

It's all in the space

A few weeks ago *The Centre for the Less Good Idea*, a **William Kentridge**-inspired interdisciplinary space in downtown Johannesburg [www.lessgoodidea.com], had planned a concert titled BREATHE. Just two weeks later, due to high seas, it has been cancelled. This is a deflating time. Children are being caught in the cross currents with disturbing reports of high infection rates of the Omicron variant in under-fives.

A year ago in this newsletter we reflected on the year that was, and the shell-shock of the pandemic and its influence on life on our planet. A year later our ears may still be ringing from the shock, but for many it is the relentless undertow that is pulling us down. Child and adolescent workers are reporting unprecedented levels of anxiety and depression. Desperate parents are finding it hard to find therapeutic spaces for children. It is hard to keep buoyant as we are faced with declines wherever we look.

Most people right now need some respite; need to retreat in a good way. A *luftpause* is a symbol used in musical notation to direct the performer of the music passage to take a breath or to make a slight pause. For many of us it is unlikely that we are going to have the luxury of fields of time and space, however, even a pause can make a difference – although maybe not a world.

Synchronistic perhaps, this, our 49th newsletter, has had an injection of space giving you the reader a chance to catch a headline on the front page, and then at your leisure [recall that word] click on the hyperlink and read the detail in later pages or in other spaces. Sometimes just 'one small thing' such as a change in typeface can be surprising in the difference it makes. Over this time, have a pause, turn your head slightly and you may see something that you haven't noticed for a while. Or simply change your expression – even if it's not a reflection of what you are truly feeling, sometimes behaviour really can lead the way towards change!

thought

“Where all human connections are distrusted, the human being is very quickly lost.”

— James Baldwin



A walk on the beach, Elandsbaai, December, 2021 Graeme Williams.

► Orient to time, place and person

[in the attached PDF click on page numbers to jump to the full story]

IPCP snapshot

First off and for more details on what we are up to visit our new website: ipcp.co.za
Also see the salient points from the IPCP's AGM [2]

Infant Observation Groups: Two currently running in Johannesburg. Spaces in Terri Blaszkiewicz's Cape Town group [2]

Elective Options: Jan Abram – Advanced Winnicott and Child Development Course [3]

Trevor Lubbe Memorial Lecture and Award: *The Problem of Empty States of Mind and the Uninteresting Internal Object* presented by Anne Alvarez [2]

Theory Courses: Cape Town IPCP are running Freud, Klein, Winnicott and Bion online in 2022 [3]

Clinical Seminar Groups: Melanie Horwitz currently running one in Cape Town. Some spaces in Irene Chait's in Johannesburg [3]

Spaces in IPCP affiliated groups and workshops

Under-5 Group run by Raine Cohen [2]

Ububele's Introduction to Psychotherapy: an online course run by Mary-Anne Tandy [2]

Ububele's Introduction to Parent-Infant Psychotherapy: Nicki Dawson [3]

Ububele's specialised supervision group for clinicians working with children [4]

The Johannesburg Psychoanalytic Psychotherapy Study Group [4]

One psychoanalytic snapshot

Clinical Case Presentations with Neuropsychanalytic Discussion. Catch Anil Seth and Mark Solms in dialogue: <https://npsa-association.org/events/neuropsychanalytic-case-conference-series-2021-22/>

In the pipeline

Ethics Workshop: *Enough is Enough* – Saturday 19 February, 09h00-12h30

Adolescent Conference: Provisional dates: Saturday mornings 15 and 22 May

■ Steady and strong

The IPCP's first National AGM was held in November. Chair **Irene Chait** spoke through the year that was and plans for the year ahead. Contributions were made from chairs Terri Blaszkiewicz (Cape) and Bev Miles (KZN). Johannesburg's IPCP committee has grown and is currently made up of 20 members, playing different roles and involved in training, event organising, admin and technological support. Cape Town has 10 committee members and KZN three. The commitment and hard work of the chairs and committee members has enabled the institute to grow and develop, providing ongoing and excellent services and training in child work, whilst the context in which we are operating continues to rock, rattle, roll and shake.

