Setting the scene

Sally Swartz’s paper published in the latest Psycho-analytic Psychotherapy in South Africa, *Words, interpretation and setting: changing forms of the talking cure*, describes the relationship between the psychoanalytic setting and the work of analysis that takes place within that setting. Her relevant paper suggests that new ways of thinking about what effects change in psychoanalytic psychotherapy, transforms talk and setting into a shifting dynamic relationship.

Talking about setting: take a peek into private practice consulting rooms in your city for translations of the traditional ideas and perceptions of what the psychoanalytic setting should look like. Think: Freud’s final home, 20 Maresfield Gardens, London. For more of the same have a cyber peek at analysts’ rooms in New York (www.nytimes.com/2014/08/31/nyregion/a-box-of-tissues.html).

However, moving out of our own spaces, what we, at the IPCP are concerned with right now, is the broader context and social setting in which we work. In July this year a Sunday Times front page article highlighted the crisis in mental health in the country, citing the paucity of state resources available to cope with the vast numbers of patients, particularly children and adolescents, requiring mental health services. The article also raised the fact that the majority of mental health practitioners in SA are in private practice, servicing a very small portion of the patient population.

In response to this article an initiative, driven by IPCP committee member Yvette Esprey, Practitioners Responding to the Emergency in Mental Health (Premh) has been created, with the aim of linking private practitioners who wish to offer voluntary services, with State and non-governmental organisations which are sorely in need of these services. It is Premh’s long-term objective to establish a website with details of these organisations and individual practitioners who wish to get involved. At the moment Premh is in the process of information-gathering.

In the meantime the read thread will act as a springboard and plans to highlight the work being done by specific initiatives. Yvette comments, “We have been amazed and heartened to hear of how much voluntary work is being done, and by the number of both small and large scale projects which are being run by our community, in the service of mental health.”

See page 3 for two opportunities to get involved.

Interested in volunteering? Need a volunteer? Please contact Yvette Esprey on yesprey@gmail.com

Time to think

David Hadley, UK child and adolescent psychotherapist, is visiting us again in October this year, working at Ububele, and also offering his services to the psychoanalytic community.

Visitors such as David Hadley are enormously useful and much valued as they help us to think. Something that is not easy to do when confronted which such an ongoing wave of need in our country. Pertinent, and as highlighted on this page, David is delivering a paper, *Finding a Place for Working with Children in SA* on Thursday 16 October, 19h00 at Ububele.

He will also be running a morning conference at Ububele called, *Integrating Work with Children and Parents*, on Friday 24 October.

For more information contact palesa@ububele.org

Paying for missed sessions

A few months ago the Institute for Psychodynamic Child Psychotherapy (IPCP) submitted a response to a communication from the Health Professions Council of South Africa (HPCSA). In effect the communication instructed practitioners to refrain from charging clients for booked sessions for which they do not arrive, invoking the ethical rule which states that practitioners shall not receive or charge for services not personally rendered.

The implications of this ruling for the profession of psychology are far-reaching and potentially detrimental both to the profession, and to clients.

>>> page 2

Winnicott – it is not too late to book for the IPCP’s Winnicott course run by Mary-Anne Tandy. It will invigorate your clinical work and comes with CPD points too.

Bion – spend a weekend in November with Trevor Lubbe uncovering the mysteries, the power and the glory of Bion.

See page 2 for booking details

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Thought

Some silences are nothing, they are 0, zero. But sometimes that silence becomes a pregnant one; it turns into 101 – the preceding and succeeding sounds turn into a valuable communication, as with rests and pauses in music, holes and gaps in sculpture.”

Wilfred Bion
Bion intensive

Trevor Lubbe’s JHB lectures on 8/9
November will focus on Bion’s theory of thinking and the model it presents for how the mind processes, or fails to process, emotional experiences – whether awake or asleep. Using the mother–infant relationship as a prototype, Bion describes the origins of such processing and the various outcomes for development – optimal or harmful.

