

## Figuring

The title of this issue of **the read thread** is *Figuring*, borrowed from Maria Popova's 2019 book of the same name. Exploring the complexities of love and the human search for truth and meaning through the interconnected lives of astronomers, environmentalists and poets, our endeavours as clinicians are not that different. We spend much of our time helping patients to figure themselves and their lives out. Together we get to know the figures who dwell both inside and out. We don't just say 'go figure' when we are faced with the strange or the unexpected – in fact we find red threads in the uncanny and in the opposites. Popova also addresses in her writing – her column *Brain Pickings* ([brainpickings.org](http://brainpickings.org)) a lighthouse if ever you are lost in the dark or at sea – other themes so prevalent in our work at the moment. Grief, loss and change. As the third wave rises higher and higher, as the cross-currents in our country and around the world pull us down, or land us in places we never thought to go, we are faced every day with narratives of sudden death, of great courage, of terrible suffering and of extraordinary resilience.

The IPCP, steered by its unwaveringly committed chair **Irene Chait** and her team, continues to charter new waters, developing ways to support and grow child workers and the children and families they treat. This issue is once again full of evidence of the power of creativity, of the value of standing on the shoulders of giants and, when we are ready, stepping down and treading our own path, shoulders not frozen, not hunched, but facing forward, as we navigate, to quote poet Emily Dickinson, 'the beauty and terror of being alive'.

## Much meaning

A very moving and well-attended **Infant Observation Introduction Workshop** was held in May. It included contributions by South Africa's infant observation teachers and a presentation by Becky Hall (UK-based) of her paper *Holding Difference in Mind*.

Weren't able to attend? A recording of the event can be purchased for R300.

Payment details: IPCP, Standard Bank, Killarney, Account 023193956,

Ref: Name + Infant Obs

**For more detail or POP** [louiseop2@gmail.com](mailto:louiseop2@gmail.com).



Elands Bay, 2020. Graeme Williams.

*"The root of creativity is found in the need to repair the good object destroyed during the depressive phase."*

thought

– Melanie Klein

## Paper prize

In March we held the first **Trevor Lubbe Memorial Lecture**. This will be an annual event and this year we were lucky to have psychoanalyst Donald Campbell presenting his paper *On Pseudo-Normality: an adolescent's struggle with his sexuality identity*.

We are excited to announce that we have now established a **best paper award** together with the *Journal of Psycho-Analytic Psychotherapy in South Africa*. The journal's editorial board has agreed to have an annual **Trevor Lubbe Award** for best contribution to the PPSA Journal on child work. Submissions will be due at the end of the year [deadline to be announced shortly]. They will be reviewed by a panel and the winning paper selected. Open to all, clinicians who have written papers on their infant observations or for the clinical component of the IPCP Certificate, are strongly encouraged to consider submitting.

Child and adolescent psychotherapist, Trevor Lubbe, leaves behind a legacy of deep commitment to child work and best practice.

## Thinking about: gender diversity

If you haven't booked, it's not too late.

This workshop organised by the IPCP, titled *Gender affirming care with children: ethical principles and practice wisdoms*, is part of an ongoing dialogue on best care practice with gender diverse children and their parents. The first case presentation will recount a therapeutic intervention assisting a young girl and her family through the multi-faceted transition process.

There will also be presentations on working with parents and private vs public care. Throughout the workshop there will be opportunity for the audience to engage with the presenters and discussants.

These include: Ron Addinall, Chris McLachlan, Judith Ancer, Jonathan Bosworth, Nokulunga Nene-Mokgele and Akani Shimange.

When: Saturday 12 June

Time: 09h00-12h00

Where: Zoom

Cost: R400 (R200 for students/R100 pp for group (5+))  
bookings

CPD: 3 ethics points applied for

Booking: [sableleicher@gmail.com](mailto:sableleicher@gmail.com)

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## Kleinian thought

The next IPCP theory course begins on 22 June and runs for six weeks. Led by consultant child and adolescent psychotherapist and psychoanalyst **Nina Wessels**, this online course will explore the seminal works of **Melanie Klein**. Klein's writing will be situated historically and the theory will be linked to clinical practice. The seminars include: an introduction to Klein; unconscious phantasy; Klein's play therapy technique, infant development, the depressive and the paranoid schizoid positions; and then ends with current Kleinian practice.

Nina has presented at conferences and taught and supervised therapy training courses in the UK and abroad. Well worth attending.

[For more info see parts of the whole >>>](#)

## Giving birth to new experience

Infant observation is a stellar learning opportunity whether you are working with infants, children or the infant within the adult. There are still a couple places in **Katharine Frost's** group which started a few weeks ago and is held on Thursdays at 11h00. Make that call.

