



### Thinking strings

As with any belief system or worldview, there is always the risk of splitting, of idealising and of devaluing. Much has been written about this across all disciplines, our own included. *Understanding* is one of the key words in our lexicon and most of us spend – some would say inordinate amounts of time – trying to. Bion built on Klein's idea of the epistemophilic instinct. In a more generalist google nutshell: an innate drive for comprehension; a concept coined to describe the uniquely human longing to penetrate existence's infinite mysteries. It likely arises from an intolerance of senselessness, a primal craving for islands of order amid oceans of uncertainty.

Bion elevated this desire for knowledge [K] to a status equivalent to that of love [L] and Hate [H]. For Bion K is as essential for psychic health as food for physical wellbeing. In our profession we have increasingly rich psychic feasts on offer. Many of them, we are proud to say, prepared and served up by the IPCP. However, as confirmation bias implies, we must never forget that there are many feasts out there – both ancient and contemporary – that have contributed, whether resonantly or dissonantly, to exploration of the great mystery called life. If there is one truth, perhaps it is that we will never actually know that much, and the islands of order, are just that, islands in a sea of not-knowing, and they could disappear, taking us with them, under a wave, in a blink.

It is tempting to think of our ideas and indeed ourselves, as original and unique. Realising that we are simultaneously different but also the same, can be mind-bending. Think of suffering. We can feel the loneliness (despair and even the specialness) of our own suffering; sometimes a feeling of unity in 'being in it together'; and then difference once again – 'this is nothing to do with me'. Sameness and difference – key concepts.

### thought

“ people were those  
who broke for me the string  
therefore  
the place became like this to me  
on account of it  
because they've broken the string  
I no longer hear the ringing sound  
through the sky.”

— Diä!kwain [from the broken string in  
Antje Krog's *the stars say 'tsau'*]



Graeme Williams, Namibia, 2007

If you are reading this, the chances are you find psychoanalytic ideas compelling. In the literature there are constantly new thoughts on old ideas. However, of course, there are other modalities and worldviews, that are much older than us and the giants [think Freud] on whose shoulders we stand. For example the San are the oldest human inhabitants of Southern Africa, living here no less than 20 000 years ago, and maybe as many as 45 000. One could ask how different really were their concepts on healing? Think *reverie* for example.

Says **Carolyn Thorp**: “Xam !gi:ten (shamans) accomplished much of their supernatural work by ‘dreaming’, in which thought played a pivotal role. According to the !Xam worldview, thought was generated by the throat arteries or ‘thinking strings’.

Moreover, thoughts generated by thinking strings were conceptually similar to the blood that !gi:ten used to cure illness; both were a means of ‘working magic’. This conceptual system has interpretative implications for the long and often sinuous painted red lines that occur in some rock art. Perhaps these thin red lines represent the thinking strings of !gi:ten.”

Dreams, thinking, and linking, the sounds that come out of our mouths and our bodies – all these are of interest to us as healers. We might frown on magical thinking, and generally try not to think of ourselves as magicians but perhaps we are not so different as we sit with our patients, them hoping we'll find a cure – and us trying to – through tying things together. Through finding the red thread.

### ► Orient to time, place and person

[For the easiest read – open the PDF attached; for an in-depth read of it – click on the page numbers below and the **blue highlighted text** throughout.]

#### Online Theory Courses

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**Freud** – facilitated by *Coenie Hattingh*, has had his turn | **Klein** is up and running with *Siobhán Sweeney*; to catch the balance of the quartet: **Winnicott** – *Justine Evans* – July / August | **Bion** – *Tanya Wilson* – October / November

#### Workshops and Seminars

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**Surviving as a psychotherapist in the South African context: focus on brief psychotherapy and technique** (3 seminars) – *Beverley Tydeman* – May

**Dreaming across the life cycle** – July

**Infant Observation presentation** – July

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**Ethics Workshop: Our children are living in a dangerous, violent world** – August [page 3]

**Adolescence Conference** – October

#### Lectures

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**A chance for children** – *Professor Marie-Rose Moro* – June

**Zelma Joffe Memorial Lecture** – *Daniel Pick* – September

## Parts of the whole

The IPCP is an accredited CPD provider and points can be attained from participating in our activities.

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) and a work discussion/clinical seminar. A paper for each module needs to be written and passed to obtain the IPCP Certificate.

