

◀ All the light ...

The title of this editorial is appropriated from a paper by psychoanalyst and child psychotherapist Margot Waddell 'All the light we cannot see': *psychoanalytic and poetic reflections on the nature of hope* (2019). She in turn having borrowed it from Anthony Doerr's 2015 novel. In her poetic and thoughtful way Margot's paper explores hope across the borderline, between external and internal worlds, and between literary and psycho-analytic worlds. 'The particularity of that quality of hope that lies at the heart of a psychoanalytic way of thinking. To find expression for the hope that we must "feel upon the pulses", says Margot, 'so often lies beyond, or between, the words that are needed to find expression in the ordinary way. It is one that is lodged in the in-between where, if nurtured, it can find its own unique form, just as an artist finds a unique expressive register. In the current dark days, "hope" becomes more important than ever. Hope for ourselves, our work and our institutional lives.' [For more of Margot see page 2]

▶ ... we cannot see

She is right – hope is more important than ever here in our country. In 2020 the days and the nights in South Africa have been long and dark. Covid's impact on the psychotherapeutic setting and clinical practice continues to be widely noted and discussed. Loss, illness and death, homelessness and hunger, are present in our lives and in our work. Each day we are called upon to find our own resilience in order to help our patients to do the same. As you will see in this newsletter there are many ways of getting support in the name of learning. In some ways, and paradoxically, this is an extraordinary time for growth. However, we remain under assault on many levels. One of the worst is the increase in violence against children. It is hard to hold onto hope when reading of the terrible atrocities that are metered out to children – and often their mothers'. Having no hope, children themselves sometimes turn to violence and crime. Holding onto hope – we do have the Children's Act and a recent law (passed last year) banning corporal punishment in schools, and homes. To help us to think about this, an IPCP sub-committee has arranged an ethics day addressing these issues and how we can keep our Constitution alive for the survival of our children. [See story opposite]. How do we, as mental health professionals, stop the cycle of violence? We encourage you to come. We need more than ever to take thinking action.



ETHICS

Stop the Violence against Children

This important online workshop, *Enough is Enough*, will explore the new law abolishing corporal punishment in the home. There will be an exploration of a multi-disciplinary approach to advocating for the rights of children, ensuring that all professionals continue to act in the best interests of the child – sadly and highly pertinent in the current context of Covid-19. The workshop will cover:

- **The legal aspects of the law** abolishing corporal punishment in the home, and its journey from the High Court to Constitutional Court. The notion of 'reasonable chastisement' will be unpacked and the laws around professionals' responsibility to report will be explored.
- **Understanding the impact of corporal punishment** on children from an emotional perspective.

The workshop will investigate the ways in which corporal punishment has been normalised and justified by perpetrators, and the ways in which intergenerational patterns of violence impact on children.

- **There will be a focus on children's voices**, highlighting their rights and agency, as well as offering ideas on alternative discipline.
- **Through a case study** the workshop will focus on the dilemmas of reporting, highlighting the professional's responsibility to act in the child's best interests and the structures that fail our children. Through an interrogation of the law and its implementation, the workshop aims to elucidate the ethical responsibilities and dilemmas of professionals working with children.

The great line up of presenters include: **Lithalethemba Stwayi**, child law specialist attorney at the Centre for Child Law; **Dr Simangele Mayisela**, educational psychologist and senior lecturer at Wits University; and **Dr Shaheda Omar**, clinical director, Teddy Bear Foundation.

"The fact that grief takes so long to resolve is not a sign of inadequacy, but betokens depth of soul."
– Donald Winnicot

thought

Date: Saturday 22 August
Time: 9h00-13h00
CPD: 4 points applied for
Cost: R800 (R400 for students/interns/community workers)
Contact: Sable Leicher sableleicher@gmail.com

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The structure of things

Since its inception in 1996 the IPCP has been committed to both the theoretical and clinical training of clinicians

working with children, as well as being involved in many outreach programmes.

