

Saturday 12th June 2021

**THE UNANALYSED RACE COMPLEX AND IT'S IMPLICATION FOR
PSYCHOANALYTIC TRAINING ORGANISATIONS, PSYCHOTHERAPISTS AND
THEIR PATIENTS'**

Frank Lowe

Racism has played a major role in the development of western societies, and although there has been progress towards racial equality, it remains a repressed organising principle in our culture and forms an unconscious part of our psyches, identities and relationships. This paper contends that as a result of this history there exists within the psyche a complex about race that is usually hidden, rarely explored and largely unanalysed. The race complex consists of feelings, images and beliefs, consciously and unconsciously held, which seems to autonomously influence our attitudes and behaviour and can obstruct or disturb our relations to reality. Although psychoanalysis has concepts and tools that can develop our understanding of this complex, psychoanalytic training organisations have historically failed to think about race and racism in the training of psychotherapists. Consequently, a psychotherapy culture has been inherited, which mirrors the wider culture, one in which race within the psyche is a largely unthinkable subject and is an unanalysed part of most therapists' minds. In this paper, I will draw on clinical and other material to illustrate the race complex, and propose that the profession needs to create a non-judgemental environment where resistance towards thinking about race and racism in oneself is better worked with in order that greater personal and professional understanding of race in the psyche and in our relationships can be achieved in our profession.

Frank Lowe is a psychoanalytic psychotherapist and Head of Social Work Adult Services and the Adolescent & Young Adult Service at the Tavistock Clinic. He has published several papers on race and psychotherapy and edited *Thinking Space: Promoting Thinking about Race, Culture and Diversity in Psychotherapy and Beyond* (Karnac 2013). He was given an award for psychoanalysis and diversity by the British Psychoanalytic Council in 2015 for establishing 'Tottenham Thinking Space', an open therapeutic group for Tottenham residents following the 2011 riots.

APPLICATION DETAILS FOR NOVEMBER 2020

This event will be held via Zoom video conferencing between 10.15am and 3.30pm

The cost for the lecture is £60 for WMIP / SAP members and £70 for Non-WMIP / Non SAP members

Bookings should be made/confirmed as soon as possible to avoid disappointment.

Please refer to the separate Booking Form.

APPLICATION DETAILS FOR JANUARY – JUNE 2021

The lectures from **January to June 2021 inclusive**, if held face to face, will take place at **The Birmingham & Midland Institute, 9 Margaret Street, Birmingham, B3 3BS (www.bmi.org.uk)**. These lectures will be held between **10:15 – 12:45**. If face to face isn't possible, they will take place via Zoom video conferencing. The cost for each lecture is **£50.00 for WMIP members** and **£60.00 for non-WMIP members (£45.00 and £55.00 if via Zoom)**.

Bookings should ideally be made at least a fortnight before the lecture to be attended.

PAYMENT DETAILS

Please make BACS payments as follows:

Bank: Barclays, Sort Code: 20-08-44, Account No: 03737950

Account Name: The Training in Jungian Analytical Psychotherapy

(Please use your name as a reference)

Payment by Cheque:

All cheques should be made payable to 'The Training in Jungian Analytical Psychotherapy' and sent to: Sue Harford, Administrator to the Training Committee, Unit 1A, Stockwith Park, Stockwith Road, Misterton, Nottinghamshire. DN10 4ES. Telephone: 07789 545908 Email: aptc@wmip.org



**WEST MIDLANDS
INSTITUTE OF
PSYCHOTHERAPY**

**The Analytical Psychotherapy Training:
Birmingham**

Presents

**A Public Lecture Series
2020 / 2021**

7th November 2020

16th January 2021

12th March 2021

15th May 2021

12th June 2021

A series of papers which illustrate the influence and application of Jungian and psychoanalytic concepts to the practice of analytical psychotherapy.



Saturday 7th November 2020

ALCHEMY – A BRIDGE TO JUNG’S “OBJECTIVE PSYCHE”

William Meredith-Owen

in collaboration with the Society of Analytical Psychology



This talk has its origin in a paper (JAP 2005) by Jeffrey Morey in which he presented a correlation of this striking image – ‘Athene arising from the head of Zeus’ – drawn from an alchemical emblem book of 1617, with the ‘splitting headache’ dream Winnicott experienced in the wake of completing his controversial review (IJAP 1964) of *Memories, Dreams, Reflections*. Winnicott’s contention that Jung ‘started of knowing (about the Self) but lacked a self with which to know’ effectively draws a challenging line between the objective, collective, unrepressed psyche of Jung and the subjective, personal, repressed unconscious of Freud: yet his dream, ‘which cleared up an element of my psychology that psychoanalysis could not reach’, self-confessedly

bridges these two perspectives that have for so long regarded each other with mutual suspicion.

