



WMIP e-bulletin July 2025

A message from WMIP Co-Chairs, Laura Chaisty and Shane Sneyd

WMIP at 45: Honouring Our Roots, Expanding Our Reach Reflections on a Rich History and a New Voice in the Community

This year marks 45 years since the West Midlands Institute of Psychotherapy became a registered charity, an important milestone in our ongoing journey to promote depth psychotherapy, foster professional development, and contribute to psychological research in the region.

In truth, it was only after stepping into our new roles as Co-Chairs that we fully grasped the depth and richness of WMIP's history. Tracing the Institute's evolution, from its early beginnings in the Northfield Experiment, through the establishment of the Uffculme Clinic, to the formation of the "Psychotherapy Circle" and the launch of our training programmes, has been both humbling and inspiring. The formal registration of WMIP as a charity in 1980 marked the beginning of a bold project: to ensure that psychoanalytic and Jungian psychotherapy could take root and flourish in the West Midlands.

We would like to say a special thank you to Helen Lloyd for generously sharing her memories and reflections from those early days. Helen played an instrumental role in the formation of WMIP, and we are deeply grateful for her continued support. Her insights have helped us better understand the legacy we are now entrusted with, and her contributions remain a vital part of the Institute's story.

We are also indebted to all the founding members whose vision, determination and generosity built the foundations we now stand on. Without them, many of us simply would not be practising psychotherapy today. Their legacy is not only visible in our training programmes and clinical work but lives on in our ethos, our commitment to ethical depth, and our belief in the transformational potential of the therapeutic relationship.

To mark this 45-year milestone, WMIP has launched a new community-focused initiative: a 12-part radio series on Black Country Radio titled *Black Country Matters: Psychotherapy in the Community*. Hosted by Paul Collins and presented by us (Laura and Shane), the series is designed to bring the insights of depth psychotherapy into public conversation, especially to those who may never have considered therapy or felt it was "for them."

The first episode, aired on 22nd June, introduced WMIP to local listeners and explored how unconscious processes shape our emotional lives. We reflected on the importance of getting out of the consulting rooms and into the wider community, of speaking plainly, listening openly, and avoiding "preaching to the converted." We hope that this work embodies the spirit of accessibility, inclusion, and human connection that underpinned our founding story.

We've also been hugely grateful to members who've come forward to take part in the radio series. Your willingness to share your voice, perspective, and clinical wisdom is what brings the project to life. One of our main hopes is to showcase the strength and diversity of our community, to highlight not only individual expertise, but the collective depth that makes WMIP such a rich and valuable professional home.

This outreach work is not a departure from our roots; it is a continuation of them. The Northfield Experiment was, at its heart, about relationship and community. WMIP's founders knew that psychotherapy could not exist in isolation. With this radio series, we reaffirm our commitment to that ethos; meeting people where they are, and offering something thoughtful, accessible, and authentic.

We hope that members will feel proud of what WMIP has achieved and excited about the direction in which we are heading. This is not just a celebration of our past, but a living invitation to shape the future together.

Warm wishes

Laura Chaisty and Shane Sneyd
Co-Chairs, WMIP

What's coming up? Dates for your diary



WMIP Members'
Forum Board and
Committees update

Following discussion at the last AGM about open communication and transparency, WMIP Board of Trustees want to update the membership on key areas of work for the team and the wider organisation, Board recruitment, as well as provide updates from the key committees.

Please save the date

**WMIP Board of Trustees update and
open 'surgery' for members**

Monday 20th October 7:30pm – 8:30pm

Please do try to attend this meeting, 6 months on from the AGM, to hear an update from the Board, share information, plus have an opportunity to feedback on events, challenges and any wider concerns.

Date	Speaker	Title	Venue
Friday 1 st August 2025 (8pm - 9:30pm)	WMIP Analytic Film Group	Discussion about the film Ordinary People	Online via Zoom
Monday 6 th October 2025 (7:15pm – 8:45pm)	WMIP – Judith Anderson	Reflections on Conducting Assessment for Psychotherapy	Online via Zoom
Saturday 1 st November 2025 (10.15am – 2:30pm)	APT: Birmingham – Helen Morgan	A Workshop on Whiteness: Exploring Racism in Therapeutic Work	St Paul's Convent, 94 Selly Park Road, Selly Park, Birmingham, B29 7LL and via Zoom Video Conferencing
Monday 1 st December 2025 (7.15pm – 8.45pm)	WMIP – Sally McLaren	Boarding School Syndrome - English Landscape: an archetypal perspective on the ex-boarder	Online via Zoom
Saturday 17th January 2026 (1:30pm – 4pm)	APT: Birmingham – Admina Davidson	Acorn Into Oak Tree: Gender Transition and Individuation	Online via Zoom only

Please get in touch with Kate Leeson (kate@klevermarketing.co.uk) if you have an idea you would like support to develop or if you are interested in working on developing WMIP events.