### 2024 THEORY COURSES

Cape Town's IPCP is running this year's series of weekly **ONLINE SEMINARS**. Don't miss the next two:

**Winnicott** – Justine Evans – Jul 10-Aug 28 (Wednesdays 18h30-20h00) [justinembevans@gmail.com](mailto:justinembevans@gmail.com)

**Bion** – Tanya Wilson – Oct 9-Nov 27 (Wednesdays 18h30-20h00) [tanyawilson@mweb.co.za](mailto:tanyawilson@mweb.co.za)

**Where?** Online live seminars – Zoom link will be e-mailed before seminars.

**Who can attend:** Students, interns, qualified psychologists, social workers, community workers, psychiatrists, teachers, nurses, occupational, art and music therapists.

**Length:** Each course is 8 seminars and can be attended in succession or as a stand-alone course.

**CPD points:** 8 CPD points (per course) are applied for every year.

**Description:** Seminal works are used to introduce and explore each theorist's key psychoanalytic concepts, with a focus on the mental development of infants and children. Seminar format includes both didactic teaching as well as space to grapple with the theories and concepts. A more detailed description of each individual course will be distributed closer to the time.

**Cost per course:** R2 750 [full cost] | R1 375 (students/interns/comm serv/comm workers)

**Group booking:** R550pp for a group of five or more [students/interns/comm serv/comm workers]

**Bookings:** Nicky Windsor at [ipcpcapetown@gmail.com](mailto:ipcpcapetown@gmail.com)

Each theory course forms part of the IPCP's **Certificate in Observational Studies and Therapeutic Skills with Children** – but are also invaluable stand-alones.

### Zoom notes

Please make sure that your Zoom name is your full name (e.g. not Galaxy tab/Samantha's iPhone) so that we can easily identify people in the waiting room.

- **Evaluation forms** will be sent out at the end of the meeting. Please complete the Evaluation Form as it is helpful for us in planning future events. The HPCSA also requires an Evaluation Form for obtaining CPD points.
- **CPD points** will only be given for attending the event.
- The **recording** of the event will be sent to all those who have booked — for those who cannot attend due to load-shedding or another commitment, and for those who want to hear the event again. The recording will be password protected and available for 10 days.

Unfortunately there will be no refunds.

### thought

“ **The outer is the object of our observation but not of our interest. Thus the fisherman sits and directs attention unwaveringly on the float, yet the float does not interest him, only the movements down on the seabed.** ”

— Søren Kierkegaard

### \*\* UPCOMING WORKSHOPS \*\*

#### A chance for children

Make sure you don't miss this lecture on 24 June. Given by **Professor Marie-Rose Moro**, a psychiatrist working with children and adolescents, it is titled *Giving Children a Chance for Tomorrow*. Marie-Rose is an international leading figure in the transcultural field. She comments that there are a thousand and one ways of having a family in the world, and yet we find it hard to imagine other people's families and not judge them and see them as strange, even pathological, especially when it comes to children. The same applies to the way we think about children, their needs, and the way we care for them, and to our relationship with languages and care. Using clinical examples, she will demonstrate the power of collective histories, transgenerational transmissions and stories that permeate the intimate and infinitely small aspects of our lives. We will share, she says, a transcultural session.

#### FACTS

**When:** Monday 24 June @ 19h00-21h00

**Where:** Zoom

**Cost:** R360 / R180 for students or group of five or more

**CPD:** 2 applied for

**Bookings:** Tricias Maphosa: [maphosatricias@gmail.com](mailto:maphosatricias@gmail.com)

## Helping us to survive



The IPCP has organised a brief course – three seminars – run by child and adult psychotherapist **Bev Tydeman** titled **Surviving as a psychotherapist in the South African context – focus on brief work and technique**.

**1 Theory and method:** Different models of psychotherapy and developing your own style and competencies that describe a brief psychoanalytic framework of thinking.

**2 The mind of the psychoanalytic psychotherapist at work:** Feelings count – tracking the transference and countertransference as emotional shifts take place during the session; maintaining professional boundaries; being open to the negative transference; active containment, not just passive listening; bearing unbearable feelings that are projected.

**3 Emotional development of ourselves as clinicians – survival with enjoyment:** Self-reflection and supervision; impasse and ending; the need for another mind on the therapeutic interaction; avoiding enactments by 'doing' rather than 'being'; our personalities and histories, as well as our skills, knowledge and experience are the tools of our trade; how do we find the balance between our own philosophy of life and our work – our work/life balance?