In the last decade new analytic concepts such as ‘mentalisation’, ‘reflective function’, ‘meta-cognitive capacity’, ‘relational trauma’, as well as statements such as ‘secure attachment is the outcome of successful containment’, have clearly been derived from Bion’s ideas, but they are not the same as Bion’s ideas. Hence it may be timely to re-examine what is unique about Bion’s model of the mind and the concept that he employs in his approach to the mind’s growth.

The lectures will begin with a biographical sketch of Bion’s personal and professional life followed by an introduction to his writing on groups.

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Infant obs taking seed

A new infant observation group is in the making. If you are considering undertaking this journey, you are in some ways in a similar position to that of a prospective parent thinking of having a baby. Is this going to happen? What if we never get it together! Where will the baby fit into my very busy life? How are we going to make a space for a baby, and if we do, do we have the resources to manage this big commitment? Is this something I really want in my life… and so on...

At some point you just jump… jump now and contact Shayleen Peeke at shayleen@gmail.com and/or visit our website www.ipcp.co.za

Theory courses

Tavistock-trained child and adolescent psychotherapist Mary-Anne Tandy’s Winnicott course starts soon. This excellent set of lectures will give attendees a sense of the wonderful world of Winnicott, as well as the invaluable contribution of child observation to assess and treat emotionally troubled children and their families.

And then in November, rounding off the IPCP’s 2014 lecture series, Trevor Lubbe will be running his Bion course in Johannesburg. End your year with a ‘bion’. You won’t regret it!

The IPCP is an accredited CPD provider and points can be attained from participating in our courses and the membership of our groups. For bookings, rates, times and places visit our website – www.ipcp.co.za.

Donald Winnicott

Lecturer: Mary-Anne Tandy
Dates: Wednesdays: October 15, 22, 29 November 5, 12
Time: 19h00-20h30
Cost: R 1 000
Venue: 29 North Rd, Linden ext, Randburg
CPD points: 11
Contact: ma@childpsychotherapy.co.za

Wilfred Bion

Lecturer: Trevor Lubbe
Dates: November 8 and 9
Time: Sat 9h00-14h00/Sun 9h00-12h00
Cost: R1 200 (student discount available)
Venue: to be announced
CPD points: 6
Contact: tlubbe@yahoo.com

“A patient will manipulate his analysis and his environment in a manner which is consistent, determined, bearing the impress of a plan which is set but of which the pattern remains obscure.”

– Wilfred Bion (1965)

Wits doctoral symposium

For those of you interested in an injection of intellectual and theoretical stimulation, the Wits Psychology Department will be hosting its annual doctoral symposium in the area of Psychoanalytic Theory and Practice on the afternoon of Friday 31 October and Saturday 1 November.

Doctoral candidates and other expert speakers will present a range of topics largely related to contemporary and/ or contextual questions with regard to psychoanalytic theory and its application in psychotherapy and beyond. Feedback from previous symposia has been overwhelmingly positive so do arise in advance if you don’t want lose out on an enriching experience.

As in previous years the department is applying for CPD accreditation for the programme.

For more info:
Gillian.eagle@wits.ac.za or Carol.long@wits.ac.za

Contact: ma@childpsychotherapy.co.za

A fighting chance

The next in a series of media lectures organised by the South African Psychoanalytic Confederation (SAPC) will be held on Thursday 13 Nov. 19h00 at Ububele. Fight for Insight – Giving Inner City Children a Fighting Chance uses the parallels between boxing and life to help children develop anger management, impulse control, self-esteem and compassion. The programme, presented by Luke Lamprecht, director of the Johannesburg Parent & Child Counselling Centre and Sheri Errington, director of The Teddy Bear Clinic for abused children, focuses on boys, with the hope that they will become men who are responsible and take responsibility for not harming themselves and others.

Contact palesa@ububele.org or phone 011 786 5085 if you’d like to attend

R100/R50 for students

2 CPD points
Cape Bion

A Bion course run by clinical psychologist Tanya Wilson, comprising eight theoretical seminars, will be run on Thursday mornings (8h45-10h00) from 9 October until 27 November. This excellent course forms part of the requirements for the IPCP Post Graduate Diploma in Therapeutic Communication with Children and Adolescents in association with the Tavistock Institute. The course can also be completed separately from the diploma.