One implication of this alchemical image of the bearded contemplative accepting (self) sacrifice in order for the Athene (Self) figure to emerge is that the work of psychoanalytic introspection, leading to a relinquishment of narcissistic preoccupation, must necessarily precede any sustainable engagement with the ‘objective psyche’. Narcissus cannot see beyond his own image into the depth of the pool.

Although not of course couched in such terms I believe some such premise underpinned much of the alchemical opus, particularly its European flowering in the C16 & C17. This day conference is an invitation to consider this possibility in the company of the richly enigmatic imagery which expressed it.

William Meredith-Owen is a Training Supervisor with the SAP and former committee member of the APTC. He is the author of several papers, is currently Consultant Editor to the JAP, and continues in private practice in Stratford-upon-Avon and London.

Please refer to separate flyer and Booking Form for further details

Saturday 16th January 2021

**GAY WEREWOLVES, THE SYMBOLIC LIFE and RELIGIOUS
FUNDAMENTALISM: CONCERNING SEPARATION, PROPORTION and
METAPHOR**

Duine Campbell

The deeper dimension of life has been represented and upheld by lively mythology. While Jung valued the symbolism of mythology as the fullest expression of what is largely beyond words, a more modern attitude has been to equate ‘myth’ with ‘untruth’. Such contempt has been seen as underlying some fundamentalist religious sects in their pursuit of fanatical destruction.

[My thesis is that a misunderstanding of science and of religion sometimes leads to materialism that encourages a dismissive attitude to the planet and to other people, largely because it diminishes our experience to the merely rational.]

To counter this, I want to encourage you to enjoy some areas of creative activity which seek to embody old truths in new myths and re-invigorate a spiritual dimension in terms of a new and developing body of work that may be more relevant to contemporary minds, without seeking to supersede older, and now slightly shop-soiled mythology which could benefit from refurbishment.

After working as a teacher and counsellor for 27 years within secondary education, Duine was accepted for the first intake to WMIP’s Training in Jungian Analytical Psychotherapy, and has since then worked in private analytical practice in Droitwich, Worcestershire as a jobbing analytical psychotherapist.

Saturday 13th March 2021

**TANTALUS: FAVOURED BY THE GODS, BANISHED FROM JOY.
THE DYNAMICS OF TANTALISATION IN PSYCHOTHERAPY.**

Carrie Worrall

Myths are symbolic stories that have survived a long time, with a fluidity and amenability to cultural variety that allows them to transcend their historical roots. I think those stories that survive are those that convey psychological truth. This paper explores the myth of Tantalus – a crucial story for our time, dealing as it does with excessive consumption, the failure of satisfaction and the resulting agony of perpetually longing for something beyond reach. Drawing on material from clinical practice, I will explore how tantalisation may become established as a core dynamic in the psyche, resulting in tortured states of mind, including those found in eating disorders and extreme anxiety. How might psychotherapy reinforce or relieve this suffering?

Carrie Worrall is a graduate of the West Midlands Institute of Psychotherapy’s Jungian Training, now called the Analytical Psychotherapy Training. She has taught on the training and has previously published a paper on the inter-relational development of self-agency, in the International Journal of Infant Observation. She works in private practice in Leamington Spa.

Saturday 15th May 2021

**REFLECTIONS ON THE ROLE OF THE ANALYTIC SETTING
IN THE LIGHT OF COVID-19**

Jan Wiener, SAP

We have all been reflecting individually and collectively within our Institutes on the effects on our work with our patients caused by Covid-19 and the need to move suddenly from the setting of our own consulting rooms to working with patients online or on the telephone. This sudden change and subsequent negotiations about how and when to return have been central preoccupations.

This paper will focus on what we can learn from these experiences that can add to the knowledge we have already about the role of the setting in analytic work. Two papers form the foundation stone of the ideas to be developed. First, José Bleger (1967), a South American psychoanalyst, who comments on the ways in which the setting can remain the mute or silent projection carrier for primitive transference projections and affects for some patients that only emerge when there is a sudden change. Second, Alessandra Lemma’s (2014) development of Bleger’s ideas illustrating how the analyst’s body unconsciously represents an embodied feature of the analytic setting.

These ideas will be explored from a more Jungian perspective using relevant clinical examples from the time of Covid-19.

Jan Wiener is a Training Analyst and Supervisor at the SAP. She was until recently, Director of Training at the SAP. She is author of numerous papers and chapters on topics ranging from transference, supervision, ethics and training. She has written/edited four books. The most recent, edited with Catherine Crowther and published by Spring Publications in 2015 is called *From Tradition to Innovation: Jungian Analysts working in Different Cultural Settings*.