



WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY

WMIP e-Bulletin

July 2026

Welcome from WMIP Lay Trustee Diana Houlston

Dear Members

As usual, you will see in this edition of The Bulletin a rich and varied programme of events, not least of which is the postponed Spring Conference now taking place in September. The subject of the conference - 'Unbearable Otherness' - seems such an apt issue to be discussing given the 'othering' that is happening across so many societies and is causing huge fragmentation within communities that were previously accepting of, and tolerant towards each other's differences.

You will also see that a link to an online generic safeguarding training, mostly aimed at health service workers, has been provided which is a useful 'stop gap' until training more tailored to independent psychotherapy practice becomes available. In the meantime the idea of setting up a safeguarding discussion group for members is being canvassed, where practitioners can talk about their own experiences of grappling with this issue and seek advice from others about how to proceed, which strikes me as an excellent idea.

As always, the board of trustees is appreciative of all the work that members undertake, which enables the institute to thrive and the community to flourish, and to Jools and Kate for all that they do to ensure its smooth running. Lastly, do take a look at the Coffee Conversation initiative developed by Laura and Shane. It's simply a date for your diary to come along and enjoy a coffee with others from the WMIP community.

We wish you all a relaxing, and not too hot, break over the summer months.

Diana Houlston
WMIP Lay Trustee

On behalf of WMIP Trustees Laura Chaisty, Shane Sneyd and Bryan Arnott

What's coming up? Dates for your diary

Date / Venue	Speaker	Title
Saturday 12 th September 2026 10am – 4pm via Zoom	WMIP - Philip Stokoe and Susan Mizen	Unbearable Otherness: Working with the Threat of Difference in Psychoanalytic Practice
Monday 12 th October 2026 7:15pm – 8:45pm via Zoom	WMIP Anastasios Gaitanidis	Staying with the Trouble: Psychoanalysis Meets Ecological Crisis
Saturday 7 th November 2026 10.15am – 3pm St Paul's Convent B29 7LL	APT: Birmingham Katerina Sarafidou Diane Finiello Zervas	The VII Sermons to the Dead as the Cornerstone of Jung's Individuation Process: An Introduction to the Text and its Meaning Imagining the Universe: Jung's Cosmological Mandalas
Monday 23 rd November 2026 7:15pm – 8:45pm via Zoom	WMIP David Smith	Paper analysing the film Small Things Like These
Saturday 16 th January 2027 10:15am – 12:45pm via Zoom	APT: Birmingham Steve Myers	The Transcendent Function in Nelson Mandela's Politics
Monday 1 st February 2027 7:15pm – 8:45pm via Zoom	WMIP Read In	Laura Chaisty Read in of Final Qualifying Paper
Saturday 6 th March 2027 10:15am - 12:45pm St Paul's Convent B29 7LL	APT: Birmingham Rachel Dunkley Jones	"It doesn't bear thinking about": Living and Working in a Time of Peril
Saturday 8 th May 2027 10:15am - 12:45pm St Paul's Convent B29 7LL	APT: Birmingham Leigh Money	Bluebeard, curiosity, and digital saturation
Saturday 12 th June 2027 10:15am - 12:45pm St Paul's Convent B29 7LL	APT: Birmingham Hellen Mabhikwa	Be yourself everyone else is already taken

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

Membership News

The Membership Committee is delighted to announce that Dr. Helen Lloyd, who recently retired from clinical practice, has been awarded Honorary Membership of WMIP.

Helen is one of the longest-serving members of WMIP. She joined the Training Committee of the Contemporary Freudian and Independent Training Course shortly after its formation. She served on the Training Committee for as long as the CFITC continued (it later made way for the Training in Contemporary Psychoanalytic Psychotherapy).

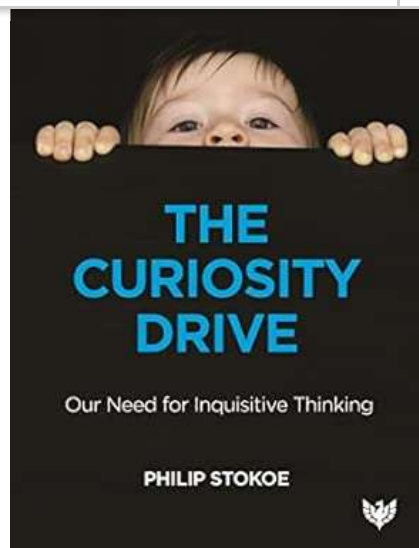
Helen continued to be active in WMIP, always ready to look into new areas: she and some colleagues interested in the new subject of neuroscience formed the Neuroscience Group which met until recently.

