

WMIP e-bulletin

[View this email in your browser](#)



**WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY**

WMIP e-bulletin January 2026

Welcome from WMIP Co-Chair Laura Chaisty

Wishing you all a gentle entry into the New Year and that our community continues to grow in health in 2026. 2025 was, in a number of ways globally and politically painful and filled with splits and anxieties with many of us carrying huge concerns about how we might unite in tolerance and where we stand against oppression.

In WMIP we come together in our Psychotherapeutic community with our different orientations', histories and guiding principles in a spirit of openness to learning from each other and growing a community that can welcome new members and directions. We seek growth and change as we hold our frames of thinking and practice that orientate analytic practice.

In 2025 the institute went through a number of changes. After many years of steady and dedicated work for the institute Pauline Higham stepped down as Chair of the Board in April handing on the baton to Shane Sneyd and, myself Laura Chaisty. What has felt like a weighty task has been lightened by Pauline's generous handover and by the dedication of lay members Diana Houlston, Bryan Arnott, and administrative staff Jools Rogers and Kate Leeson who keep the motor running and the wheels turning. Sadly, last year, we said goodbye to one of our lay members Phil Saleh who had offered his service to us since 2023.

There have been changes on the committees where members generously offer their time and expertise. Their dedication to the organisation means that we continue to develop our membership within an ethical framework and to offer CPD to reflect the changing landscape of Psychoanalytic and Jungian training, theory and practice.

We are heartened to see continued interest and provision of rigorous and inspiring trainings with both the APT and BTPP modified adult trainings continuing to flourish. We welcome recent, current and future trainees and those that have recently completed to join the membership and participate in the activities of the institute.

Whilst primarily providing for our members we seek to reach out to areas of our community who may not have access to the activities of WMIP but may be interested in Jungian and Psychoanalytic approaches. The Introductory course provided by the APT offer a rich opportunity to learn more about this approach and have led to candidates applying for and joining trainings.

We are developing our links with Birmingham and Solihull Mental Health Service (BSMHFT) where a number of staff express interest in these ways of thinking and working but experience blocks to engaging with the activities of WMIP. As an organisation seeking to grow membership it is essential that we seek to engage more fully with our local communities whilst maintaining our identity as an analytical institute. To this end we have developed a series of workshops around working with an analytic mind with adolescents provided to staff of a young people's drug service (DECCA). We are part way through a series of radio broadcasts with Black Country radio exploring psychoanalytic and Jungian concepts. We continue to develop our CPD offerings including a lively programme of events throughout the year, a bi monthly film group and affiliates reading group.

Though not without the existential challenges that face us and other analytic institutes in an age of limited resources and competition there is life in the great generosity, enthusiasm and energy which exists within this small community. We can't ignore the challenges and must take into account our limitations as well as possibility. As Jung wrote, "No tree, it is said, can grow to heaven unless its roots reach down to hell"

It is a great privilege to work as part of WMIP and I hope that we continue to grow in health through 2026 and beyond.

With best wishes

Laura

On behalf of the trustees: Shane Sneyd, Diana Houlston and Bryan Arnott.

What's coming up? Dates for your diary

Date	Speaker	Title	Venue
Friday 6 th February 2026 8pm – 9:30pm	WMIP Film Club	The Invasion of the Body Snatchers (1978)	Zoom
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	Zoom
Saturday 25 th April 2026 2pm – 4pm	WMIP AGM	Annual General Meeting	Zoom

Subscribe	Past Issues			Translate ▼	RSS
10:15am – 12:45pm	Anscombe	autistic girls			B29 7LL
Saturday 6 th June 2026 10:15am – 12:45pm	APT: Birmingham - Catherine Cox	Awakening in the sepulchre: a journey to eternal becoming the umbilical			St Paul's Convent, 94 Selly Park Road, Selly Park, Birmingham, B29 7LL
Friday 19 th June 2026 1:30pm – 3:30pm	BTPP – Alessandra Lemma	The Digital Superego: Embodiment under the Algorithmic Gaze			Zoom

WMIP Spring Conference 2026

It is with regret that we have to announce that the Spring Conference, due to take place on March 21st at Uffculme Clinic, Moseley, Birmingham, will no longer do so. We apologise for the inconvenience and will obviously reimburse those who have already registered and paid their fee. It is hoped that the conference can be rearranged to a date later this year and as soon as this is in place we will circulate the details. Thank you for your forbearance.

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 latest episode in WMIP's 'Black Country Matters: Psychotherapy in the Community' series saw WMIP Professional member Sheila Bonas join Shane and Laura in the studio to talk about 'The Defences We Use (Without Knowing it)'. The episode explored the strategies we develop to cope with difficult feelings.

This is part of WMIP's goal to make depth and Jungian psychotherapy more accessible and relevant to local communities, as we celebrate our 45th anniversary!