The purpose of these observations includes the training of the observer in disciplined observation. The perspective adopted is mainly psychoanalytic. A recent addition is that you will also be assigned a mentor, a member from the IPCP's training committee, to support and guide you.

[For more info contact Katharine Frost at \[kf.ububele@gmail.com\]\(mailto:kf.ububele@gmail.com\)](#)

## A note of reassurance

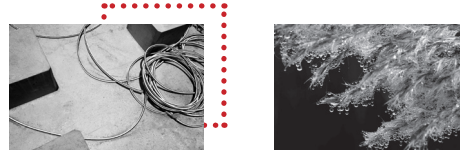
Some of us received a letter from the **Health Professions Council of South Africa (HPCSA)** requesting an upload of points by 30 April 2021. However, Mpho Mbodi, head of the HPCSA Professional Practice Division has been reported as saying: *"All practitioners who received notice to submit will be provided with a further six months extension ... if they are unable to prove their compliance within the initial 30 days provided"*.

Our umbrella body, the **South African Psychoanalytic Confederation (SAPC)**, is in contact with the HPCSA to ask that the implementation of the new platform and system of checking compliance with the CPD regime be adjusted to accommodate for the many challenges practitioners have had to negotiate this year – such as delays in receiving accreditation applied for, for events.

*"Best advice I ever got... you have to go the way your blood beats. If you don't live the only life you have, you won't live some other life, you won't live any life at all. That's the only advice you can give anybody."*

– James Baldwin [The Last Interview and Other Conversations]

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## New website follows the thread

Much time and thought has gone into the building and creating of our new **website**. Still a work in progress and after many iterations, it is now alive and kicking.

As a point of departure the creators have drawn from the IPCP's newsletter, **the read thread** (this being the 47th edition). to create an aesthetically integrated website for the institute. A visual hallmark of the newsletter has been a photograph or painting. The images have sometimes linked obviously to the front page editorial, at other times more subtly, inviting free association.

The website used a selection of images taken last year during lockdown, that reflect, in an elegant and understated way, the need for creativity in our practice, and how beauty and hope can be found on Earth, great and small, even as life can feel impossibly painful and broken.

So follow the red **thread** and go and have a browse, click on the links and see the IPCP's wealth of offerings. Ongoing developments include a new resource **Find a Child Therapist** tab.

[ipcp.co.za](http://ipcp.co.za)

## Advocacy: an imperative

Violence towards children

Saturday 21 August

09h00-12h00

*Enough is Enough*, was last year's workshop's theme. Abuse and violence towards children has increased significantly since South Africa's first lockdown over a year ago. With increasing cases being reported to the Teddy Bear Clinic, and all of our child centres, we are committed to continuing to advocate for the protection and safety of children.

[Watch this and the normal spaces for more info.](#)

## parts of the whole

The IPCP offers a **Certificate in Observational Studies and Therapeutic Skills** with Children which 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, psychoanalytic theory (four courses), work discussion/clinical seminar. A paper for each module needs to be written and passed to obtain the IPCP Certificate.

The IPCP is an accredited CPD provider and points can be attained from participating. In the name of development: the IPCP always offers a limited amount of reduced rate spaces per offering (50% discount). So if you are a student ensure you book speedily for our courses.

### Theory Courses 2021

**Freud** has just finished with thanks to our new teacher Theodora Manolopoulou, London-based child and adolescent psychotherapist. Klein is up next.

#### Klein

Led by: **Nina Wessels**

Dates: June; 22, 29; July; 6, 13, 20, 27

Time: 19h30-21h00

Cost: R2 500 (students/interns R1 250)

CPD: Points being applied for

#### Winnicott

Led by: **Nichi Casati**

Dates: August; 18, 25; Sep; 1, 8, 16, 22

Time: 19h00-21h00

Cost: R2 500 (students/interns R1 250)

CPD: 12 (will be applied for)

#### Bion

Led by: **Katharine Frost and Richard Parry**

Dates: October; 4, 11, 18, 25; Nov; 1, 8

Time: 19h00-21h00

Cost: R2 500 (students/interns R1 250)

CPD: 12 (will be applied for)

**Contact: For all courses e-mail Louise Oppenheim at [louiseop2@gmail.com](mailto:louiseop2@gmail.com)**

### Money matters

When you book for any JHB courses, these are the banking details. Make sure you reference your payment properly. Once you have made payment you can take it that your place on the course or workshop is confirmed. 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](mailto:louiseop2@gmail.com)

## Child therapy supervision group

Today child therapists are treating increasingly disturbed children who have been exposed to trauma, abuse and neglect. With the ongoing pandemic, children are living with stressed and anxious parents, many of whom are dealing with loss and grief as well as financial strain. Restrictions on socializing and schooling, have further impacted negatively on children's normal development, and left them feeling anxious, frustrated and often bored.