Over the last couple of years we have been doing much talking and thinking with stakeholders and the psychological community. Right now, August 2020, this hard thinking is bearing fruit. The IPCP in Johannesburg, Cape Town and also KZN is growing fast. In this issue of **the read thread** you'll see many of the components of our offerings. In a nutshell the newly cohered and CPD accredited post graduate **IPCP Certificate in Observational Studies and Therapeutic Skills with Children** is designed to fill a gap in the training of South African child mental health workers. The Course offers a psychoanalytically-informed approach to workers and comprises three modules:

- infant observation
- work discussion/clinical seminars
- psychoanalytic theory (Freud, Klein, Winnicott, Bion)

A paper for each Module needs to be written and passed to obtain the IPCP Certificate.

The **training committee** has put much work into writing and updating a **Handbook** which clearly outlines and formalises the Certificate requirements. One important element is that, for the Theory Component, you have to write a theory paper – based on a set question. You need to have attended a minimum of three out of the four theory courses before writing. Questions have been set for anyone who is ready now – **Mary-Anne Tandy** [ma@childpsychotherapy.co.za] is the go-to person in Johannesburg and **Tanya Wilson** in Cape Town [tanyawilson@mweb.co.za].

Opportunities to do an **infant observation** or to join a **clinical seminar** are outlined in this issue with contact details.

This year there is an exciting elective course, **Personality Development and its links with Psychoanalytic Thought** – this six seminar online course will be facilitated by **Beverley Tydeman** with some guest appearances by **Margot Waddell**. In addition workshops, memorials, and virtual paper presentations are on the go, see this newsletter; and in the making, watch this space.

New beginnings

A new infant observation group run by **Belinda Spalding-Jones** starts 4 September, on Friday mornings, 08h00-09h15. Initially online, it will then take up residence at 44 Ashford Avenue, Parkwood. There are limited spaces available so make this critical leap in your professional development.

Contact Belinda Spalding-Jones on 082 684 8904 or belindasj@mweb.co.za

Rare learning

Personality Development and its links with Psychoanalytic Thought – this *six seminar* online course explores the development of the personality and mind and looks at what promotes healthy development throughout the life cycle. The developmental focus will be linked to psychoanalytic thinking and its evolution from Freud to more current object relations theory. There are many questions to consider from a clinical perspective, like the extent to which the therapist's personality influences the outcome of the therapeutic process and the role of hope in our work and our lives.

Facilitating this course, we are lucky to have consultant child and adolescent psychotherapist **Beverley Tydeman**, who has held amongst many positions, chair of the UK's Association of Child Psychotherapy. Two of the six seminars will be led by **Margot Waddell**, psychoanalyst and consultant child and adolescent psychotherapist. A former fellow of the British Psychoanalytical Society, she is well known to us for her seminal book *Inside Lives*, as well as the many papers she has written and presented around the world. We have been lucky to have her as a visitor to South Africa over the years.

Dates: Aug: 28, 29; Sep: 4, 11, 12, 18

Time: 10h00-12h00

Venue: Zoom

CPD: 12 points

Cost: R2500 (R1250 students/interns)

Contact: Sable Leicher at sableleicher@gmail.com

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Status

[Currently-online]

Under Five Group – run by child and adolescent psychotherapists Mary-Anne Tandy and Milly Jenkins (based in the UK) meets every second Friday [08h00-09h30]. Contact **Mary-Anne Tandy** at ma@childpsychotherapy.co.za

[Planning-stages]

Trevor Lubbe's Memorial Event – a glorious gathering on 12 December [Trevor's birthday!]. Venue wish: A Garden

Honouring and hope

The Johannesburg Parent and Child Counselling Centre (JPCCC) has arranged a crucial fundraiser together with **Dr Tracey Farber**. Johannesburg-based psychologist, she recently completed a doctoral study on the experience of trauma, resilience and despair in elderly child Holocaust survivors.

This online workshop, titled **Building Resilience in the Therapeutic Relationship**, includes discussion on: roots in early attachments; empathic attunement; hope, a critical feature; and resilience in the therapist.

