



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

WMIP e-bulletin October 2025

Welcome from WMIP Lay Trustee Diana Houlston

Dear Members

The trustees would like to extend a very warm welcome to our new members, Deryn Guest and Judith Woodhead, and we hope that they find lots that will interest them in WMIP's calendar of events.

As winter approaches, the daylight hours dwindle and the temperatures drop, you will see from the Bulletin that there's still much to look forward to, beginning with the newly created Members' Forum which is taking place on October 20. It's an opportunity to find out what the committees are doing and to contribute to the policy and practice development of the institute, so we look forward to seeing as many of you there as possible.

Do also take a look at the list of CPD events on offer, which cover a wide range of pertinent and topical issues, not least of which is exploring racism in therapeutic work and gender transition and individuation. There are some fascinating topics being presented and discussed between now and March. I also want to draw your attention to the really important initiative, started by Shane and Laura (our joint chairs of the board) which takes the world of analytical psychotherapy to a much wider audience via Black Country Radio. It attempts to demystify the world of therapy and is an important means of fulfilling our charitable duty, which is to ensure that WMIP provides services that are of public benefit.

And finally, as always, our thanks to Kate and Jools for producing this e-Bulletin and for everything else they do for the institute.

Best wishes,

Diana

On behalf of the trustees: Laura Chaisty, Shane Sneyd and Bryan Arnott.

What's coming up? Dates for your diary



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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
Monday 20 th October 2025 (7:30pm – 8:30pm)	WMIP	Members' Forum	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
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
Saturday 7 th March 2026 (10:15am – 12:45pm)	APT: Birmingham – Richard Jenkins	The power of symbols and the poetics of peace – connecting the personal, political and cosmic	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.

Check WMIP events page for full details

WMIP collaboration with Black Country Radio

The next episode in WMIP's 12 part radio series **Psychotherapy in the Community** on Black Country Radio is happening on **Sunday 8th November at 2pm** exploring **'Babies and Their Parents'**

This session looks at how our earliest relationships lay down emotional foundations that echo into adulthood. We explore attachment,

WMIP are proud to be outreaching to wider communities within the conurbation, explaining more about the importance of the work we do. If you are interested in getting involved please contact Shane Sneyd.

Past episodes will be available via the WMIP website soon!



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

Membership News

We are pleased to welcome the following new members to WMIP, and hope that they will find membership useful and enjoyable:

Judith Woodhead Professional member

Deryn Guest Affiliate Member

Linda Wisheart, Zabeth Burl, Elaine Wake

WMIP Membership Committee

JOIN us for our next WMIP event:

Sally McLaren 'ENGLISH LANDSCAPE: AN ARCHETYPAL PERSPECTIVE ON THE EX-BOARDER'
Monday 1st December 2025 7:30pm - 8:45pm via Zoom

WMIP is pleased to invite Sally McLaren to present her paper published by Routledge in 2025 in a new book, 'The Un-Making of Them: Clinical Reflections on Boarding School Syndrome'.

Editor Nick Duffell introduces her chapter as 'a fascinatingly detailed case study of Jungian psychoanalysis with one ex-boarder patient.' Not an ex-boarder herself, McLaren allows her patient to get under her skin; over time, she creatively allows the deep-seated issues to emerge and reveal themselves. The therapy appears haunted by the shadowy presence of a fox. This wily, secretive survivor is featured in many English myths and legends, rooted in landscape; here he becomes a totem animal for the ex-boarder 'strategic survival personality'. After much hunting for her patient's fox, McLaren finds her way, inspired by Donald Kalsched: 'In trauma work ... we must learn to speak a soulful language, because it is uniquely the human soul that is threatened with annihilation by early trauma in a child's life.'

Sally adds, 'My paper is largely a demonstration of my analytic attitude and of the crucial role this plays in bringing to light the deeply hidden issues as they begin to emerge within the analytic relationship'.

