



**RC  
PSYCH**  
ROYAL COLLEGE OF  
PSYCHIATRISTS



**Faculty of Medical Psychotherapy**  
**Annual Conference 2021**  
21 - 23 April 2021 | Online Conference

## **Conference Brochure**



## **Foreword**

*Dear Delegates,*

*A very warm welcome to the Faculty of Medical Psychotherapy 2021 Conference entitled Survival and Development; Exploring our Internal and External Landscapes. We are delighted to have you all with us.*

*This year's conference will explore some of the main themes preoccupying our world at present; the pandemic, issues around race and social justice and climate change. The event follows a gap left by our cancelled 2020 Conference due to Covid-19, and, carries over one of its themes of the increasing and urgent concerns for our planet, including the effect it has on us and our patients.*

*The Covid-19 pandemic forced us to make some swift and fundamental adaptations to our private and professional lives. It was in this context that racism and climate change became more acutely visible to many, perhaps because of the shared sense of being at the mercy of something unknown, uncontrollable and dangerous. Many of us found some respite in the beauty, predictability and constancy of the natural world which in turn allowed us to (re-) examine how precious and at risk it is. The pandemic's statistics also played a part in unmasking startling inequalities in our society, highlighting the*

*link between social deprivation and the pandemic's mortality rate as illustrated by Prof Marmot's report 'Build Back Fairer'.*

*Long periods of isolation to contain an invisible threat, fear for oneself and loved ones and the anguish of loss and mourning have all contributed to extensive pressures on the psyche. We are only starting to process the sense of the acute loss, grief and anger that has emerged as a result. There is hope for emotional, social and environmental post-traumatic growth, although the extent of how possible this will be remains to be seen.*

*The virtual format of the Conference mirrors the way we have been conducting most of our personal and professional relationships since March 2020, bringing the experience of exaggerated proximity on screen alongside the lack of physical presence. To counteract this, we have created more shared spaces during the conference including; social dreaming events, large groups and increased time for discussion and plenaries. The large groups, alongside Medical Psychotherapy COVID webinar, is a legacy of the Conference we lost in April 2020, illustrating that once the initial shock passes, it might be possible not only to salvage something but create something new.*

*The conference comes at a time when we are emerging from the constraints of the latest lockdown and starting to engage with the*

*world opening again. This is running in parallel to our attempts to make sense of recent events on the personal, societal and global level. We hope that the event will go some way in addressing these aspects.*

*Many thanks to all our speakers and to our technical team, Helen and Leah, for bringing the conference to life.*

*We are looking forward to the stimulating and nourishing three days ahead and to seeing you all there.*

*Warmly,*

*Maria Eyres, Academic Secretary along with the Conference*

*Committee comprising:*

*Parveen Bains, Vikram Luthra, James Cooke and Grace Wood*

## Programme

<b>WEDNESDAY 21 APRIL</b>	
<b>15:00-16:00</b>	<b>Psychotherapy Tutors meeting</b>
<b>16:00-17:00</b>	<b>Regional Reps meeting</b>
	<b>Evening Session</b>
<b>17:30-17:35</b>	<p><b>Chair Dr Jo O'Reilly</b></p> <p><b>Welcome</b></p> <p>Dr Steve Pearce, Chair of the Faculty of Medical Psychotherapy</p> <p>Dr Maria Eyres, Academic Secretary of Faculty of Medical Psychotherapy</p>
<b>17:35-18:15</b>	<p><b>Psychoanalytic therapy behind the screen: some personal reflections</b></p> <p>Professor Alessandra Lemm</p>
<b>18:15-18:30</b>	Question and answer
<b>18:30-19:15</b>	<p><b>Dreams in search of a dreamer - concepts, praxis and potentials of social dreaming</b></p> <p>Laurie Slade</p>
<b>19:15-19:45</b>	<b>Plenary discussion</b>
<b>19:45-19:50</b>	<b>Conclusion</b>
<b>19:50</b>	<b>Close</b>