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



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

Member News

Welcome to new member Catherine Rashid, Psychodynamic Couple Therapist

I've recently joined WMIP as a clinical associate member. I qualified at Tavistock Relationships and I specialise in couple and relationship work. I have extensive training in a psychodynamic/psychoanalytic approach for couples who are facing relationship difficulties, including infidelity, financial worries, parenting, loss, anger.

I'm looking to connect with other psychotherapists in the local area.

If you would like further information my website is here: www.catrashid.co.uk and my email is catrashid@outlook.com

Are you a therapist or coach looking for a warm, peaceful space to welcome your clients?

Beautiful Consulting Space available for Psychotherapists, Counsellors & Coaches. Flexible terms – Calm, professional environment – Established practice setting

We have been based in this tranquil, thoughtfully set-up consulting space for nearly 4 years, and it has supported a number of experienced and early-career therapists in growing and sustaining thriving practices. We now have availability in our two consulting rooms for like-minded professionals.

Ideal for Therapists or Coaches in Private Practice

Whether you're in the early stages of building your caseload, or you're an established practitioner seeking a quieter, more contained space – we offer flexible slots on selected days throughout the week. There is no long-term commitment required, and we're happy to be flexible with pricing during your growth phase.

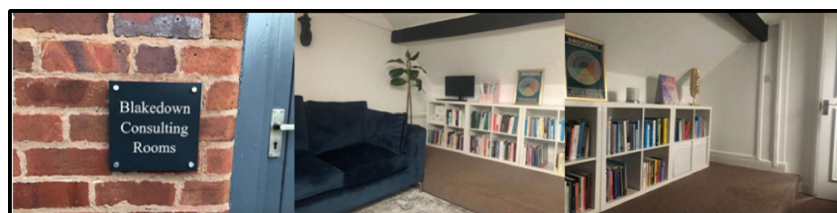
Location

Conveniently located in Worcestershire / West Midlands, with easy access from Hagley, Stourbridge, Kidderminster, Halesowen, Dudley, Bromsgrove, Birmingham, Shropshire. We're just off the A456 and on the Worcester–Birmingham train line – making us easily reachable for both practitioners and clients.

What's Included

Free on-site parking, tea and coffee facilities, access to toilet amenities, a quiet, welcoming space ideal for therapeutic work. We take care to maintain a calm, professional environment that respects the nature of therapeutic work. If you're looking for somewhere that honours the depth of what you do, we would love to hear from you.

Contact Martina Wright for availability, pricing or to arrange a visit 07957557608



Judith Anderson is pleased to announce that the e-version of the book she co-edited with colleagues [Being a Therapist in a Time of Climate Breakdown](#) is now freely available via Open Access.

Do please circulate the news particularly to students and any contacts in low and middle income countries. The Creative Commons Licence is CC-BY-NC-ND which means you may download our work and share it as long as they credit us, but you can't change it in any way or use it commercially.

'This brilliant work is not only for therapists but is also a worthwhile read for all literate humans in a time of climate breakdown. It is comprehensive and reaches into the depth of ecology and the human psyche. For our network "Global Climate Psychology for a Just Future" it is a real treasure to have.'

Dr. med. Monika Krimmer, Psychoanalyst, Psy4Future, Germany

WMIP Analytic Film Group

You are invited to the next Film Club

'Invasion of the Body Snatchers' (1978) on Friday 6th February 2026 at 8:00pm

"They're coming"

This sci-fi classic is a remaking of the eponymous 1956 film and is now considered a cult within its genre. Alien life arrives on earth in the form of small seed pods which take over human bodies erasing all character and emotion. This parasitic life force disguised in plain sight, threatens to take over humanity as its clones and destroy its human counterparts.

The themes of the film speak to the fundamentals of identity and the need for thinking minds that can challenge authority in the face of group mind. In one reading it is seen as a lamentation for the end of the counter-culture movement of the 1960s and developing conformity of the generation that sought alternatives. The cloned version of the character of Dr Kibner offers the eerie assurance to those facing their destruction 'You'll be born again into an untroubled world. Free of anxiety, fear, hate'. Links were made at the time of release with the Jonestown massacre where cult leader Jim Jones murdered his followers in the final act of manipulation which relied on the brainwashing of his followers.

From a psychoanalytic perspective we can view the film as an allegory of what Bion's identified as one of the basic assumption groups in which we give up individuality to take up residence within a powerful group. The film evokes primary fears of being overtaken, betrayal and states of paranoia in the navigation of our desire to be part of and apart from the group.

Watch the trailer below. This is a FREE member only event.

Please email laurachaisty19@gmail.com to register your details by Friday 6th February. Joining instructions will be sent out just after 5pm on the day.

We look forward to seeing you there.