For more information [click here](#) and to book please email Jools admin@wmip.org



For more information [CLICK HERE](#)

WMIP Analytic Film Group - October 2025

Members of the West Midlands Institute of Psychotherapy came together to form an analytic film group which launched in February 2022. This arose from an interest expressed within the membership in the links between analytic thinking and film as a powerful tool through which human psyche is explored.

We were inspired by the writings of Gabbard, Hauke, Sabaddini and others and by the lively community of analysts and theorists around the world turning to this art form to further understanding of psyche, and looking to analytic thinking to inform understanding of film. We were given tips and encouragement from colleagues at the Northern Ireland Institute of Human Relations and The British Psychoanalytic Film Society where there exist well established film groups.

As Gabbard wrote ...'audiences do not attend films merely to be entertained. They line up at their local multiplex to encounter long forgotten but still powerful anxieties that stem from universal developmental experiences. They seek solutions to problems in the culture that defy simple answers or facile explanation. The screen in the darkened theatre serves as a container for the projections of their most private and often unconscious terrors and longings. As with all art forms, when we study film, we study ourselves.'

Glen O Gabbard- Psychoanalysis and Film Karnac 2001

We come together as a group with some shared language of psychotherapy and diverse interests in film. We have explored films spanning a range from Good Will Hunting to the Substance, via Wings of Desire and Interstellar to name a few.

Anyone who is a member of WMIP is invited to join us for the group. You may come once, occasionally or regularly; all comers are welcome.

The group meets online bi-monthly to discuss a film that we have watched separately, beforehand. We come to the session with our thoughts and responses but I think it is fair to say that through the discussion, even those films that have proved challenging to some have been rich source material for discussion. It is frequently said that the discussion has caused change in perspective. Sometimes we find our differences within the group as aspects of our psyches are in some ways revealed through the films we choose and responses we have. We respect these differences as they make us richer and we regard each choice as an offering, making space for differing perspectives and the group response.

The format of the session is that following a brief presentation about the film made by the proposer we begin a discussion, sometimes splitting into small groups for the first hour, depending on the numbers attending. People have their associations, sometimes strong feelings, questions, observations, reflections and these are shared in the group, building what might be described as an 'analytic review' of that film from this group in this moment.

Anyone attending the group can suggest a film and the title will be added to the pot which is drawn at the end of each session selecting the title for next. The person who has suggested the film is invited to present some initial thoughts about the film, perhaps with questions for the group to think about or their analytic perspective on what we've watched.

• Is it accessible on streaming platforms that are widely available?

We usually look at those available for free on BBC and Channel 4 as well as Netflix, Amazon Prime, BFI, Apple, Sky, You Tube etc

• How much does it cost?

We try to find films that can be rented and not bought outright which usually costs extra

• How long is it?

Over recent years the average length of films has extended and so it is now not unusual to find films of 2.5-3hr. We try to keep to films within the 2(ish) hour time frame to make viewing possible with everyone's busy timetables. Equally very short films may not provide enough material for discussion for 1.5hours.

Quote from the group:

"I came to the WMIP film group as someone not particularly into films, and certainly not anything like a film nerd. But I have been encouraged to watch a number of fascinating films I would never have seen otherwise, and in ordinary human responses I have been able to share, I have been met warmly and been made welcome."

In addition to the bi-monthly meetings, we have organised in-person events that were also open to the public. On two occasions we worked with Flatpack Cinema presenting films at their annual festival. On one occasion we were lucky enough to work with Andrea Sabbadini who hosted a discussion after a viewing of Mediterranean Fever where he invited members of the audience to give their reflections on the film. Members of the film group committee also hosted a further public event with a discussion following a screening which took an analytic perspective on the Pressburger and Powell film The Small Back Room.

The films we have watched and discussed to date:

2022

The Power of the Dog- (2021). Directed by Jane Campion, based on Thomas Savage's 1967 novel of the same name.

