual direction, teachers, doctors and social workers.

For more details email: aptc@wmip.org or visit www.aptc-birmingham.co.uk

The Analytical Psychotherapy Training: Birmingham

Click HERE to for more information about APT: Birmingham's Introductory course

APT: Birmingham Public Lecture series

Saturday 11th May 2024 THE SURVIVING OBJECT ON THE SPECIFICITY OF WINNICOTT'S INTRAPSYCHIC OBJECT RELATIONS Jan Abram. St Paul's Convent, 94 Selly Park Road, Selly Park, Birmingham, B29 7LL and via Zoom Video Conferencing

The main aim of this essay is to examine the specificity of Winnicott's object relations in the context of his final formulations (1968 – 1971). Emanating from the classical Freudian model while in dialogue with Melanie Klein's object relations theory, Winnicott evolved a specific object relations theory that is radically different from both Klein and Bion. Psychic survival-of-the-object offers psychoanalysis a 'new feature' and constitutes the specificity of Winnicott's object relations theory intrinsic to his clinical psychoanalytical paradigm. With reference to clinical work the author will highlight the "nature of the therapeutic action of psychoanalysis" to illustrate her proposal psychic survival-of-the-object Jan Abram is a training analyst of the British Psychoanalytical Society and in private practice London. She is President-Elect of the European Psychoanalytic Federation. She has published several books and articles notably *The Language of Winnicott* (1996).

Saturday 15th June 2024 THE COMMODIFICATION OF TRAUMA AND REFUGEES. DANGERS AND THERAPEUTIC IMPLICATIONS Renos Papadopoulos, PhD. St Paul's Convent, 94 Selly Park Road, Selly Park, Birmingham, B29 7LL and via Zoom Video Conferencing

coverage have contributed to turning both trauma and refugees as forms of commodities, which are 'traded' in various ways. This commodification, although it is developed very subtly, it tends to have not so subtle effects, and the resulting multiple dangers are considerable. This presentation aims to analyse the complex contingencies that create these situations, and their detrimental impact across a wide range of spheres. Throughout, the focus will be on the therapeutic dimensions and not the socio-cultural ones. Specific themes that will be examined will be the construction of victim identities and the transformational potentialities of such adversities. Renos Papadopoulos, PhD., is Professor and Director of the 'Centre for Trauma, Asylum and Refugees' at the University of Essex; training and supervising Jungian psychoanalyst and family psychotherapist. As consultant to many organisations, he has been working with refugees, tortured persons, trafficked people and other survivors of political violence and disasters in many countries. His writings have appeared in 18 languages. The 'International Association of Jungian Studies' gave him the 'C.G. Jung 2022 Award' for life-time contribution to Jungian scholarship.

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

NEW book launch "Being a Therapist in a Time of Climate Breakdown" co-edited by Judith Anderson

<https://www.routledge.com/Being-a-Therapist-in-a-Time-of-Climate-Breakdown/Anderson-Staunton-OGorman-Hickman/p/book/9781032565606>

This book has been co-edited by 4 members of Climate Psychology Alliance and many chapter contributors are also CPA members. It represents much of the different strands of CPA's work together with contributions from Ecopsychology and Climate Science plus activist voices. We hope you will buy it and recommend to your climate curious colleagues.

NB 20% discount code is EFLY01

On 18th April 7:30pm to 8:45pm BST there is Book Launch event chaired by Paul Hoggett.

Please register via this link: https://www.eventbrite.co.uk/e/book-launch-being-a-therapist-in-a-time-of-climate-breakdown-tickets-862386099037?aff=oddtcreator&mc_cid=7803df22f8&mc_eid=2a0068d640

Psychoanalysis and the Crisis in Gaza Friday 10th May 6-8pm online and in person (Norfolk Place W2)

Talks Supporting the Statement by a Group of Clinicians 'Calling for Psychoanalytic Professionals to Address the Human Catastrophe in Gaza'.

The intensification of the conflict between Israel and the Palestinian people, following the attacks launched by Hamas on 7th October 2023, has had a profound impact on public opinion, politics and the professions across the world.

This event is organised by a group of psychoanalytic clinicians who issued a Statement in January 2024 entitled 'A Call for Psychoanalytic Professionals to address the human catastrophe in Gaza'

It is our intention to foreground the experience and perspectives of our Palestinian psychoanalytic colleagues, as we seek to understand the nature of developments in Gaza and the West Bank, and consider our professional responsibilities towards this man-made humanitarian disaster.

Introduction by Martin Kemp, main speaker Karim Dajani and discussant Dr David Bell

To book visit [Psychoanalysis and the Crisis in Gaza \(online & in person\) Tickets, Fri 10 May 2024 at 18:00 | Eventbrite](#)

Psychoanalysis Vacancy - BJAA (Jungian) Training Director

psychotherapy membership and training organisations in Europe, with 600 members and trainees. We are also a UK registered charity. We train therapists through high-quality, intensive clinical training programmes; and we promote increased public awareness and access to the therapies we teach.

