WEST MIDLANDS INSTITUTE OF PSYCHOTHERAPY

WMIP e-Bulletin
October 2026

Welcome from WMIP Lay Trustee Bryan Arnott

Dear Members

As a lay trustee for WMIP I am mainly concerned with the finances of the Institute. This entails the preparation of financial statements combining both the APT and WMIP administration and monitoring our position in relation to our forecast financial plan.

The year end accounts are sent to Auditors for examination and then the signed off accounts are submitted to Companies House. Our aim is to break even each year. But, we do face the headwinds of inflation and static membership levels. As a result we have an agreed policy to increase fees by 3% per annum to offset inflation. This financial period for the year ending 31st July 2027 is likely to show a break even position.

The Trustees will support any initiatives that increase membership and the offering of events. So any contribution from members to attract more members or requests for event topics are most welcome.

Your Board of Trustees is actively seeking to improve our website offering and is working on funding for these enhancements which will contribute to supporting membership and events administration.

Bryan Arnott, WMIP Lay Trustee

On behalf of WMIP Trustees Laura Chaisty, Shane Sneyd, Diana Houlston and Charlotte Skye

---

What's coming up? Dates for your diary

Saturday 7th November 2026 10.15am – 3pm St Paul's Convent B29 7LL	APT: Birmingham Katerina Sarafidou Diane Finiello Zervas	Cornerstone of Jung's Individuation Process: An Introduction to the Text and its Meaning Imagining the Universe: Jung's Cosmological Mandalas
Monday 23rd November 2026 7:15pm – 8:45pm via Zoom	WMIP David Smith	Paper analysing the film Small Things Like These
Saturday 16th January 2027 10:15am – 12:45pm via Zoom	APT: Birmingham Steve Myers	The Transcendent Function in Nelson Mandela's Politics
Monday 1st February 2027 7:15pm – 8:45pm via Zoom	WMIP Read In	Laura Chaisty Read in of Final Qualifying Paper
Saturday 6th 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 8th May 2027 10:15am - 12:45pm St Paul's Convent B29 7LL	APT: Birmingham Leigh Money	Bluebeard, curiosity, and digital saturation
Saturday 12th 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

Some changes are taking place in this Committee, which plays an important part in the life of WMIP, and we are looking for new members. Meetings take place on Zoom every few weeks, with occasional email contact to discuss matters that come up between meetings.

If you are a Professional member or Clinical Associate and would like to find out more about us, please contact Lynette Maple or Elaine Wake.

Don’t miss WMIP’s next online event - book your place now



WMIP are pleased to welcome back David Smith, chair of the Northern Ireland Institute of Human Relations to deliver a paper ~

‘Minding Fatherhood’ Thoughts on the Paternal and on Paternity-Testing in the film 'Small Things Like These'

Monday 23rd November 7:15pm

The highly acclaimed 2024 Irish film Small Things Like These offers a deeply moving and psychologically astute paternal portrayal, with Cillian Murphy delivering an understated performance as fatherless father Bill Furlong. Following The Quiet Girl (2022), it further reflects author Claire Keegan’s concern with the welfare of children, particularly the developmental impact of being unwanted, unclaimed, neglected, and deprived of consistent loving parental care. Dedicated to the women and children who suffered in Ireland’s Magdalen laundries and mother and baby homes, the film and novel contribute to the emotional and psychological working-through of a deeply felt yet largely unprocessed collective trauma surrounding the systematic, decades-long abuse of women and children in Ireland.

Drawing on poetry and psychoanalytic thinking, this paper explores the powerful projective processes at play, characterised by the disavowal of desire and outsourcing of shame. Focusing on paternal representations, the enduring relational influence of the past, and the haunting presence of ghosts in the nursery, it considers the restorative and reparative potential of parenting, while challenging us to reflect on the ongoing societal neglect of children, to whom we all have promises to keep.

To get the most out of the session, we suggest you watch the film in advance - it is available on Amazon Prime.

The Quiet Girl, you can get access to the recording here.

CLICK HERE FOR MORE INFORMATION AND TO BOOK

The Ethics Committee, Complaints and the Grievance Policy.

It may be a surprise to some members that part of the Ethics Committees function is to investigate complaints and grievances.

There are three types of complaints or grievance's that are not investigated by the BPC/UKCP and therefore falls to the Ethics Committee:

1. A complaint made against a Trainee by a training patient.
2. One member of WMIP has a grievance against another member of WMIP
3. A third party, (a non WMIP member) has a grievance against a member of WMIP or a professional contracted by WMIP

Up until last year to help us with this task we had a 'Grievance Policy' (which covered number 2 above) and a 'Trainee Complaints Policy' (which covered number 1 above). In both policies there was an informal stage and formal stage. The hope was to reach a resolution without it having to move into a formal stage, requiring a formal investigation.