Helen has continued to attend meetings and seminars on many aspects of psychotherapy and to contribute to discussions from her long experience of work with children and adults. Many members have commented on her friendly and helpful approach, especially to people attending a meeting or seminar for the first time.

We look forward to seeing Helen at WMIP events in future and wish her a long and happy retirement.

The Membership Committee

Don't miss WMIP Conference 12th September - book your place now



Unbearable Otherness: “Working with the Threat of Difference in Psychoanalytic Practice”

When: Saturday 12th September, 9:45am to 4:30pm

Speakers: Susan Mizen/Philip Stokoe

Our keynote speakers, Dr Susan Mizen and Philip Stokoe, will each offer distinct but complementary perspectives on the dilemmas that can challenge relating. Their psychoanalytic contributions will support participants to think about how we work therapeutically with the threat of difference and the intolerance of otherness within our practice.

Susan Mizen brings close attention to the clinical encounter, exploring how difference, separateness, and dependency are lived and negotiated moment by moment within the transference and countertransference. Her work illuminates the emotional textures of relating when the other is experienced as too different, too intrusive, or too separate.

Philip Stokoe approaches the same territory from a developmental angle, examining states of mind in which anxiety undermines curiosity and thinking, leading to certainty, rigid belief, and the refusal of otherness. Together, their papers create a dialogue between the immediacy of clinical experience and the broader processes that shape how minds bear or defend against difference, offering a rich and integrated exploration of the psychic challenges at the heart of contemporary psychoanalytic practice.

WMIP members are invited to join a day of rich analytic thinking, where the complementary perspectives of Dr Susan Mizen and Philip Stokoe, together

otherness, and the emotional challenges they evoke in contemporary clinical practice.

We look forward to seeing you there.

[CLICK HERE TO BOOK YOUR CONFERENCE PLACE](#)

WMIP Coffee Conversations: A chance to reconnect, chat and build our community

As Co-Chairs of WMIP, we have been thinking about how much of our contact now happens on a screen and wondering what impact this has on our sense of being part of a regional analytic community. Zoom has made training and meetings much more accessible, but it has also meant we've lost some of the informal conversations and relationships that naturally develop when we get together.

WMIP Coffee Conversations are a chance to bring back a space for in person connection. In a profession that's all about relationships, we recognise the importance of, where possible, making time to nurture our own.

There isn't a speaker, a lecture or a formal agenda. It's an opportunity to meet other members of WMIP, have a coffee, share ideas, get to know one another and spend some time together. We hope to create a space to make new connections, catch up with familiar faces and meet members of our community you may otherwise only ever see on Zoom.

Our first Coffee Conversation will take place on Saturday 10th October, from 1.00–3.00pm, at 200 Degrees Coffee, Colmore Row, Birmingham B3 2BH. As with all WMIP events, we encourage everyone to be mindful of the different professional relationships within our community and to respect the confidentiality and boundaries that help create a safe and welcoming space.

Whether you can stay for the full two hours or just drop in for a coffee, we'd love to see you. We hope this will become a regular opportunity for members to connect, and we'd be delighted if you could join us.

We welcome your thoughts and suggestions about this forum.



WMIP collaboration with Black Country Radio

'Working Beneath the Surface' is a series of radio discussions between members of the Institute in conversation with Paul Collins in his Black Country Matters show on Sundays at 2pm.

The series began in June 2025 and will run until the end of this year covering topics such as 'Babies and Their Parents', 'What is the Unconscious' and 'The Defences We Use' amongst a broad range of subjects introducing analytic ideas to local radio listeners. Though currently unavailable, past episodes will become available on the WMIP website.