There are many people to thank, but a transformational presence has been **Mary-Anne Tandy** who tirelessly works behind the scenes both conceptually in terms of the institute's offerings as well as practically. She has introduced us to a wealth of teachers.

The core of the IPCP still remains a training in child therapy for mental health workers, working with children and their families in different settings.

Says Irene Chait: "Child training, which offers the option of doing the IPCP's **Certificate in Observational Studies and Therapeutic Skills with Children**, includes infant observation groups and clinical seminars in the different centres, and theory courses online, for accessibility across the country. We also have exciting electives and workshops planned for 2022. We have had a big drive to get people to write their papers for the IPCP Certificate, some who completed the courses a while ago. People often do our courses for their own personal and professional development and CPD points. However, we like to encourage people to write the papers for each module, which although does require time and discipline, is a great learning experience to cohere the course, and to integrate what one has learnt.

"Importantly over the past two years, in spite of the anxiety and the limitations as a result of the pandemic, we have increased outreach nationally and engaged diverse mental health workers working with children in often difficult settings.

"We have also structured the IPCP better, and done some foundational work such as updating the Handbook (training), our Constitution and our Website."

Our new website outlines and details our structure and offerings – visit ipcp.co.za

Certificates awarded: 2020

Final Certificate for completing all three Modules: Belinda Spalding-Jones

Certificate for Clinical Seminars: Kerri-Anne Alexander

Certificate for Infant Observation: Bev Miles, Sharon Spradbury, Kerry Roberts, Alison Lees, Katharine Frost, Katie Bromley, Lesley Strous, Michelle Nortje, Milica Repensek.

Certificates awarded: 2021

Final Certificate for completing all three Modules: Katharine Frost, Bev Miles

Certificate for Infant Observation: Kerri-Anne Alexander, Katrin Woodhouse, Linzi Rabinowitz

Certificate for Clinical paper: Katharine Frost, Justine Evans

Certificates Theory paper: Katharine Frost, Bev Miles, Sharon Spradbury

■ Start in the right place

Introduction to Psychotherapy is an online introductory course run by Mary-Anne Tandy [<https://calabash.courses/speaker/maryanne-tandy>]. The course is aimed at interns and those wishing to develop their work from a psychoanalytic perspective. Included in the course will be discussion of key theoretical concepts; assessment; and levels of interpretation.

FACTS

Dates: 5, 6, 7 January

Time: 09h00-12h00

Venue: Zoom

Cost: R600

Bookings: info@ububele.org

■ Observing in Cape Town

A new **Infant Observation Seminar** is starting in Cape Town in January. Run by *Terri Blaszkiewicz*, it is offered as a module of a three-part series offered by the IPCP. It can also be taken as a stand-alone course for clinicians working with both children and adults.

Members observe an infant in its own home, in interaction with family members, from birth for two years. The weekly visits last an hour. Detailed notes are made as soon as possible after the observation as these observations include the training of the observer in disciplined observation. This includes the noting of his or her feelings and behaviour, and subsequent reflection. The perspective adopted in psychoanalytic literature and in child development research is referred to where appropriate. Particular emphasis is placed on an attempt to describe the infant's emotional and psychological experience as manifested in all aspects of his/her behaviour and early relationships.

FACTS

The weekly seminar with five or six members lasts 1¼ hours.

If you are interested in this bedrock work contact child and adolescent psychotherapist Terri Blaszkiewicz on 079 769 0828 or e-mail terriblasz@gmail.com

■ Empty spaces – a scientific lecture

In March we will be holding our second **Trevor Lubbe Memorial Lecture** and are delighted that consultant child and adolescent psychotherapist, **Anne Alvarez**, will be delivering her paper *The Problem of Empty States of Mind and the Uninteresting Internal Object*. Anne visited South Africa in 1996 where she taught many of us and visited our child training centres. She wrote a chapter in Trevor Lubbe's book *The Borderline Psychotic Child* and so her paper feels particularly fitting. Anne is well known for her book *The Thinking Heart: Three Levels of Psychoanalytic Therapy with Disturbed Children*, published in April 2012 by Routledge. <https://www.karnacbooks.com/Author.asp?AID=212>

Winner of our newly established annual **Trevor Lubbe Award** will be announced. This award is for the best paper published in the journal, *Psychoanalytic Practice*, on child work.