#### FACTS

**When:** Fridays: 17, 24, 31 May

**Time:** 15h00-17h00

**Where:** Zoom

**Cost:** R1 000 / R500 students / R600 for group of five or more

**CPD:** 6 applied for

**Bookings:** Tricias Maphosa: [maphosatricias@gmail.com](mailto:maphosatricias@gmail.com)

## Holding in mind

**Winnicott's** theories of mind and psychological development are introduced in this eight-week course run by **Justine Evans**, and will provide an immersion in his original writings and the opportunity to discuss and understand the roots and distinctions of his middle-school psychoanalytic thinking. Application to clinical work will be encouraged to bring theoretical concepts to life, in keeping with the parallels that Winnicott drew between the baby's first relationships and the work of psychoanalysis.

#### FACTS

**When:** Wednesdays 10 July-28 August

**Time:** 18h30-20h00

**Cost:** R2 750 (See above details on theory courses for discount options.)

**CPD points:** 8

**Bookings:** Justine Evans at [justinembevans@gmail.com](mailto:justinembevans@gmail.com)

## ■ Endangered children

The IPCP's annual ethics conference is in the planning stages. The working title is *Our children are living in a dangerous, violent world*. Watch this and the normal spaces for more detail on the programme.

### FACTS

**Date:** Saturday 17 August @ 08h30-14h30

**Venue:** Zoom

**Cost:** R900 [R600 students and five or more]

**CPD:** 5 applied for

**Bookings:** Tricias Maphosa: [maphosatricias@gmail.com](mailto:maphosatricias@gmail.com)

## ■ Dreaming across the life cycle

On behalf of the IPCP, **Mary-Anne Tandy** has yet again waved her magic wand and negotiated a wonderful opportunity for us. On 6 July the **Manchester Psychoanalytic Development Trust** has arranged a hybrid one day conference titled *Reverie: Dreaming Across the Life Cycle*. A taste: an opportunity to think together about the experience of dreaming throughout the life cycle as individuals and in social groups. Guest speakers include Dr Alexandra de Rementeria, Dr Catalina Bronstein, Leon Kleimberg and Helen Morgan.

**Cost: 50 pounds (approx. R1 190)**

**NB** Booking process: This almost fifty percent reduced fee is exclusively for colleagues living and working in South Africa.

Click on <https://www.ticketsource.co.uk/mpdt>. Select Conference, then book the International Online Delegate ticket. Input the password 0607/2024 to progress.

**For more information on this conference or on upcoming events visit the MPDT's website [mpdt.org.uk](http://mpdt.org.uk)**

## ■ Cape Town

IPCP Cape Town is running this year's **online theory courses**. IPCP accredited, these courses form part of the IPCP's Certificate Programme. However, each course can also be attended as a stand-alone. For details about the courses on Winnicott and Bion see [pages 1 and 2](#).

**For other IPCP opportunities in the Cape contact its chair Dr Siobhán Sweeney at [siobhan@humannature.co.za](mailto:siobhan@humannature.co.za)**

## ■ KZN

There are new developments planned in KZN. These include running another *Introduction to Child Psychotherapy* course; as well as the potential for a new infant observation group offered by **Sharon Spradbury**.

**For IPCP opportunities in KZN contact chair Bev Miles at [mlsbev001@gmail.com](mailto:mlsbev001@gmail.com)**

## ■ Head spaces

The IPCP's ongoing and time limited reading and supervision groups have become key spaces in which to learn. Some are currently filled to the brim but have a look at these and take the gap.

### ONGOING GROUPS

#### ● **Child Psychotherapy Group**,

a new clinical and theoretical group facilitated by **Irene Chait**.

Members present their child cases for group supervision and work through interesting papers from two recently published child psychotherapy books. *Contemporary Child Psychotherapy, Integration and Imagination in Creative Clinical Practice* – edited by Sue Read, and Jeanne Magagna (2022) and *Child and Adolescent Psychoanalysis in a Changing World. Children on the Edge* – edited by Catalina Bronstein and Sara Flanders (2023).

When: first and third Tuesday evenings every month beginning 7 May

Time: 19h30-21h00

Cost: R250 per session

CPD points will be applied for. For personal and professional growth, the group will also fulfil the requirements of the Clinical Module of the IPCP Certificate Course [[www.ipcp.co.za](http://www.ipcp.co.za)].

Contact Irene Chait [ichait@tiscali.co.za](mailto:ichait@tiscali.co.za) or 082 600 5113.

● The **Under Five Group** is aimed at clinicians who have an interest in working with young children and their families. It offers an opportunity to deepen and consolidate one's theoretical understanding, as well as enhance clinical skills.