The line up for the rest of the series is:

- **This Sunday 19th July** - Dreams - Laura Chaisty
- 20th September - The Shadow in the Community- Rachel Dunkley Jones
- 11th October- Loss and Suffering: ghosts and ancestors - Myra Connell
- 15th November - What connects us - Hellen Mabhikwa



LISTEN TO BLACK COUNTRY RADIO LIVE HERE

Safeguarding Training

WMIP CPD Group are in the process of researching some Safeguarding Training specifically designed for Psychotherapists which we hope to be able to offer in 2027. In the meantime, if you want to refresh your skills take a look at this online option [Safeguarding of Vulnerable Adults - level 3](#)

This is an online self-paced, video teaching and multi choice assessment aimed at healthcare staff in healthcare settings. It does not address independent psychotherapy practice, but serves as a refresher about basic safeguarding information.

It covers the safeguarding basics such as understanding the legislation, supporting vulnerable adults to make their own choices, identifying responding and preventing abuse and neglect. The cost is £29.94 (including VAT)

This may sit alongside other more focused opportunities to think about safeguarding and independent practice. It is recognised that it is limited and won't suit everyone's learning requirements.

Safeguarding Discussion Group

If you would value the opportunity to discuss safeguarding related issues/concerns from your practice within a confidential group of other professional WMIP members, please get in touch with Kate Leeson kate@klevermarketing.co.uk

WMIP Analytic Film Group

You are invited to the next Film Club **'Blue Jasmine' on Friday 7th August 2026 at 8:00pm**. Watch the film before the session and then come along and join in the discussion. This is a FREE member only event and you can watch the official trailer below.

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 November Public Lecture

The VII Sermons to the Dead as the Cornerstone of Jung's Individuation Process: An Introduction to the Text and its Meaning

Speaker: Katerina Sarafidou

This lecture will give an introduction to the text of the VII Sermons in the context of the Red Book and Black Books. It will explain its role in individuation, and its implications for the work of analytical psychology.

Imagining the Universe: Jung's Cosmological Mandalas

Speaker: Diane Finiello Zervas

Beginning with Jung's early interest in cosmological systems and images, this lecture will explore the series of sketches, paintings and other representations of the new cosmology, man's place within it, and the new god image that Jung made in Black Book 5, his agenda, the Red Book and other related visual images.

Convent, 94 Selly Park Road, Selly Park, Birmingham B29 7LL and will be held between 10.15am and 3pm. Refreshments and a buffet lunch are included in the fee. To provisionally book a place, please email Sue Harford via aptc@wmip.org

APT: BIRMINGHAM PUBLIC LECTURE SERIES INFORMATION



Illuminating the Visionary II: Liber Secundus and Beyond (1917-1928)

Online Only

Diane Finiello Zervas, Jungian Analyst

7 Monthly Sundays, Oct 18, 2026 – Apr 18, 2027 | 1-3pm US Central Time

This series will be recorded. Videos will be available for viewing only for 30 days after each session.

To book click [here](#)

BTPP Supervision Course

This course explores clinical supervision practice, consultation skills, and the experience of being supervised. It also includes engagement with selected literature across three seminar themes, delivered through interactive discussion and reflective learning.

Designed for Child & Adolescent Psychotherapists (ACP Registered), the programme offers a reflective space to deepen supervisory understanding and develop advanced consultation skills within a professional peer group. The course consists of 10 monthly online sessions, building skills progressively in a supportive and collaborative environment.

Starting 8th October 2026

Time: Thursdays, 1:00pm – 5:00pm

Format: Live online sessions via Zoom and Teams

Sign up via the website or here: <https://btppe.space/shortcourses>

Understanding and Working with Adults from a Psychoanalytic Perspective Course

Eligibility: ACP-registered, analytically trained Child & Adolescent Psychotherapists

This thoughtfully designed short course explores the psychological world of adults, particularly focusing on parents and young adults (aged 18–25).

Through carefully selected readings, group discussions, and clinical seminars, we'll examine the emotional and developmental landscape of adulthood—its continuities with, and departures from, childhood and adolescence.

If you would like to join us for this course, please let us know by emailing **info@btp.co.uk**.

[CLICK HERE FOR MORE INFORMATION ON BTPP COURSES](#)

News and Views

Maria Francis presented her final paper, called 'The Interplay Between Dominance and Subservience, Masochism and Being in Identification with the Aggressor' to an appreciative online evening audience on July 6th.

We heard about Val, a patient in her sixties, who initially came once a week to see Maria with a history of panic attacks but quickly became a thrice weekly case.