FACTS

When: Thursday 10 March

Time: 19h00-21h00 CAT

Where: Zoom

Cost: R300 (R150 students/interns)

CPD: 2 points applied for

RSVP or POP: sableleicher@gmail.com/
louiseop2@gmail.com

■ Littlies

The ongoing **Under-5 group** offers a space for clinicians who have an interest in working with young children and their families. Meetings include both theoretical papers as well as clinical material.

When: Every second Friday of the month

Time: 08h00-09h30

Cost: R2 000 for the year

Raine Cohen will facilitate the group and *Felicity Tyson*, a Tavistock-trained child and adolescent psychotherapist, based in the UK, will offer her insights and supervision.

For rich learnings contact Raine Cohen at raine.cohen@gmail.com for more info

■ The language of Winnicott

An exciting new IPCP offering is a course on Winnicott's teachings facilitated by **Jan Abram** [<https://psychoanalysis.org.uk/our-authors-and-theorists/jan-abram-0>]. This group is for qualified clinicians who would like to deepen their understanding of Winnicott through their clinical work. The seminars will be based on Jan's *The Language of Winnicott* and will include a clinical presentation by a member of the group.

FACTS

When: 4 Feb, 11 Mar, 8 Apr, 6 May, 3 Jun, 1 Jul, 2 Sep, 7 Oct, 4 Nov, 2 Dec.

Time: 16h00-17h30 (Jan, Feb, Mar, Nov, Dec)
15h00-16h30 (Apr, May, Jun, Jul, Sep)

Venue: Zoom

Cost: R4 000 (R1 000 deposit secures booking)

CPD: 10 CPD points being applied for

Contact: Zarius.grove@gmail.com

■ Child Development Course *

We are delighted to inform clinicians and students of the next upcoming **Child Development Course** which is being offered nationally. 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.

Attendees of the 14 seminars will receive prescribed papers/texts and teachings from psychotherapists with significant experience in attachment, development, as well as child and family work.

2022

Saturdays — 10h00-11h30

- 12 Feb – Developmental research & pre-natal life
- 12 Mar – The importance of very early experience
- 09 Apr – Attachment theory
- 14 May – Neurobiology & early development
- 11 Jun – Culture, diversity & developmental issues
- 23 Jul – Language, empathy & other minds
- 13 Aug – Memory & internal representations of relationships
- 10 Sep – Early defences
- 15 Oct – Play, creativity & flexibility
- 12 Nov – Adolescence & early adulthood

2023

Saturdays — 10h00-11h30

- 21 Jan – Humans as a group species
- 11 Feb – Gender, sexuality & the role of the father
- 11 Mar – Moral development
- 15 Apr – Maltreatment & resilience

FACTS

Venue: Zoom

Cost: R3 750 (R1 500 deposit secures your spot.) **Students:** R1 875 (R500 deposit)

CPD: 14 points (applied for)

Book: E-mail POP and contact details to **Nicky Windsor** at ipccapetown@gmail.com

Contact course co-ordinator: **Siobhán Sweeney** at siobhan@humannature.co.za

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 three-module course offers a psychoanalytically-informed approach: infant observation, psychoanalytic theory (four courses) and 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 *

Exciting news is that Cape Town's IPCP is running a full year of consecutive theory courses in 2022. These will take place ONLINE, accessible from wherever you are.

IPCP accredited, these courses form part of the IPCP's Certificate. However, each course can also be attended as a stand-alone and consists of eight weekly seminars on a Thursday morning from 08h15-09h45.