**THURSDAY 22 APRIL**

<b>08:00-08:45</b>	<b>Social dreaming matrix</b> <i>(limited places available)</i>  Laurie Slade
	<b>Morning Session</b>
<b>09:15-09:25</b>	<b>Chair Dr Maria Eyres</b>  <b>Welcome</b>  Dr Adrian James, RCPsych President  Dr Maria Eyres, Academic Secretary
<b>09:25-10:05</b>	<b>The empty couch: love and mourning in times of confinement</b>  Professor Rosine Perelberg
<b>10:05-10:20</b>	Question and answer
<b>10:20-11:00</b>	<b>Failure to recognise the impact of racist projection as an obstacle to achieving diversity</b>  Fakhry Davids
<b>11:00-11:15</b>	Question and answer
<b>11:15-11:40</b>	<b>Morning break and Poster viewing</b>
<b>11:40-12:20</b>	<b>On becoming climate aware as a psychotherapist</b>  Sally Weintrobe
<b>12:20-12:35</b>	Question and answer
<b>12:35-13:00</b>	<b>Plenary discussion 1</b>
<b>13:00-14:00</b>	<b>Lunch break and Poster viewing</b>

	<b>Afternoon Session</b>
<b>14:00-15:30</b>	<p><b>Large groups:</b></p> <p><b>A</b></p> <p>Dr Diana Menzies</p> <p>Dr Chris Holman</p> <p><b>Z</b></p> <p>Dr Rachel Gibbons</p> <p>Dr Maria Papanastassiou</p>
<b>15:30-16:00</b>	<b>Afternoon and Poster viewing</b>
<b>16:00-16:35</b>	<p><b>Chair: Dr Vikram Luthra</b></p> <p><b>Developing a conversation on race: obstacles and opportunities</b></p> <p>Susan Godsil in conversation with Isobel Conlon</p>
<b>16:35-16:50</b>	Question and answer
<b>16:50-17:20</b>	<b>End of day plenary discussion 2</b>
<b>17:20-17:30</b>	<b>Comfort break</b>
<b>17:30-18:00</b>	<p><b>AGM, Chair Dr Steve Pearce</b></p> <p>Jessica Yakeley and Mark Morris</p>
<b>18:00</b>	<b>Close</b>



---

**FRIDAY 23 APRIL**

<b>08:00-08:45</b>	<b>Social dreaming matrix</b> ( <i>limited places available</i> )  Laurie Slade
	<b>Morning Session</b>
<b>09:15-09:25</b>	<b>Chair: Dr Parveen Bains</b>  <b>Welcome</b>  Dr Maria Eyres, Academic Secretary and Dr Parveen Bains
<b>09:25-10:05</b>	<b>On the internal processes of migration</b>  Anne Amos
<b>10:05-10:20</b>	Question and answer session
<b>10:20-11:00</b>	<b>Resilience and reality, working with ICU staff during the pandemic</b>  Dr Penny Campling
<b>11:00-11:15</b>	Question and answer session
<b>11:15-11:45</b>	<b>Morning break and Poster viewing</b>
<b>11:45-12:25</b>	<b>Mommy, are we still on earth: coming alive in a hostile world</b>  Dr Lynne Zeavin

<b>12:25-12:35</b>	Question and answer session
<b>12:35-13:00</b>	<b>Being present in inner and outer landscapes – mindfulness meditation in medicine</b>  Dr Florian Ruths
<b>13:00-13:10</b>	Question and answer session

<b>13:10-13:20</b>	<b>Morning plenary discussion</b>
<b>13:20-14:00</b>	<b>Lunch break and Poster viewing</b>
	<b>Afternoon Session</b>
<b>14:00-15:30</b>	<b>Large groups:</b>  <b>A</b>  Dr Diana Menzies  Dr Chris Holman  <b>Z</b>  Dr Rachel Gibbons  Dr Maria Papanastassiou
<b>15:30-16:00</b>	<b>Afternoon break and Poster viewing</b>
<b>16:00-16:40</b>	<b>Afternoon session, Chair Dr Vikram Luthra</b>  <b>Spirituality in inner and outer landscapes</b>  Professor Alistair Ross

<b>16:40-17:10</b>	<b>Oral poster presentations and poster prize presentations</b> <b>Launch of Medical Student Psychotherapy essay prize</b>
<b>17:10-17:40</b>	<b>Conference closing plenary</b>
<b>17:40</b>	<b>Close of Conference - Dr Maria Eyres</b>