Keep checking the events page on the WMIP website for details

Psychotherapy in the Community. By opening up honest conversations about therapy, emotion, and inner life, this series helps WMIP meet its charitable aim: to support the mental well-being of our communities through greater understanding of psychotherapy.

Each session blends clinical insight, lived experience, and accessible language, offering listeners a thoughtful entry point into the world of psychotherapy, with the goals to:

- Make depth psychotherapy more accessible, relevant, and locally rooted
- Invite honest reflection on how we understand ourselves and others
- Encourage listeners to explore their emotional wellbeing through a psychological lens

If you are interested in getting involved please contact Shane Sneyd.

Future Episodes will feature guest speakers and psychotherapists from WMIP, who will explore topics such as dreams and the unconscious, psychological defences and coping mechanisms, grief and loss, parenthood and masculinity and emotional development, relationships, and inner life.

The next episode is happening on Sunday 3rd August 2pm exploring what actually happens in psychotherapy? Listeners will learn it's not advice or fixing — it's a space to reflect, feel, and grow. WMIP are proud to be outreaching to wider communities within the conurbation, explaining more about the importance of the work we do.



[Click HERE to tune in to Black Country Radio](#)

Membership News

We are pleased to welcome Kulwant Dhaliwal as a Student Member and hope she will enjoy being part of WMIP.

Alison Rolfe, a valued member of the Membership Committee, will be leaving shortly to take up another role within WMIP. If you would be interested in taking her place, please contact one of the remaining Committee members, Zabeth Burl, Linda Wisheart or Elaine Wake. Meetings are held on Zoom every month (currently on Tuesday evenings) and we contact each other by email about any matters needing attention between meetings.

Membership Committee

Come along to WMIP Analytic Film Group's next online event:

**Robert Redford's *Ordinary People*
Friday 1st August 2025 8pm - 9:30pm Via Zoom**

We meet regularly online (once every couple of months) and bring analytic thinking to discussions on a range of films.

emotional pain. The powerful performances given by the four central players makes for a believable and emotional raw piece of story telling.

Tormented by guilt following the death of his older brother, Buck, in a sailing accident, alienated teenager Conrad Jarrett (Timothy Hutton) attempts suicide. Returning home following an extended stay in a psychiatric hospital, Conrad tries to deal with his mental anguish and also reconnect with his mother, Beth (Mary Tyler Moore), who has grown cold and angry, and his emotionally wounded father, Calvin (Donald Sutherland), with the help of his psychiatrist, Dr. Berger (Judd Hirsch). (Rotten Tomatoes).

Watch the film in advance - it is available to watch on Apple TV £3.49, Amazon Prime Video £3.49, Sky Store £3.49, Microsoft Store £3.49, Rakuten £3.49, You Tube

For more information and to book please contact Laura Chaisty 07588777163. This is a member only event.



Click to watch Ordinary People official trailer

TO BOOK email Laura [HERE](#)

Birmingham Trust for Psychoanalytic Psychotherapy
Introduction to Understanding Adults from a Psychoanalytic Perspective course

Starting on Friday 3rd October 2025 at 9.30pm

This short course is designed to consider working with parents and young adults (18-25). The course considers the world of adulthood. what are the similarities, what are the differences. Through reading, discussion, and clinical seminars, we explore the landscape of adulthood, the adult setting and adult preoccupations. It considers the difference between the world of children and adolescents and the world of adults.

The course is designed for child and adolescent psychotherapists who are analytically trained and registered with the Association of Child Psychotherapists.

This is a blended course, taking place both on-line and face to face. The 10 weekly seminars are online, starting on Friday 03rd October 2025. Each seminar lasts one and quarter hours and starts at 9.30am. The last seminar is on Friday 10th December. On Saturday 15th November we meet at BTPP for a talk, theory papers, and a clinical seminar. This gives the group an opportunity to meet each other and the tutors. There is no seminar on Friday 31st October 2025.

The total cost of the course is £700.

If you are interested in the course and would like to book yourself a place or if you are interested in training as an Adult Psychoanalytic Psychotherapist, please contact Shabnum on www.info@btpp.co.uk

APT: Birmingham Public Lecture series

In person events take place at St Paul's Convent, 94 Selly Park Road, Selly Park, Birmingham B29 7LL

A workshop on whiteness: exploring racism in therapeutic work with speaker Helen Morgan Saturday 1st November 2025 in person only

This workshop is rooted in the assumption that the division of the races was created by a racist system for economic and political purposes. It is a deep, entrenched, social structure which creates and promotes white advantage. It is one within which we all live and is a dynamic which will inevitably permeate our therapeutic work. I suggest the position of colour blindness - which is frequently that taken by white therapists - resists acknowledgement of this reality and avoids the work required of us. I argue this is no altruistic endeavour but that, whilst clearly doing untold harm to people of colour, such a system also limits and distorts the development of white individuals and the society in which we are citizens. The day will include a presentation and small group work