In the last few years, the Ethics Committee have handled two complaints made by a third party (Number 3) against a WMIP member. In both complaints it had moved to the formal stage following correspondence made to the Board of Trustees. In both cases the Ethics Committee used the 'Grievance Policy', although this had been written for grievances between members.

Both these complaints allowed us to look at the Grievance Policy as a working document. How workable was it? Did it enable a fair and full investigation? Did it assist in resolving or hindering resolution?

The consequence is that we have rewritten the Grievance Policy, splitting it into two separate policies, one which deals with grievances between WMIP members (Grievance Procedure for Non-clinical Disputes between WMIP Members) and one which looks at a grievance by a third party against a WMIP member (Procedure for Non-clinical Grievances from non WMIP members against WMIP members acting on behalf of WMIP).

have made. You will find them in the Documents Library which you can find in the Members section of the website.

The main changes are:
- The splitting of the Grievance Policy into two policies
- Removal of Appeals process
- Recognition of the time-consuming nature of complaints.

We have worked hard to maintain the spirit of the previous policy, with resolution being the ultimate goal. All policies retain the formal and informal stage. Clearly trying to resolve a grievance or complaint as early as possible is helpful. As we all know, given the kind of work we do, the earlier the difficulty can be resolved the less entrenched and polarised it becomes.

Please do bear in mind that if you have concerns about the breakdown of a relationship you can contact the Ethics Committee for advice, support or a place to discuss and think through your concerns. This may enable a formal complaint to be avoided, a lot less stressful for all involved.

The Ethics Committee

CLICK HERE TO ACCESS THE MEMBERS AREA

WMIP Member Forum - please RSVP if you have not done so already

WEST MIDLANDS INSTITUTE OF PSYCHOTHERAPY

WMIP Members' Forum and Board of Trustees update

Following discussion at the AGM and a successful similar session last Autumn, WMIP Board of Trustees are keen to continue to update the membership on key areas of work for the team and the wider organisation, Board recruitment and committee updates.

Please save the date

WMIP Board of Trustees update and

open 'surgery' for members

Monday 2nd November 7:30pm – 8:30pm via Zoom

Please do try and 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 wider concerns.

RSVP email admin@wmip.org

EMAIL TO RSVP HERE

WMIP collaboration with Black Country Radio

The next session is planned for 15th November and will be with Hellen Mabhikwa. The title is 'What Connects Us?'

We will be reflecting on the common themes that bring people together albeit with the differences and divisions that we are all aware of.

The final episode in the series will be 20th December with Shane Sneyd and Laura Chaisty.

APT: Birmingham - next Public Lecture

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

Speaker: Katerina Sarafidou
Date/time: Saturday 7th November 10.15am and 3pm
Location: St Paul's Convent, 94 Selly Park Road, Selly Park, Birmingham B29 7LL

The VII Sermons to the Dead appears in the closing chapters of the Red Book and presents a cosmological framework that underpins the entire undertaking of Jung's Liber Novus. It provides the foundation of Jung's notion of individuation and reveals the full nature and purpose of the individuation process. It is the formulation of Jung's own myth which he set out to discover when he embarked on his experimentation with the inner figures in 1913 and then documented in his Black Book diaries. These lectures will give an overview of the VII Sermons in the context of the Red Book and Black Books. They will explore the role of its text in individuation, and its implications for the work of analytical psychotherapy.

APT: Birmingham Short Course: Body, Mind and Soul: Traditional Acupuncture and Psychotherapy

Facilitator: Myra Connell

Before she trained as a psychoanalytic psychotherapist, Myra worked as a traditional Chinese acupuncturist and energy-body practitioner, modalities in which body, mind and soul were inseparable. Now, having closed her therapy practice, Myra is wondering about the connections between her earlier work and psychotherapy. In this four-session online course, we will discover something of the profound philosophy of Five Element Acupuncture, and some of the ideas that lie behind energy-body work.

How might these perspectives illuminate our practice of psychotherapy? Might the ancient theories that guide acupuncture practice suggest new ways of understanding our habitual emotions and behaviours.

From 7pm – 8.30pm

Supporting APT: Birmingham Trainees

If you have any enquiries for therapy from people and you don't have availability to take them on, please remember that our APT:B Trainees will be interested in suitable training patients. There is now a list of trainees and their availability on the WMIP website.