The BJAA Training Director will oversee the annual programme of BJAA trainings in collaboration with the Training (TC), the Postgraduate Committee (PGC) and New Approaches to Theory (NAT) group. You will also oversee selection coordination for Intensive, Modified Entry Scheme and psychotherapy trainings.

To apply via Hireful visit: <https://worknesthr.livevacancies.co.uk/#/job/details/142>

To arrange an informal discussion about the role please contact Frances Gilles, CEO, at: francesgilles@bpf-psychotherapy.org.uk



WMIP Members' News and Views

A message from WMIP's Neuroscience group

Dear Colleagues

On Saturday 16th March 2024 the Neuroscience Group visited a WMIP friend and colleague, Christine Pitt, who entered professional retirement in September 2022.

She had been a very active member within the institute including on the TCPP Training Committee and the Membership Committee and had therefore contributed much to its life. She had been respected by many as a professional colleague and was a good friend too. Sadly, she is now suffering from dementia and lives in a care home in Bourneville, Birmingham.

As a small group we wanted to mark with her the end of her professional life and express gratitude for all she had contributed over the years as a psychotherapist. When we saw her she seemed to recognise some of us and did know Helen because they had been friends as well as colleagues. We took cake, chocolates, wine, flowers and a large colourful 'Thank You' card and Christine enjoyed, as much as she is able, our presence. We sought to make it a celebratory occasion and hoped that she felt some pleasure; she did appear to enjoy our company and attention and her own playful personality came through.

It is deeply saddening to witness such mental decline and incapacity in anyone but particularly so in a friend and colleague. Dementia is a cruel disease, something that we all hope will not happen to us. After such an active professional life as a psychotherapist where Christine helped so many people it is a tragedy to spend the final years of life in this way.

WMIP needs to be more alive to stories such as Christine's. Our institute is a place for professional networking and mutual support which really must not be forgotten once a colleague is no longer professionally active. This is why we visited Christine to express in gift and gesture a heartfelt 'thank you' from all her WMIP colleagues. Even if she no longer has capacity to understand the words, the 'Thank You' card is now prominently displayed in her bedroom at the care home where staff and family members can read it; they will be reminded of the woman behind the dementia.

The photograph shows Christine enjoying her thank you card with Helen looking on.

We feel sure that she would be happy to see other WMIP friends and colleagues whilst she still has enough mental capacity. If you would like to visit then please email either Maureen or Jinny (details below) for more information.

Neuroscience Group

(Helen Lloyd, Tom Camps, Maureen Slattery-Jones and Jinny Sumner)



'Thoroughly Unprepared...'

was the title of Elizabeth Simpson's talk on Monday 26th February. Elizabeth, a Jungian psychotherapist who retired a few years ago after an active membership of WMIP, presented a paper examining life transitions, at midlife and later, with special reference to the elder therapist. How does psyche develop and lead us through these processes and 'liminal' spaces?

Clearly there were many people who wanted to hear the thoughts of such an experienced therapist: we had 60 attendees, a mixture of members and non-members.

Elizabeth wove her talk round the thinking of Murray Stein, but she also drew on her own experience, including her dreams. Stein describes the midlife transition as moving into a 'liminal space'. The earlier work and transitions of life have usually been completed but if not, they will return to dog us in midlife and even during retirement. There may be fresh midlife turbulence seemingly not connected to childhood. Stein talks of a return of the repressed in this liminal space where shadow work is important. What have we repressed? What have we restricted within ourselves? How do we negotiate this without help? There may be, Stein explains, archetypal help in the shape of a 'guide' such as Hermes. He may appear in dreams or through the voices of others. There needs to be an acceptance of this liminality because much of life will be lived here after midlife.

The word 'retirement' can imply a recognition of the realities of time and mortality; perhaps a fear of a loss of meaning and a pressure to fill a potentially empty life with distractions. There may be resistance to retirement, for instance having to let go of one's valued identity. There was little of this in Elizabeth's account of her experience (although she revealed in the discussion that she had suffered a serious illness): she was highly positive about her experience of retirement – she had in fact written five novels since she closed her practice – and she reassured us that there was nothing to fear in it. We never stop being psychotherapists, she said: friends and family still ask her to interpret their dreams. She talked about the transition into 'elder' life which is around 80 years of age. Here there can be developing psychological achievements; ageing well is possible depending on how midlife has been negotiated. In all of life we are in a psychological process. The elder transition signals death as a constant companion; is death another transition?

During the discussion, attention was drawn to some of the darker and more sombre aspects: the realities of ageing and what that may bring in the shape of deteriorating mental capacities and physical health; and the term 'retirement' was questioned: perhaps 'closing my practice' would be better. Or 'advancing' into a different phase of life?

Certainly, psyche does not let us go as we move back from working with patients – that much was very clear – and in that sense we can still have an active engagement with life.

Thanks are due to the CPD committee for setting up this event, and especially to Elizabeth for the way in which she shared her experience and thinking. There is a vulnerability about the issue that might make it appropriate for a more intimate setting: perhaps smaller groups might be set up among colleagues, where the in-depth conversations could be had.



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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