**Raine Cohen** facilitates the group and Tavistock-trained **Felicity Tyson**, offers her insights and supervision.

When: second Friday of the month

Time: 08h00-09h30

Contact Raine Cohen at [raine.cohen@gmail.com](mailto:raine.cohen@gmail.com) for more information

#### ● A **Parent Infant Psychotherapy**

**Supervision** group, facilitated by **Katharine Frost** has some spaces.

Monthly first Friday from 11h00-12h15

Cost: R250 per session (+ joining fee R300)

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

● **Clinical Seminar Group**. Facilitated by **Katharine Frost**. This in-person group has one space available.

Weekly Friday mornings: 08h00-09h15

Cost: R250 per session (+ joining fee R300)

Interested? Contact Katharine on [kf.ububele@gmail.com](mailto:kf.ububele@gmail.com)



#### ● **Bev Tydeman's Outreach Group**

provides an opportunity to share the impact of aspects of our work on ourselves as clinicians. Based on the Tavistock model of Work Discussion, psychoanalytic ideas are applied using the group process to encourage curiosity and reflection.

The group is expanding and open to new members working in community organisations in all centres in South Africa.

When: third Wednesdays of the month

Time: 19h30-21h00

Cost: free of charge

Contact Beverley Tydeman at [bjtydeman@icloud.com](mailto:bjtydeman@icloud.com)

#### ● **Winnicott's teachings** – facilitated by **Margaret Spelman**

When: every second Friday of the month February-November [9 sessions]

Cost: As the year has already begun a reduced fee of R3 200 for the year.

Contact Zarius Grove at [zarius.grove@gmail.com](mailto:zarius.grove@gmail.com)

● **Adolescent Supervision group** – facilitated by **Ariel Nathanson**. A few spaces left in this group.

When: monthly every second Thursday

Cost: As we are some way in to the year the fee is reduced to R3 500 for the year

Contact: Zarius at [zarius.grove@gmail.com](mailto:zarius.grove@gmail.com)

## ■ Nothing to do with us!

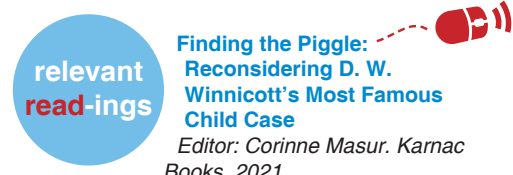
Three of our infant observation teachers **Katharine Frost**, **Belinda Spalding-Jones** and **Shayleen Peeke**, were invited to present their paper at the 9th Infant Observation Conference held by the Tavistock Clinic in London. Titled *Nothing to do with us! Thinking about race in the teaching and learning of infant observation in South Africa*, it generated much interest and discussion. We will have the good fortune of hearing their presentation in July at an Infant Observation event, together with British psychoanalyst and infant observation supervisor **Anjali Grier**.

More details to follow but in the meantime...

### FACTS

**When:** Saturday 20 July

**Bookings:** Tricias Maphosa: [maphosatricias@gmail.com](mailto:maphosatricias@gmail.com)



**Herbert Rosenfeld – Then and Now: The Significance of His Work for Contemporary Psychoanalysis**

Editors: Karin Johanna Zienert-Eilts and Wolfgang Hegener. Karnac Books. 2024

“ Many stories can be told about something not because they are all equivalent, but because of the intrinsic insufficiency of language. The real is too slippery, it stands outside of the symbolic system.”

— Frosh (1997)

■ Make time to write

Psychotherapist and associate lecturer at Wits University, **Michael Owen** has taken over the editorship of *Psychoanalytic Practice*. We wave goodbye to outgoing editor **Katherine Bain** who steered a steady course and always championed the IPCP. For which we are truly grateful. Together we established the **Trevor Lubbe Award** for the best paper on child work. This will continue under Michael’s editorship and we encourage you to get to work on those papers you always mean to write.

Click on the *Psychoanalytic Practice* journal website for advice on case study papers or e-mail [Michael.owen@wits.ac.za](mailto:Michael.owen@wits.ac.za)

■ Ububele offerings

**THRIVE: Training in Healthy Relationships for 0-5s**

This course is for caregiving professionals and nannies. Facilitated by two counselling psychologists and one early childhood community practitioner it provides an understanding of attachment and infant development.

**FACTS**

**Where:** In person at Ububele offices, 1 10th Road, Kew

**Dates:** Every Wednesday from 8 May-26 June

**Time:** 14h30-17h30

**Price:** R2 500

**Circle of Security Parenting Training**

An eight-week step-by-step relationship-based parenting programme to help caregivers build healthy and secure relationship with their child. It will be facilitated by an educational psychologist and a child psychiatrist.