The JPCCC – original 'home' of psychoanalytic thought in Johannesburg – last year celebrated its 75th anniversary. Support this event to help it to survive into the future.

When: Sunday, 23 August; 19h00-21:00

Tickets R300 pp at www.qkt.io/Resilience2

Supervision: parents

Working with parents/caregivers is a part of all therapeutic interventions that are offered to children. The relationship that is formed, or the therapeutic alliance that is made with parents, has an impact on the therapy and can hinder or enhance the therapy. There are many dilemmas, challenges, pitfalls and victories that therapists encounter whilst working with parents. These should be interrogated and understood more deeply, so that parents' role in the therapy can be more clearly understood and worked with.

This currently online supervision group, led by **Nina Wessels**, involves critically engaging with readings around parent work, and supervision on a parenting case. Nina is an experienced child psychotherapist, has worked in child and adolescent mental health teams, school settings and been a course lead for various Tavistock courses, including a clinical Master's Degree in Psychological Therapies with children, young people and families.

Dates: 3rd Tuesday of month

Time: 19h30-21h00

Cost: R200 per month

More details: Hayley Haynes on hayleylisahaynes@gmail.com

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The Collected Works of D. W. Winnicott. Edited by Lesley Caldwell and Helen Taylor Robinson.

12-volume set. Oxford University Press. (2017) Note: e-books available.

Bion and Thoughts Too Deep for Words: Psychoanalysis, Suggestion, and the Language of the Unconscious. By Robert Caper. Routledge. 2020.

Thoughts to deep for words

The Johannesburg Association of Psychoanalytic Psychotherapy Study Groups (JAPPSG) organised a virtual paper presentation by **Robert Caper** a few weeks ago. Titled, *Containment, self-containment and psychological growth: a contribution to Wilfred Bion's theory of the container*, it was fantastically attended – a fundraiser for child work. This 2020 Zelma Memorial Lecture also marked over 40 years of the association's life.

If you missed this or want more of Robert Caper, you might be interested in a new **six-week online seminar** covering material from his new book, *Bion and Thoughts Too Deep For Words*. Robert will be connecting a number of topics, such as the relationship/distinction between psychoanalysis and suggestion, the role of non-verbal communication (body language and the musical elements of speech), in psychoanalysis and in suggestion, and Bion's ideas about memory, desire, truth and the "O" of psychoanalysis.

As he says: "timing is a little on the late side, by my calculations 22h30 to midnight in SA, but some night owls might still want to give it a shot."

Where: Zoom

When: Thursdays 10 September until 15 October.

Cost: \$510

Registration: <https://www.cpcpnyc.com/events/bion-caper/>. Zoom link for seminars to be provided upon registration.

Or contact **Melissa Stanger** at eskinassistant@gmail.com with any queries.

Visit our facebook page
www.facebook.com/InstitutePsychodynamicChildPsychotherapy

parts of the whole

The IPCP offers a **Certificate in Observational Studies and Therapeutic Skills with Children** designed to fill a gap in the training of South African child mental health workers. The course offers a psychoanalytically-informed approach to workers and comprises four modules: infant observation, psychoanalytic theory, work discussion/clinical seminars and child development. The IPCP is an accredited CPD provider and points can be attained from participating. **In the name of development:** the IPCP offers a limited amount of reduced rate spaces (50% discount). So if you are a student ensure you book speedily.

Theory Courses

Winnicott – Aug / Sep

Nichi Casati is about to start the Winnicott Theory Course comprising six seminars of two hours each.

See the story below for details or

e-mail: nichi@mweb.co.za/082 898 6299

Bion – Oct / Nov

Katharine Frost and Richard Parry will co-facilitate six seminars of two hours each.

Dates: Mondays 5 Oct-9 Nov, 19h00-21h00

If still online David Hadley will jump on board!

Contact: kf@ububele.com

Money matters

These are the banking details for any JHB courses. Please reference your payment properly. Payment confirms your place. Nowadays you'll receive a **Zoom** link.