The Lost Daughter (2021) - Written and directed by Maggie Gyllenhaal

Rocks (2019) - Directed by Sarah Gavron

Interstellar (2014)- Directed by Christopher Nolan

2023

Wings of Desire (1987)- Directed by Wim Wenders

Blonde (2022) – Directed by Andrew Dominik

Mediterranean Fever (2022) – Directed by Maha Haj. WMIP Analytic Film Group with Flatpack and Andrea Sabbadini – Film Screening and Presentation / Q & A at Midlands Arts Centre Cinema.

Parasite (2019) - Directed by Bong Joon-ho

The Father (2020)– Directed by Florian Zeller

A Monster Calls (2016)– Directed by J.A.Bayona

The Small Back Room (1949) – Powell and Pressburger. WMIP Analytic Film Group with Flatpack – Film Screening and Q & A with Laura Chaisty, Sheila Bonas and Jill Eley at Midlands Arts Centre Cinema. **Howl's Moving Castle** (2004) –Directed by Hauru no Ugoku Shiro.

2024

The Truman Show (1998) – Directed by Peter Weir

2001: A Space Odyssey (1968) – Produced and Directed by Stanley Kubrick

Stalker (1979) – Directed by Andrei Tarkovsky

Billy Elliot (2000)- Directed by Stephen Daldry

Beau is Afraid- (2023) Directed by Ari Aster

Good Will Hunting (1997)- Directed by Gus Van Sant

2025

La Haine (1995) – Mathieu Kassovitz

Moonlight (2016)- Barry Jenkins

Poor Things (2023) – Yorgos Lanthimos

Ordinary People (1980)- Robert Redford

The Substance (2024)- Coralie Fargeat

If you are interested in joining and want to discuss further or would like to become a member of the film group committee then please contact one of us.

With all best wishes

The Film Group Committee

(Sheila Bonas, Laura Chaisty, Jill Eley)

P.S: We will be discussing the classic 'Chinatown' (1974) at our next film group session on 5th December 2025 at 8:00pm

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.

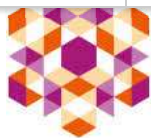
Other dates in the series:

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**



Judith Anderson - 'Reflections on Conducting Assessments for Psychotherapy ~ Back to Beginnings'

On 6th October over fifty members and associates of WMIP came together to hear a paper authored and presented by WMIP member Judith Anderson. Judith's paper thoughtfully explored key questions to ask ourselves during the assessment process, including identifying potential vulnerabilities in our clients, recognizing when therapy may not be appropriate, and understanding when external collaboration (such as with psychiatrists or mental health agencies) is needed. Additionally, we'll delve into how our own strengths and weaknesses, as well as our personal and professional development, shape the way we assess and manage risk.

Participants were able to reflect on their own experiences, share insights, and develop strategies for managing risk with vulnerable patients in their private practice.

Discussion and questions followed Judith's paper, with many delegates truly valuing Judith's wealth of knowledge and experience. Some of the feedback received really portrays this:

"The event was great, it was a pleasure to listen to Judith speak. The content was all applicable, relevant and easily accessible for me. As I am starting to think about working privately the information will be invaluable."

"I found it useful to reflect on how my own assessment practices have developed."

"It was very helpful to think about assessment and reflect on my current and past practice and be reminded of various areas to consider. Refreshment in this is very useful. Thank you."

"Excellent refresher, but also new ideas which will assist in my work. Thank you."

"A very interesting talk by Judith who very generously shared her considerable experience with the group. Nice mix of theory and practice and, although I have been in practice for a number of years, very useful indeed to revisit this vitally important area."

"Very informative to hear from a psychotherapist with numerous years of experience. I am a student who is just starting to do assessments; therefore, it is very relevant. Thank you."

"Very well paced, thoughtful and clearly based on a wealth of experience and clinical reflection, very valuable."

Thank you Judith.

The recording of Judith's 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:

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Our mailing address is:

West Midlands Institute of Psychotherapy

66 Smirrells Road

Hall Green

Birmingham

B28 0LB

Tel: 07903740512

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West Midlands Institute of Psychotherapy · Nairn House · 1174 Stratford Road · Birmingham, west midlands B28 8QA · United Kingdom