Contact Tanya Wilson (coordinating the theory courses) at tanyawilson@mweb.co.za, or individual facilitators, for more details.

Freud – Facilitator: Beverley Tydeman (bjtydeman@icloud.com)

Dates: Feb 3, 10, 17, 24 | Mar 3, 10, 17, 24

Klein – Facilitator: Siobhan Sweeney (siobhan@humannature.co.za)

Dates: Apr 28 | May 5, 12, 19, 26 | Jun 2, 9, 23

Winnicott – Facilitator: Justine Evans (justineevans@telkomsa.net)

Dates: Aug 4, 11, 18, 25 | Sep 1, 8, 15, 22

Bion – Facilitator: Tanya Wilson (tanyawilson@mweb.co.za)

Dates: Oct 13, 20, 27 | Nov 3, 10, 17, 24 | Dec 1

* * * Money matters * * *

To book and pay for the **Child Development Course** or next year's **Theory Courses** make sure you pay into the right account – **Cape Town's IPCP account**. Once you have paid send your POP to **Nicky Windsor** at ipccapetown@gmail.com

Name: Institute for Psychodynamic Child Psychotherapy

Bank: Standard Bank

Branch: Claremont | 025109

Account no: 076311007

Reference: Course + Name

“Even a thought, even a possibility, can shatter us and transform us.”
— Nietzsche

■ Child therapy supervision group

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

The group is on-going weekly for a year, and clinicians can join for their own personal/professional development, or they can participate as part of the IPCP's Certificate – fulfilling the requirement for the Clinical Seminar module (attendance at 30 group supervision sessions, and at the end writing a clinical paper of a child case).

FACTS

Cost: R800 per month

When: Wednesday afternoons 13h00-14h15

Enquiries: **Irene Chait** at ichait@tiscali.co.za



Three books:

Hating, Abhorring and Wishing to Destroy: Psychoanalytic Essays on the Contemporary Moment

Editors: **Donald Moss and Lynne Zeavi**. Routledge. 2021

https://www.karnacbooks.com/product/hating-abhorring-and-wishing-to-destroy-psychoanalytic-essays-on-the-contemporary-moment/96024/?Referrer=News03Dec2021&utm_source

Affect, Representation and Language: Between the Silence and the Cry

Author: **Howard B. Levine**. Routledge. 2021

https://www.karnacbooks.com/product/affect-representation-and-language-between-the-silence-and-the-cry/96017/?Referrer=News03Dec2021&utm_source

Lost to Desire: The Ecole Psychomatique de Paris and its Encounter With Patients Who Do Not thrive

Author: **Wolfgang Lassmann**

<https://www.karnacbooks.com/product/lost-to-desire-the-ecole-psychomatique-de-paris-and-its-encounter-with-patients-who-do-not-thrive/96027/?Referrer=>

And a paper:

Hoyt, M. F. 1978. **Secrets in psychotherapy: theoretical and practical considerations**. *Int. J. Psychoanal.* 5: 231-241



For IPCP opportunities in the **Cape:**

Terri Blaszkiewicz at terriblasz@gmail.com

For IPCP opportunities in **KZN:**

Bev Miles at milsbev001@gmail.com



■ **Never stop learning**

Ububele currently runs specialised online supervision spaces facilitated by experts within the particular fields. These spaces count towards the Clinical Seminar component of the ICP’s Certificate – if you are training for the Certificate then you have to attend all four (i.e. weekly supervision).