Name: IPCP | Bank: Standard Bank | Branch: Killarney 007205 | Account no: 023193956
Ref: Course + Name | POP: louiseop2@gmail.com

Winnicott wisdom

You can still jump on the train [ing] and book for **Nichi Casati's** Winnicott theory course. Starting **next week**, and running for six weeks, as always this promises to be excellent grounding as well as an opportunity to re-engage with one of the most inspiring theorists of our time.

A clinical psychologist and active member of the IPCP since 1998, Nichi's lectures cover key papers showing how Winnicott evolved his own theory of the early developmental process and the mother's contribution to it; as well as his papers on transitional phenomena; his theory on play; the true and the false Self; the antisocial personality; and creative living.

cape

Talking about the Cape

An update on the components of the Cape's IPCP's Certificate in Observational Studies and Therapeutic Skills with Children:

- **Theory courses** will begin again in 2021. The contact person for these dynamic courses – Klein, Winnicott, Freud and Bion – is **Tanya Wilson**, tanyawilson@mweb.co.za **NB:** If you have completed three, or all four, of the theory courses, you are invited to submit an essay towards certification. Contact Tanya for more info.

- **The Infant Observation Seminar** continues led currently by **Judy Davies** and **Terri Blaszkiewicz**. Terri will run the group from 2021. Info for opportunities into the future: Judy Davies on 021 685 1872/083 273 3475 or e-mail jdavies.practice@iafrica.com; or Terri Blaszkiewicz on terriblasz@gmail.com

- A series of **30 clinical seminars** on work with children and adolescents continues online. Facilitated by **Melanie Horwitz**, practitioners present their clinical work with a child or adolescent during the course of a year. For next year contact: Melanie Horwitz on melanie.horwitz03@gmail.com

For more info in the full post-graduate course contact **Judy Davies** on jdavies.practice@iafrica.com

- Cape Town's IPCP's second **Child Development Course** will be offered on line from February 2021. Originally designed by Graham Music, consultant child and adolescent psychotherapist (Tavistock Clinic, London), and author of *Nurturing Natures*, the course offers students an acquaintance with recent and original research in early child development. For info contact the course co-ordinator **Bea Wirz** at bwirz@telkomsa.net

When: Tuesdays – Aug: 18, 25; Sep: 01; 08; 15; 22

Time: 19h00-21h00

Cost: R2 500 (students/ interns R1250)

CPD: 12 CPD (applied for)

Payment: IPCP; Standard Bank, Killarney (007205); Ac no: 023193956; Ref: Your name + Winnicott. Readings and Zoom link will be sent upon POP.

Bookings and POP: Nichi Casati at nichi@mweb.co.za or Sable Leicher at sableleicher@gmail.com

facts

A book

Memory Wall by Anthony Doerr (2010)

"In the wise and beautiful second collection from the acclaimed, Pulitzer Prize-winning #1 New York Times bestselling author of *All the Light We Cannot See*, "Doerr writes about the big questions, the imponderables, the major metaphysical dreads, and he does it fearlessly" (The New York Times Book Review).

Every story in *Memory Wall* is a reminder of the grandeur of life – of the mysterious beauty of seeds, of fossils, of sturgeon, of clouds, of radios, of leaves, of the breath-taking fortune of living in this universe.

A poem

Wilderness by Ian McCallum

Have we forgotten
that wilderness is not a place,
but a pattern of soul
where every tree, every bird and beast
is a soul maker?

Have we forgotten
that wilderness is not a place
but a moving feast of stars,
footprints, scales and beginnings?

Since when
did we become afraid of the night
and that only the bright stars count?
Or that our moon is not a moon
unless it is full?

By whose command
were the animals
through groping fingers,
one for each hand,
reduced to the big and little five?

Have we forgotten
that every creature is within us
carried by tides
of Earthly blood
and that we named them?

Have we forgotten
that wilderness is not a place,
but a season
and that we are in its
final hour?

Wilderness features in Ian McCallum's book of poems, **Wild Gifts**.