For more details contact Tanya Wilson on 021 709 0245 or e-mail her tanyawilson@mweb.co.za

Containing ethics

Using creative techniques, this Cape Town ethics workshop for healthcare professionals promises to encourage self-containment and self-reflection using process art and various art materials. The emphasis is on the importance of self-care as a principle in healthcare professionals’ code of ethics. No previous art experience is needed.

The facilitators, Melanie Horwitz (clinical social worker) and Carol Cheesman (clinical psychologist) are two psychoanalytically oriented health-care professionals with 23 years experience who will guide participants through a creative process in a non-judgemental and mindful way.

When:
Saturday 25 October / Tuesday 28 October
Where: Rondebosch
CPD: 6
Cost: R550
Contact: Carol Cheesman on 079 427 5217 or cheez1mail@gmail.com

P.S. Is saying ‘No’ to children helpful? Tavistock-trained psychotherapist Judy Davies will be discussing why boundaries are so hard to establish for some parents and why boundaries are important for resilience – Thurs, 9 October, 20h00, UCT Lung Institute. Want more info? 021 685 6631/082 658 4512.

Hysteria, in its colloquial use, describes unmanageable emotional excesses. The fear can be centered on a body part, or most commonly, on an imagined problem with that body part. A search on Pepweb throws up pages of articles. There is no doubt in your practice, or in your life, you will know at least one ‘hysteric’ so…time to start reading to know who and what you’re dealing with!


Good reads

Volunteers needed!

In this edition of the read thread we highlight two opportunities for volunteer response to the need in mental health contexts. This is part of the Practitioners Responding to the Emergency in Mental Health’s (Premh) initiative – see our front page story.

Tara Hospital, Adult Psychotherapy Unit (Wards 4&5)

The Adult Psychotherapy Unit at Tara Hospital specialises in the treatment of Personality Disorders, Dissociative Disorders, Mood and Anxiety Disorders. The following services are needed in order to support the unit:

• Supervision and training for the Multi-Disciplinary Team (Tuesdays 09h00-10h30)
• Group/s for inpatients: e.g. interpersonal, art therapy, parenting support group, substance abuse. (flexible times)
• Individual therapy for inpatients and follow up therapy post-discharge (flexible times, and off-site)

Please contact the unit psychologist Julia Halstead-Cleak on: juliahalsteadcleak@gmail.com.

St Columba’s Psychotherapy Initiative

At St Columba’s Church, in Parkview, an initiative aimed at providing psychotherapy for the surrounding community was launched in 2013 by four psychologists. Nicki Hutton, Sonja Snyman, Margie Wilson and Sarah Taylor spend Thursday afternoons between 2-5pm offering primarily short-term psychotherapy to anyone who arrives for help. The service is donation-based, and no formal fees are charged.

At the moment there are also plans developing to create a mentoring programme between Parktown Girls’ High School pupils, and pupils from schools in the surrounding areas who are in need of mentoring and support.

This is an extremely worthwhile initiative and deserves the support of the therapeutic community.

If you are available to offer time, please contact Nicci on: nicci@huttonfamily.co.za

Institute for Psychodynamic Child Psychotherapy

Members: Hayley Berman, Gill Berkowitz, Nicole Canin, Nichi Casati, Irene Chait, Gwyn Choles, Nicola Dugmore, Yvette Esprey, Lauren Gower, Julie Green (chair), Lindy Harris, Arlene Joffe, Carol Long, Trevor Lubbe, Tshidi Masoko, Shayleen Peake, Linda Rudenburg, Mary-Anne Tandy, Coralie Trotter, Marnie Vujovic, Felicity van Vuuren, Frances Williams

Cape: Carol Cheeseman, Judith Davies, Melanie Horwitz, Trish Leaver, Diane Sandler, Tanya Wilson, Bea Wirz

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