A specialised supervision group for clinicians working with **children under the age of 5 years old**

- **Facilitator:** Beverley Tydeman (online)
- **Time:** second Mondays 12h15-13h30
- **Cost:** R1 800 per year
- **CPD points:** 1 per meeting

A specialised supervision group for clinicians working with **latency children**

- **Facilitator:** David Hadley (online)
- **Time:** third Mondays 12h15-13h30
- **Cost:** R1 800 per year
- **CPD points:** 1 per meeting

A specialised supervision group for clinicians working with **adolescents**

- **Facilitator:** Antje Netzer-Stein (online)
- **Time:** fourth Mondays 12h15-13h30
- **Cost:** R1 800 per year
- **CPD points:** 1 per meeting

A specialised supervision group for clinicians working with children and young people with **complex needs**

- **Facilitator:** Eleni Zacharia (online)
- **Time:** first Mondays 12h15-13h30
- **Cost:** R1 800 per year
- **CPD points:** 1 per meeting

For more on these wonderful teachers: <https://www.therapyroute.com/article/clinical-supervision-groups-2020-by-ububele>

For more info@ububele.org

■ **Early work**

Ububele’s **Introduction to Parent-Infant Psychotherapy** focuses on infant and perinatal mental health theory; observation of interactions between caregivers and infants; and working with the relationship between mothers, fathers and their infants.

FACTS

When: 28 January to 18 March 2022

Time: Friday mornings 09h00 - 12h30

Venue: Online (Teams)

Cost: R6 000

CPD: Points applied for

RSVP: nicki@ububele.org

“ *A breakdown is not merely a random piece of madness or malfunction; it is a very real — albeit very inarticulate — bid for health and self-knowledge. It is an attempt by one part of our mind to force the other into a process of growth, self-understanding and self-development that it has hitherto refused to undertake. If we can put it paradoxically, it is an attempt to jump-start a process of getting well — properly well — through a stage of falling very ill.* ”

— Alain de Botton

For more from Alain de Botton – https://www.themarginalian.org/2021/10/13/alain-de-botton-normalcy-breakdown/?mc_cid=2d1ba0b2a0&mc_eid=0972198487

■ **Hard at work**

The South African Psychoanalytic Confederation (SAPC) has had a busy year and its outgoing chair Siobhan Carter-Brown comments that the pared down structure and clear vision of the confederation is holding well. Its well-designed Workplace site keeps us up to date every day or as it happens. Brett Pepper is the incoming chair.

For a report on the year that was and plans into the future, see the post about its AGM and the PDF on 18 November.

If you’re not linked contact the SAPC on sapcontact@gmail.com to get access to it or go to

<https://southafricanpsychoanalyticconfederation409.workplace.com/>

thought

“ *“Unseen the threads are knit together/And an infinite combination grows.”* ”

— Freud quoting from Goethe’s Faust

■ **Gravitas**

The Johannesburg Psychoanalytic Psychotherapy Study Group (JPPSG) was established 40 years ago* and has been a pioneer of psychoanalytic thought and work in our country. Along with its allied and offspring groups, it holds monthly meetings and at least one annual workshop run by a visiting analyst.

The monthly meetings include both clinical presentations as well as theoretical discussion. The original group currently has space for new members.

Interested clinicians contact Lesley Caplan on 083 415 3502

**Watch this and other spaces for detail on the 2022 Zelma Joffe Memorial Lecture.*

■ **Art of healing**

Lefika la Phodiso continues to offer containing and therapeutic spaces for children – visit its new website and read about its online training in community art therapy: www.lefikalaphodiso.co.za

Good Read

Whether a therapist or a patient – or both – when you are taking a pause this month read this:

Written by Jungian **Marion Woodman** and found in the introduction to the book *Coming Home to Myself* by Marion and Jill Mellick.

Linearity does not come naturally
To me. It kills my imagination
Nothing happens
No bell rings
No moment of here and now
No moment that says yes
Without these, I am not alive
I prefer the pleasure
of the journey through the spiral.
Relax
Enjoy the spiral.
If you miss something
on the first round,
don’t worry
you might pick it up
on the second – or third – or ninth.
It doesn’t matter.
Relax.
Timing is everything.
If this bell does ring,
it will resonate
through all the rungs of your spiral
If it doesn’t ring,
it is the wrong spiral –
or the wrong time –
or there is no bell.

Visit our new website:
ipcp.co.za
Go and have a browse, click on the links and see the ICP’s wealth of offerings. Ongoing developments include a new resource Find a Child Therapist tab.