You can download and purchase the PDF here >>> www.ian-mccallum.co.za/wild-gifts

Ian McCallum is a medical doctor, analytical psychologist and psychiatrist. He is a specialist wilderness guide, an author and poet as well as a director of the Wilderness Foundation. Ian is also a former rugby Springbok and vice captain (1970-74).

"Everything that takes people to the courts (or to the asylums for that matter) has its normal equivalent in childhood...If the parents can stand up to all the child can do to disrupt the parents' world, things will settle down."

— Donald W. Winnicott

thought

All over the world

Keep an eye on live webinars from Confer. Events can be watched live or recorded. Due to increasing popularity make sure you book a few days before the event. 🌸

One to watch:

Confronting Mortal Threat – unconscious processes in the face of death

Saturday 5 September 12 noon (GMT)

Dr Richard Gipps, Professor Paul Hoggett, Dr Merav Roth and Dr Estela Welldon, chaired by Anouchka Grose

A taste:

Dr Richard Gipps | Being Philosophical About It

To be "philosophical" or "stoical" is to remain calm and able to think in the face of adversity. But how have the philosophers suggested we achieve this? And how can their deliberations be drawn on in the consulting room without therapy degrading into intellectual discussion? In this talk Richard will discuss the relation of six virtues – the cultivation of healthy pride (dignity), the development of ego strength (inner courage), amor fati (acquiescence to fate), the will to power (determination), receptivity to grace (the cultivation of gratitude), and seeing life sub specie aeternitatis (the bigger picture) – to the "philosophical" life.

Contact <https://www.confer.uk.com/event/processes.html>



The place where we live

The Australian Psychoanalytic Society (APAS) has invited us to Dr. Lesley Caldwell's lecture *The Place Where We Live* on Friday, 28 August (SA 10h00). The talk is based on Winnicott's account of being at home, being alone and draws on his ideas that *Home is where we start from*, the title of his posthumous collection (1986). It offers a way of thinking about the patient in analysis, the widespread condition of homelessness in the contemporary world, and the engagement with the art object and what it offers.

The invitation came via psychoanalyst **Karyn Todes**, current scientific chair of the Australian Psychoanalytic Society. The APAS has generously offered South African colleagues a reduced rate of R300.

To book e-mail APASSscientific@gmail.com and say that you are wanting to make a booking from South Africa. Name drop: Karyn Todes!

Children in trouble

Bellavista S. H. A. R. E. has organised a webinar with **Dr. Bruce Perry**, MD, PhD, child psychiatrist. Dr Perry wrote together with author Maia Szalavitz *The Boy Who Was Raised as a Dog* and *Born For Love: Why Empathy is Essential and Endangered*, and has been instrumental in changing the way mental health practitioners understand and treat trauma. He has served as a consultant and expert witness on many high-profile incidents involving traumatized children, including the 1995 Oklahoma City bombing, the 1999 Columbine school shootings and the 2001 September 11 terrorist attacks.

This webinar with Dr Perry aims to provide an overview of the key principles of neurodevelopment crucial for understanding the role of experience in defining functional and physical organisation of the brain.

Date: Wednesday 9 September

Time: 19h00-20h00

To register: <https://www.bellavistashareonline.org.za/course/search.php?search=bruce+Perry>

Remembered

Cape Town's IPCP has been running a set of monthly workshops **Infant Observation Remembered**. Experienced clinicians share their infant observation papers, and in discussion with **Judy Davies**, explore the experience of observation at the time and the enduring impact of the observation on their clinical work.

Judy Davies jdavies.practice@iafrica.com

Dates: 25 August and 28 September

Time: Tuesday mornings 11h30-12h45

Cost: R100 per seminar

Payment: IPCP Cape Town, Standard Bank Claremont, Account: 07 631 1007

Send POP to Bea Wirz – bwirz@telkomsa.net. On receipt you will be sent the article and zoom link.



Institute for Psychodynamic
Child Psychotherapy

IPCP Chairs

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