See https://wmip.org/psychotherapy/therapy-with-a-trainee-2/

Please consider referring any suitable enquirers to this webpage

FOR MORE INFORMATION ABOUT APT: BIRMINGHAM CLICK HERE

WMIP Analytic Film Group

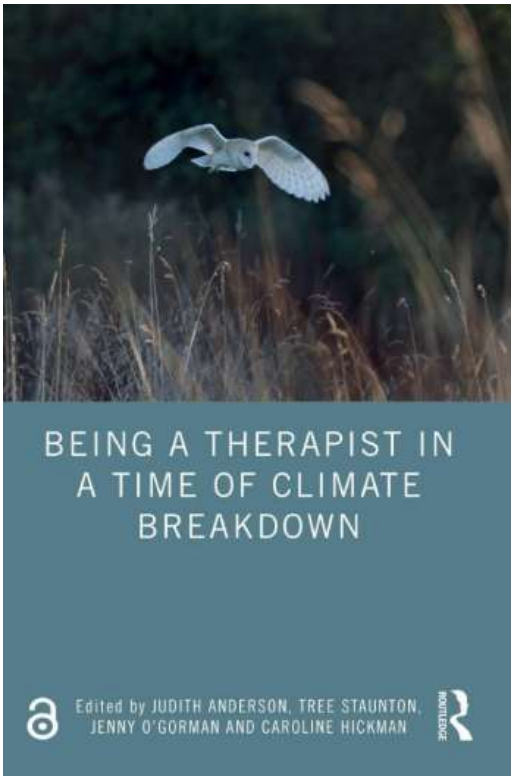
You are invited to the next Film Club **'The Name of the Rose' on Friday 4th December 2026 at 8:00pm.** Watch the film before the session and then come along and join in the discussion. This is a FREE member only event and you can watch the official trailer below.

Please **email laurachaisty19@gmail.com** to register your details. 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)



Members' Publications: Books and Contributions



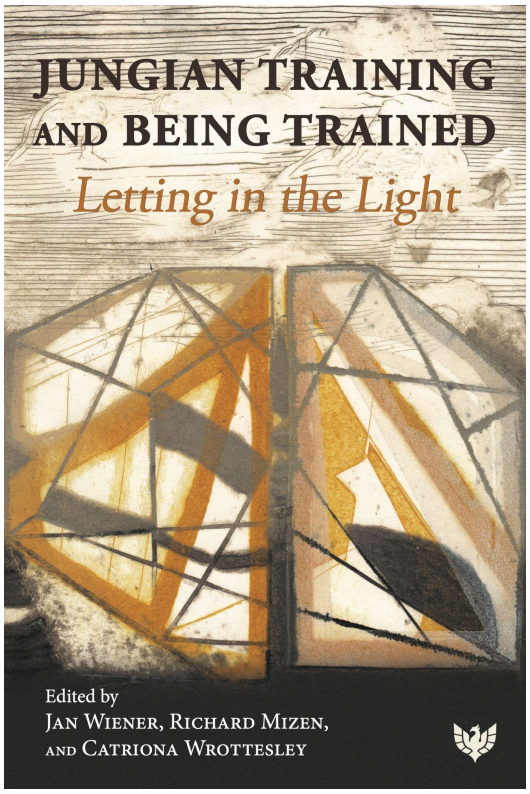
After the summer of heatwaves I am finding myself in conversation with more counsellors and psychotherapists who are wanting to understand climate change.

Climate Change and Psychotherapy

This is a reminder about the coedited book Being a Therapist in a Time of Climate Breakdown (2024) is still available and the e-version is free either from the Routledge website or from Amazon kindle. Others of you may have seen, or wish to see the film the People's Emergency Briefing which has been shown over 5000 times in different, mainly community locations. It's an excellent introduction to the science and the risks we face and showings are followed by facilitated conversations. To find a film enter your postcode on the screening map.

Judith Anderson

Jungian Training and Being Trained lets in the light on the unconscious forces that shape the training experience of trainees and trainers. It explores and challenges many of the implicit assumptions that influence and fashion the trainings on offer.



This book is essential reading for all those training or trained in analysis. It raises important ideas for the psychoanalytic community to consider and implement to ensure analytic training institutions achieve their aims and offer best practice for trainees and trainers.

A variety of international contributors, each engaged in the development and delivery of training, examine the various conscious and unconscious beliefs and processes that not only creatively inform, support, and structure the training process, but also undermine or contaminate it.

Laura Chaisty and Hellen Mabhikwa

News and Views

‘Unbearable Otherness’ WMIP online conference, 12th September

There were two presentations, and time for small group discussion and Q an A at this intriguingly titled event.