Acorn into Oak Tree: Gender transition and individuation with speaker Adina Davidson Saturday 17th January 2026 via Zoom only

This paper will discuss Dr. Davidson's experience that gender transition, in all its many forms, functions as an agent of individuation. In addition, the paper explores the contrast between our cultural attitudes of widespread acceptance of many kinds of medical transformation of our bodies and the shadow projection that seems to often be constellated by medical changes to bodies that impact gender. We will look at an appropriate analytic attitude toward analysands who are exploring gender. Finally, the paper will lay out the possibility that Jung's thesis -beginning with the Red Book - that we all have all the archetypes offers a uniquely Jungian lens into gender expansiveness.

Other dates in the series:

7th March 2026 Richard Jenkins - The Power of Symbols and the Poetics of Peace - Connecting the Personal, Political and Cosmic (Zoom only)

9th May 2026 Elizabeth Anscombe - When Sickness Becomes the Goal - Anorexia Nervosa as a Special Interest in Autistic Girls (in person only)

6th June 2026 Catherine Cox - Awakening in the Sepulchre: A Journey to Eternal Becoming the Umbilical (in person only)

**For more information and to book, please contact Sue Harford 07789 545908 aptc@wmip.org
www.aptc-birmingham.co.uk**

APT: Birmingham- An Introduction to Analytical Psychotherapy course - please share with friends/ colleagues who may be interested

A short CPD course to explore key concepts of Jungian psychotherapy

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 1st November 2025.



Member news and views

David Smith - The Wanderings of Cáit: Some Wonderings on An Cailín Ciúin (The Quiet Girl)

On 7th July over forty members and associates of WMIP and interested parties came together to hear a fascinating paper authored and presented by David Smith, a Belfast-based psychoanalytic psychotherapist, clinical supervisor, and writer, with a background in therapeutic communities. He is Chair of the Northern Ireland Institute of Human Relations, and former Chair of the Psychoanalytic Section of the Irish Council for Psychotherapy. David has a particular interest in the creative use of culture to inform psychoanalytic thinking and clinical practice.

Delegates were encouraged to watch the film, *The Quiet Girl* before the session. Lyrical, compassionate, and deeply empathetic, *The Quiet Girl* is a keenly observed and achingly beautiful tale, which speaks to the healing potential of human relatedness that informs and underpins psychotherapy. Emotionally engaging and deeply evocative, it's a quiet film with a lot to say about both the formative impact of neglect and the reparative possibilities associated with reliable loving care and holding. Psychologically astute in its understanding of the unspoken language of loss, the film underlines the communicative value of enactment and the nonverbal, and highlights the importance of creative resilience and the nurturing of an innate vital spark.

David's paper began, by way of association to the film, with the third in Seamus Heaney's sonnet cycle, **Clearances** :

*When all the others were away at Mass
I was all hers as we peeled potatoes.
They broke the silence, let fall one by one
Like solder weeping off the soldering iron:
Cold comforts set between us, things to share
Gleaming in a bucket of clean water.
And again let fall. Little pleasant splashes
From each other's work would bring us to our senses.*

*So while the parish priest at her bedside
Went hammer and tongs at the prayers for the dying
And some were responding and some crying
I remembered her head bent towards my head,
Her breath in mine, our fluent dipping knives—
Never closer the whole rest of our lives.*

The paper wove together strands of diverse developmental thinking, from psychoanalysis, attachment theory, and mentalisation, drawing associatively from a deeply poetic wellspring. Consideration was given to the fundamental importance of the provision of a facilitating environment in both therapeutic and parental contexts, reflecting on certain parallels between therapy and parenting.

A rich discussion followed David's paper, with contributions from many delegates and David further enriching thinking and answering questions. The feedback sums up the session beautifully:

"David's pace of delivery, breadth and depth of content was wonderful. So much to ponder over in every section."

"I really enjoyed the event. I thought David's paper was really interesting and well-presented. He was a very personable speaker and brought in lovely links from so many different areas. I very much enjoyed listening to him. And I very much enjoyed the film – it was beautiful."

"It was excellent. The presenter's insight, care and tender treatment of the film, complemented it perfectly."





"This evening was one to remember. The format of watching a film, background reading, lecture and rich discussion was very effective."

The recording of the session and the paper is available for purchase should anyone have missed the session - please contact Jools admin@wmip.org.



Good news - the minimum donation that can be processed by Give as you Live Donate is now just £2 (previously £5).

This update makes it easier than ever to support West Midlands Institute Of Psychotherapy with multiple payment options available for the new minimum donation amount:

-  Debit/Credit Card
-  Apple Pay
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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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