This was a case of hidden aggression turned inwards. I stress the clarity of Maria's formulation because I feel it was one of the strengths of the analysis - in the melee of external happenings in Val's outward life, it would have been easy to get drawn away from the main focus: Val's psychic life.

Maria had to concertina her complex case into a much briefer presentation, but to my mind the picture that emerged of her analytic journey with her patient was rich and three-dimensional with a clearly explained theoretical underpinning as well as a palpable sense of Maria's ability to hold this painfully masochistic patient.

For her part, Val told Maria at the start that she felt she was 'always waiting for a red button about to be pressed' and this phrase stuck in my mind, suggesting the threat of the inner nuclear explosion that Val had been holding back her whole life. As Maria's fellow trainee, also in my sixties, as M is, I found myself making the association with the global nuclear threat of

Val 'turned anger towards herself and inwards'. This theme of misdirected rage formed the theoretical underpinning of the analysis and Maria incorporated Ferenczi's thinking on identification with the aggressor into her paper, along with Winnicott's theory of the use of an object.

I was struck by what Val said about herself. Val had 'an ordinary' home life, and 'caring parents'. What Maria understood was that Val had no particular place in the family. She was neither held nor noticed and this emotional abandonment was to be introjected as self-denial and martyrdom in her future life.

In an almost incredible succession of painful losses, both internal and external, Val became pregnant at the age of nineteen after a one night stand and was persuaded by her parent to have an abortion. Her mother never referred to it again. Val recalled how at the time, instead of reacting, her father had simply carried on reading the paper.

Val continued to crash about in an unboundaried way, falling in love with a married man who already had a pregnant wife. After their divorce Val became once again pregnant and was instructed to abort by her husband. Val obeyed for second time. She got pregnant for a third time and this time went to term and but later developed gynaecological problems and discovered that her husband had given her gonorrhoea after having an affair.

The theme of infidelity loomed large in this story. Val's husband was unfaithful to her, just as earlier her parents had been when they abandoned her to face her early termination alone. By stark contrast, Maria remained faithful to Val's internal world throughout, seemingly refusing to give in to what must have been a powerful pull at times to projective identification, to feel as helpless in the consulting room with Val as Val felt in her marriage and before.

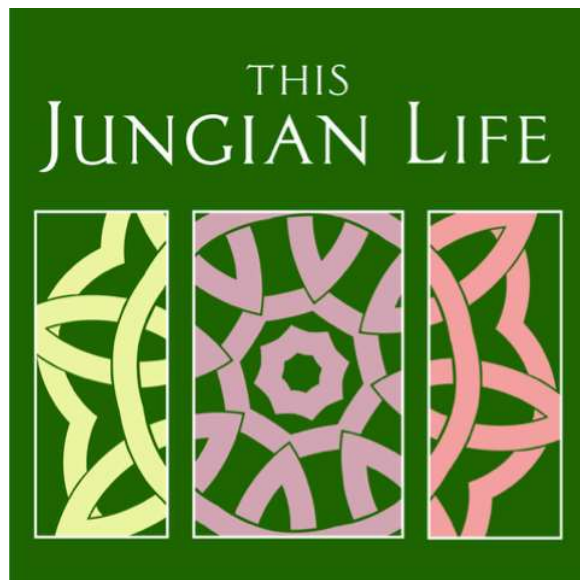
I felt there was much more to learn about this patient and what occurred in the moment-to-moment interactions between Maria and Val in the consulting room. What was clear, however, was that Val found a containing reservoir of thought and feeling in Maria from which she was able to drink deeply. Unlike Val's parents, Maria both held and noticed Val. By the end of their work together, Val had divorced her husband and begun another relationship which was, in Maria's words, both mutual and satisfying - an echo, perhaps, of the flavour and feel of the analytic dyad. For me, this was a

Iona Brown

An interesting podcast considering how AI might be reshaping the human psyche.

Lisa Marchiano and Deborah Stewart are joined by a special guest, the author and Jungian analyst Christina Becker, to explore the psychological impact of AI's incursion into our work, home and relationships.

Click [here](#) to listen



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Registered Charity (No 1031011) Member of UKCP
West Midlands Institute of Psychotherapy, 66
Smirrells Road, Hall Green, Birmingham, B28 0LB
Tel: 07903740512.*

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