Children in therapy at this time can be difficult to treat and a supervision group run by child psychotherapist and psychoanalyst **Irene Chait**, will provide a space to think about and understand the child's behaviour and play; the child's effect on the therapist; and how best to assist the child and family.

The clinical seminar group will be ongoing weekly for a year, and clinicians can join for their own personal/professional development, or they can participate as part of the IPCP Certificate – fulfilling the requirement for the Clinical Module (attendance at 30 group supervision sessions, and at the end writing a clinical papers of a child case).

The child therapy supervision group will begin with six introductory seminars:

1. The Importance and Meaning of a Child's Play
2. The Playroom Setting
3. Assessing a Child for Child Therapy
4. Work with the Parents
5. The Emotional Impact on the Child Therapist
6. Different Endings

Cost: R800 per month

CPD points have been applied for.

Enquiries: Irene Chait at [ichait@tiscali.co.za](mailto:ichait@tiscali.co.za)

relevant  
read-ings

**The Infantile in Psychoanalytic Practice Today.** Florence Guignard. Routledge. 2022

**How I Lost my Mother: a story of life, care and dying.** Leslie Swartz. Wits University Press. 2021

**Reading Freud: a chronological exploration of Freud's writings.** Jean-Michel Quinodoz. Routledge. 2005

*"I would rather be the child of a mother who has all the inner conflicts of the human being than be mothered by someone for whom all is easy and smooth, who knows all the answers, and is a stranger to doubt."*

– Donald Winnicott

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## Steep yourself in theory

A wonderful chance to attend two lectures by **Bob Hinshelwood** and **Jan Abram**.

- Organised as a fundraiser by Sapa/Sapi, the first lecture is on 26 June, *The Clinical Paradigms of Melanie Klein & Donald Winnicott*.

The lecture is drawn from their book published in 2018 which aims at a comparison of Klein and Winnicott in the form of five short presentations followed by more detailed dialogues. In this presentation to us they will revisit some of the theoretical comparisons and dialogues that arose during the process of preparing the book. After the short presentations, with reference to the way each speaker reflects on psychoanalytic practice, there will be a brief dialogue. This will be followed by an invitation to the audience to participate.

- On Saturday 23 October, the second lecture *The Clinical Paradigms of Donald Winnicott & Wilfred Bion* is based on their book of the same name.

In this event the authors will focus on the different clinical paradigms of Winnicott and Bion, addressing seminal concepts such as holding and containing. After each presentation, as with the first event, there will be a dialogue, followed by an invitation to the audience to participate.

Bob Hinshelwood is a Fellow of the British Psychoanalytical Society, a Fellow of the Royal College of Psychiatrists and Professor Emeritus, University of Essex. He is the author of many publications, including *A Dictionary of Kleinian Thought* (1989).

Jan Abram is a training analyst in the British Psychoanalytical Society, a visiting professor at University College London and the vice-president of the European Psychoanalytic Federation. *The Language of Winnicott* (1996) is one of her many publications.

When: 26 June and 23 October

Time: 11h00-13h00 (SAST)

Where: Zoom

Tickets: R300 per lecture/R500 for both (students R150 per lecture)

CPD: 2 per lecture applied for

Enquiries: [sapi.exco@gmail.com](mailto:sapi.exco@gmail.com)

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The **Infant Observation Seminar** continues, led by **Terri Blaszkiewicz**. For this and other IPCP opportunities in the Cape contact its current chair Terri, on 079 769 0828 or [terriblasz@gmail.com](mailto:terriblasz@gmail.com)

## Wording it

The IPCP offers a **Certificate in Observational and Therapeutic Skills with Children**. The course 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.

**NB:** Join our 2021 intake and join an infant obs group, a child supervision group, or do a theory course. See opportunities in this issue.

## Writing workshops

Writing the papers for each module offers you an opportunity to cohere and consolidate the IPCP Certificate Course. It benefits your professional development including the opportunity to become an **IPCP teacher**.

As we begin a new 2021 intake we want to consolidate previous intakes by assisting people to write up their course papers.

**Mary-Anne Tandy** and **Beverley Tydeman** have generously offered their assistance:

**Infant observation and clinical papers**

Mary-Anne Tandy will continue assisting those writing their infant observation and clinical papers.

**Contact:** [ma@childpsychotherapy.co.za](mailto:ma@childpsychotherapy.co.za)

**Theory papers**

Beverley Tydeman is offering one more seminar on writing the psychoanalytic theory paper. Thurs 17 June, 19h30-21h00.

**Contact Sable:** [sableleicher@gmail.com](mailto:sableleicher@gmail.com)

**NOTE:** Closing date 30 June for infant observation, clinical and theory papers. Under special circumstances we will give you an extension. Contact Sable or Mary-Anne, details above.

thought

“We’re so often told that art can’t really change anything. But I think it can. It shapes our ethical landscapes; it opens us to the interior lives of others. It is a training ground for possibility. It makes plain inequalities, and it offers other ways of living”

– Olivia Laing



## Good Reads

### The Prophet

Kalil Gibran

“And a woman who held a babe against her bosom said: ‘Speak to us of children’.