**FACTS**

**Where:** Online

**Dates:** Every Tuesday from 7 May-25 June

**Time:** 19h00-20h30

**Price:** R2 500 & R4 000 for co-parents

**All bookings:** [www.ububele.org](http://www.ububele.org)

**For more information:** [info@ububele.org](mailto:info@ububele.org)

■ A space for you

The **Tuesday Johannesburg Study Group** has space for new members. This group of mental health professionals falls under the *Johannesburg Association of Psychoanalytic Psychotherapy Study Groups (JAPPSG)*. Its hybrid meetings are CPD accredited and cover a range of psychoanalytic theory and thinking, including theory paper discussions from relevant professional journals and books, as well as clinical case presentations supervised by local and/or international psychoanalysts and psychoanalytic psychotherapists.

**FACTS**

**Where:** a group member’s home (currently Morningside)

**When:** monthly every fourth Tuesday from 19h00-21h00

**Cost:** Group fees between R3 000-R3 500 pa

This is a committed thinking group. Interested in being part of it? Contact its chair Gabi Levine at [gabilevine@vox.co.za](mailto:gabilevine@vox.co.za)

■ Great influence

**Isca Wittenberg** passed away on 24 December. At 100 years old, she was the oldest child psychotherapist in the world! Isca played a vital role in the development of psychoanalytic child work in SA, and in the formation of the first psychoanalytic study group in Johannesburg. In 1979 she led the first psychoanalytic conference, appropriately called *Beginnings*.



Click for **Jane O’ Rourke’s** interview with Isca when she was 96 years old.

■ Far and wide

This year’s **Trevor Lubbe Memorial Lecture** was given by **Dr Susan Donner**. As always we paid tribute to Trevor and perhaps it is useful to never forget...people...but also how much our work impacts so many more lives than we can ever know.

[Edited] “Trevor [Lubbe] understood life, in the deep recesses, the crevices, on the edge of cliffs at the bottom of the mind. He taught many of us to only move when there is movement...The work we do, however hard, is so much more than the



IPCP

Institute for Psychodynamic Child Psychotherapy

**IPCP Chairs**

**Gauteng:** Irene Chait | [ichait@tiscali.co.za](mailto:ichait@tiscali.co.za)

**Cape:** Dr Siobhán Sweeney | [siobhan@humannature.co.za](mailto:siobhan@humannature.co.za)

**KZN:** Bev Miles | [milsbev001@gmail.com](mailto:milsbev001@gmail.com)

sum of its parts. Its depth and its breadth, its far reaches, make for a wave, a ripple effect that moves like water into people and places that we can’t imagine and that continues long after we have gone. So to you Trevor, a big bow of gratitude for all the things that you set in motion in your life time and that continue rolling in as we navigate the pull of the subterranean currents, the low tides and the high. We like to think of you on the sea bed, in the deep dark, observing always, listening to the strange, primordial sound waves, taking in the reefs and the riffs, but also delighted by the movements of the strange creatures that dwell there – the frilled and the goblin sharks, the chambered nautilus, the tube worms; and most of all we picture you gazing wide-eyed in wonder at the whiplash squid that resembles a tuning fork.”

**Good th[read]**

**Floss Mitchell (Felicity Morrison)** was a psychotherapist in Pietermaritzburg – much loved by both her little patients and her colleagues. She took an active interest in the IPCP. Floss is also well known for her writings – both poetry and the posthumous publication of her memoirs about growing up in the KZN Midlands. It was a great sadness to all when she died of motor neurone disease last year.

**Farewell to the Play Therapy Room**  
By **Felicity Morrison**

The paint pots are drying like mud on the road in the sun; the glitter bottles are empty – the taggle-ends of a masked ball; the paintbrushes stand in their glass jar like so many forgotten soldiers shamed by inactivity.

There are no children at the door.

The dolls’ house wears a coat of dust and the tiny people in there are bewildered, lying topsy-turvy, their stories silenced.

The easel in the corner lies fallow: a field without seeds.

There are no children at the door.

... [edited due to space constraints]

The wooden-stemmed, golden-starred wand is but a stick

its magic drained away.

There are no children at the door.

All is still.

Even the fairies can no longer fly – they lie bundled ignominiously in a tatty old tissue box.

The clay stubbornly keeps its shape in the packet, a dead rectangular block; no small fingers working it into live, tell-tale magical creatures.

The sand tray is just sand And not the Heaven or Hell that children know.

There are no children at the door.