Dr Susan Mizen’s talk was entitled ‘Othering’, ‘Selfing’: the body and the brain. It was an account of her research over a number of years, outlining the theory underpinning her work and its relevance to private psychoanalytic practice as well as to NHS inpatient work.

model' for working with hospitalised patients with severe complex personality disorder. The care of these patients is disproportionately expensive; they are high risk, most of those in her study having at least three of Dr Mizen's list of criteria of problems (eating disorder, somatisation particularly functional motor disorder, autistic spectrum disorder and substance misuse).

The relational affective model is based on Ron Britton's thinking about acquisitive and attributative projective identification (PI) which in turn belongs under the Kleinian umbrella of how a person relates to internal objects and to other people. In acquisitive PI "I am you" the person appropriates the other's qualities and denies the other's separateness. In attributative PI "you are me" the person attributes aspects of themselves to the other and disowns them by experiencing them as belonging to the other. Dr Mizen linked this to agoraclaustrophobia, a fear of being trapped inside the other or alternatively being abandoned by the other. The patient experiences both as threatening and fluctuates between the two, resulting in recurrence of symptom patterns. Dr Mizen showed that adopting the relational affective model has led to a reduction in the 'revolving door' of hospital admissions and was therefore cost effective as well as therapeutically effective for this group of patients. The thinking applies equally to those with borderline personality disorder encountered in private psychanalytic practice. Throughout she provided clinical examples were provided.

Dr Mizen went on to speak of her research using neuro- imaging which has followed. Panic is triggered in the brain by fear of suffocation or separation. She was able to show that images related to unconscious association in her research patients caused stimulation of the relevant brain structures compared to controls with no diagnosable mental health condition. It is exciting when neuroscientific methods begin to demonstrate confirmation of psychoanalytic theory; this way the future lies.

Philip Stokoe is a Psychoanalyst currently in private practice who has held senior clinical and leadership positions at leading institutions and who is widely known as a teacher and writer. His talk was entitled 'The Perilous Process of Creating our Thinking Mind.'

He synthesised in a clear, creative and individual way his view of how Freud's reality principle, Klein's theory of early emotional life, and Bion's theory of thinking illustrate the development of consciousness.

accessing memories and he is able to face reality as defined by Money Kyrle's three basic facts of life. Human consciousness diverts from animal consciousness when feelings begin to be thought about rather than simply reacted to. The basic questions, Stokoe asserts, are 'what is going on here, what is happening to me?' which he names the curiosity drive, and the capacity to think begins with early primitive defences then developed further by the experience of containment. The capacity to experience and think about a reality which conflicts with the individual's ideal is progressively acquired. Development can go wrong when thinking becomes a means of protecting unconscious beliefs rather than being creatively challenged by reality; thinking can become a defence in itself.

Stokoe spoke about adolescence. He worked with Moses Laufer at the Brent Adolescent Centre for some years and he explained that Laufer defined the task of adolescence as 'taking possession of the adult sexual body.' This involves turning away from the parents at a time when the adolescent's resilience (Stokoe called it his 'endoskeleton') is crucially developing. The uncertainties and vulnerabilities inevitably encountered are dealt with by experimentation within his peer group; but this process can be derailed by outside influences offering ideals or certainties. There have always been such influences but not on the scale Stokoe now sees them arising through social media. Body dysmorphia for example is seen as normal in the adolescent but Stokoe fears dissatisfaction with the biological body but may be reinforced by outside influences rather than being assimilated in what he would view as a healthy development.

These ideas are the basis of what has led to Stokoe encountering controversy. Indeed he expressed his gratitude to WMIP for inviting him following the cancellation of the first iteration of this conference.

Whatever one's reaction to Stokoe's views I was grateful to have heard him speak, along with Dr Mizen. There was a large audience representing a number of different institutions at this event and the liveliness of the small group discussions and the Q and A suggests that others like me found their talks informative, enjoyable and thought-provoking.

Jane Barber

MISSED THE CONFERENCE? PURCHASE THE RECORDING HERE

WEST MIDLANDS INSTITUTE OF PSYCHOTHERAPY

Company Limited by Guarantee (No 2883306), Registered Charity (No 1031011) Member of UKCP
West Midlands Institute of Psychotherapy, 66 Smirrells Road, Hall Green, Birmingham, B28 0LB
Tel: 07903740512.
Copyright (C) 2026 West Midlands Institute of Psychotherapy. All rights reserved.

Want to change how you receive these emails? You can update your preferences or unsubscribe

INTUIT mailchimp