And he said:

Your children are not your children.

They are the sons and daughters of Life’s longing for itself.

They come through you but not from you.

And though they are with you they belong not to you.

You may give them your love but not your thoughts.

For they have their own thoughts.

You may house their bodies but not their souls.

For their souls dwell in the house of tomorrow, which you cannot visit not even in your dreams.

You may strive to be like them, but seek not to make them like you.

For life goes not backward nor tarries with yesterday.

You are the bows from which your children as living arrows are sent forth.

The archer sees the mark upon the path of the infinite, and He bends you with His might that the arrows may go swift and far.

Let your bending in the Archer’s hand be for gladness:

For even as He loves the arrow that flies, so He loves also the bow that is stable.”

First published 1923

Have a look on <https://www.ebooks.com>

## Looking at newborns

Join psychologists and parent-infant specialists **Katharine Frost** and **Nicki Dawson** for professional training in **The Newborn Behavioural Observation (NBO) system**. Training includes the careful observation of 18 newborn capacities and behavioural adaptations prominent from birth to the third month of life.

When: 3-17 September (every Friday morning)

Time: 08h30-14h00

Where: TBC

Cost: R5000 per person

CPD: 2 per lecture applied for

Nicki Dawson on [nicki@ububele.org](mailto:nicki@ububele.org)

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## Fanon in conversation

The **Minazana Group** & the **SAPC Transformation Team** are starting a series – **Fanon in Conversation** – with **Lerato Seohatse** and guests, on the teaching of **Frantz Fanon** in our lived experience. The conversations will be followed by a median analytic group facilitated by **June Manala** and **Yahya Mayet**.

Where: Online

When: last Saturday June-November

Time: 10h30-12h30

R1 500 for the series (sliding scale & monthly payments). Space is limited and the series aims to decentre whiteness.

E-mail: [Minazanagroup@gmail.com](mailto:Minazanagroup@gmail.com)

## Theatre of the mouth

In September Ububele will be hosting a series of online workshops with world-renowned psychoanalyst and psychoanalytic child psychotherapist **Suzanne Maiello**. The workshops will focus on Early Infant Observation, oral issues and ‘the theatre of the mouth’. Participants will have the opportunity to engage with Suzanne around clinical material on both a theoretical and technical level.

For more about these workshops email **Sable Leicher** at [sable@ububele.org](mailto:sable@ububele.org)

Vital listening: **Dr Bessel van der Kolk** on <https://youtu.be/53RX2ESlqsm>. And then order his book *The Body Keeps the Score: brain, mind, and body in the healing of trauma*.

Contemporary thinking to be found at: *Psychoanalysis.today* <[mail.psychoanalysis.today@gmail.com](mailto:mail.psychoanalysis.today@gmail.com)>

## Minecraft: therapeutic

A webinar organised by the UK-based **Squiggle Foundation** will be held on Saturday 19 June (10h00-12h45 GMT). *Digital Cartography: some tentative impressions of using Minecraft in intensive child psychotherapy / analysis* will comprise a presentation by **Adam Duncan** and then discussion. **Adam Duncan** is child and adolescent psychotherapist and an adult psychoanalyst practicing in London. With his colleague, **Ben Stambler**, he has been pioneering the use of the computer game **Minecraft**, in conjunction with video contact with children, as a therapeutic tool. The success of this approach has led to plans for integrating this into future face-to-face practice when this becomes possible.

Contact: [info@squiggle-foundation.org](mailto:info@squiggle-foundation.org)

Cost: £20 [Students £10]

Bookings close: Thursday 17 June

Further details: <http://squiggle-foundation.org/event/squiggle-online-adam-duncan/>

## Case for mental health

The South African Psychoanalytic Confederation (SAPC) engaged the **National Health Insurance (NHI) Parliamentary Committee** last week with a prepared presentation as a follow-up to its last written submission.

**Zamo Mbele** and **Coralie Trotter** presented on our behalf and made a powerful argument for prioritising mental health and the value that psychoanalytic practitioners offer. **Carin-Lee Masters** and **Brett Pepper** were in the team that went to Parliament.

The presentation was streamed live: [https://youtu.be/6bjNx35P\\_sl](https://youtu.be/6bjNx35P_sl). [Started at 2.41]

Keep abreast with crucial issues that impact us all: South African Psychoanalytic Confederation via Workplace <[notification@fbworkmail.com](mailto:notification@fbworkmail.com)>

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Institute for Psychodynamic Child Psychotherapy

## IPCP Chairs

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