The Film Group Committee

(Sheila Bonas, Laura Chaisty, Jill Eley)



APT: Birmingham Public Lecture series

**The Power of Symbols and the Poetics of Peace - Connecting the Personal, Political and Cosmic
~ with speaker Richard Jenkins**

This lecture explores the significance of Jung's notion of the 'uniting symbol'—not only in relation to the treatment of personal trauma, but also in healing the body politic. Drawing on Jung's distinctive thinking, especially as expressed in *The Red Book*, it considers the conditions that enable such symbols to arise in the consulting room and in communities. Special emphasis will be given to the poetic and political imagination needed to support the emergence of the uniting symbol.

For more information visit <https://apt-birmingham.co.uk/events/lecture2025-3/>

When Sickness Becomes the Goal - Anorexia Nervosa as a Special Interest in Autistic Girls ~ with speaker Elizabeth Anscombe

**Saturday 9th May 2026 in person only at Paul's Convent, 94 Selly Park Road, Selly Park, Birmingham B29 7LL
10.15am and 12.45pm (GMT).**

This paper explores the four-year psychotherapeutic journey of a 13-year-old autistic girl diagnosed with Anorexia Nervosa, aiming to understand her internal world and the interplay between her neurodivergence and eating disorder. In clinical practice, autistic girls often develop intense special interests; for some, anorexia becomes such an interest, characterized by a compulsion to excel in restrictive behaviours. The fear of relinquishing the anorexic identity raises concerns about how their emotional needs will be addressed by parents, healthcare professionals, therapists, and educators. More profoundly, there exists a certainty that adults may fail to recognize that academically capable adolescent girls might not be psychologically prepared for the responsibilities of adulthood.

For more information visit <https://apt-birmingham.co.uk/events/lecture2025-4/>

Other dates in the series:

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**

Check APT: Birmingham Public Lecture series page for full details



**WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY**

Member views

Sally McLaren ~ English Landscape: An archetypal perspective on the ex-boarder

As someone who is currently working clinically in two different boarding schools four days a week, I was really looking forward to hearing Sally McLaren's talk entitled *English Landscape: An archetypal perspective on the ex-boarder*. The addition of an image of a wily fox painted by Andrew Waddington whet my appetite even more.

Sally's insightful, eloquent and moving story of her long-term psychotherapy work with one male ex-boarder was quite a painful journey to share and reflect upon. It contained many useful threads and themes only a few of which I will mention here.

We were invited to watch the harrowing documentary *The making of them* <https://www.youtube.com/watch?v=2uRr77vju8U> prior to the talk which is well worth a watch to get a general feel for the territory of prep boarding for children aged 6-13 years of age. Today in the UK there are still many thousands of children boarding from an early age including those of senior British military personnel.

Nick's contribution has partly focused on the development in boarders of a 'strategic survival personality' and Sally alluded to ex-boarders often accessing psychotherapy at the point in their lives when this survival strategy fails them in some way.

In relation to this patient Sally talked about the double bind at the core of the decision for a child or young person to board. 'If they love me so much then why did they send me away?' Other themes from the work that we were invited to consider included a sense of feeling overwhelmed and inadequate in the counter-transference, the inherent denial of dependency needs, something hidden- a hidden part, a schizophrenic type split, powerlessness and a loss of control, persistent neglect leading to dissociation, harsh internal figures, developmental trauma and of having nowhere to process these feelings and experiences. These themes chime nicely with Schaverian's ABCD of boarding that she names as abandonment, bereavement, captivity and dissociation.

Sally beautifully described her long and painful journey with this patient and the challenges she faced as therapist alongside the progress made in the therapeutic work with reference to the value of symbolism, the collective unconscious and an idea of archetypes as spiritual. I particularly valued an introduction to the work of August Cwik on reverie, Donald Kalsched on the self-care system (opening the closed heart) and Sally's reflections more broadly on archetypal symbolism. As someone on a non-Jungian training it seems a shame that we can't or don't harmonise in some way. (unity is strength)

Contemporary boarding schools are organisations in flux, responding to the governments 20% increase in fees, realigning themselves in a rapidly shifting private education market and adapting to survive. Within these, overseas student numbers are increasing alongside the complexity of emotional and psychological need in individuals, both staff and students.

My main wish is to integrate the learning from Sally and colleagues work with so called 'boarding school survivors' with the work being actively done on a preventative level by those of us actively engaged in therapeutic work with current boarders of all ages and the staff working with and parenting them.

Stuart Hannah

Child and Adolescent Psychotherapist

Psychoanalytic Psychotherapist in Training

Stuarthannah5@outlook.com

The recording of Sally'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:

 Debit/Credit Card

 Apple Pay

 Google Pay

 Pay by Bank

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](#)



Our mailing address is:

West Midlands Institute of Psychotherapy

66 Smirrells Road
Hall Green
Birmingham
B28 0LB
Tel: 07903740512

Company Limited by Guarantee (No 2883306)
Registered Charity (No 1031011)
Member of [UK Council for Psychotherapy](#).

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

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