**Conference Committee:** Dr Maria Eyres (*Academic Secretary*), Dr Parveen Bains, Dr Vikram Luthra, James Cooke and Grace Wood,

## **Speaker abstracts and biographies**

### **Chairs:**

**Dr Jo O'Reilly** *Member of the British Psychoanalytic Society, member of the medical psychotherapy executive committee and a consultant psychiatrist in medical psychotherapy in Camden and Islington NHS Foundation Trust*

Dr Jo O'Reilly is a Consultant Psychiatrist in Medical Psychotherapy in a central London mental health trust and a member of the Medical Psychotherapy Executive Committee. She has a keen interest in the contribution of psychoanalytic ideas to every day psychiatric practice and organises a Psychodynamic Psychiatry Day with Rachel Gibbons at the RCPsychs in the November of each year. She is a co-editor and chapter author, also with Rachel Gibbons, of the RCPsychs textbook *Seminars In Psychotherapy*, currently in press. She is a member of the British Psychoanalytic Society.

**Dr Maria Eyres** *Academic Secretary of Faculty of Medical Psychotherapy*

Dr Maria Eyres is a Consultant Psychiatrist in Medical Psychotherapy and a Psychoanalytic Psychotherapist (BPC). She trained and worked in East London and at the Tavistock Clinic. After 22 years in NHS, she is now based at DocHealth, a not-for-profit consultation service for doctors provided in partnership with BMA and RNBF. This is her third year as the Academic secretary at the Faculty of Medical Psychotherapy. She co-chairs the Expert Reference Group on Historical Child Sexual Abuse and the Faculty's Reflective Practice Working Group.

**Dr Vikram Luthra** *Consultant Psychiatrist (dual trained) in Medical Psychotherapy, Leeds and York Partnership NHS Foundation Trust, and Psychoanalyst*

Dr Vikram Luthra is a Consultant Psychiatrist (dual trained) in Medical Psychotherapy working for the Leeds and York Partnership NHS Foundation Trust. Within this role he works for the Take Time Service (for Doctors and Dentists in difficulty) across the Yorkshire and Humber region. He has previously worked as an inpatient consultant within General Adult Psychiatry. He is the Training Programme Director for Foundation Year Doctors in Psychiatry across the West Yorkshire region. He is the Regional Medical Psychotherapy Representative for Yorkshire and an elected member of the Medical Psychotherapy Faculty Executive Committee. He is an accredited Balint group leader and a Balint Society Council member (UK). He holds an Honorary Senior Lecturer role at the University of Leeds. He is a member of the British Psychoanalytic Society and works as a psychoanalyst in private practice. He is a passionate educator and trainer and supervises junior doctors across all levels from Foundation Year to Higher Trainees.

**Dr Parveen Bains** *Dr Parveen Bains, Consultant Psychiatrist in Medical Psychotherapy, Hertfordshire Partnership University Foundation Trust, Psychotherapy Tutor for Hertfordshire, Medical Psychotherapy Regional Representative for the Eastern Division, Medical Psychotherapy Faculty Executive Member*

Dr Parveen Bains is a Consultant Psychiatrist in Medical Psychotherapy and an elected member of the Faculty Executive committee. She has previously worked as a Consultant Psychiatrist in Eating Disorders and still has a clinical interest in this area, particularly in working using Psychoanalytic Psychotherapy in the management of clients with Eating Disorders both in her NHS work and in private practice. She trained at the Maudsley and Oxford and is now working in Hertfordshire where she is Psychotherapy tutor. She is also the Medical Psychotherapy Regional Representative for the Eastern Division.

### **Wednesday 21 April 2021**

#### **Evening session:**

**Chair:** Dr Jo O'Reilly

#### **Welcome**

*Dr Steve Pearce Chair, Faculty of Medical Psychotherapy and Dr Maria Eyres*

Steve Pearce is Chair of the Faculty of Medical Psychotherapy. He heads the Oxford Health Complex Needs Service, the specialised personality disorder service for Oxfordshire and Buckinghamshire. He is vice chair of the College Professional Practice and Ethics Committee, and past chair of the NHS England Specialised Mental Health clinical reference group. Steve is a past president of the British and Irish Group for the Study of Personality Disorder, and is a specialist advisor to CQC for personality disorder.

## **Psychoanalytic therapy behind the screen: some personal reflections**

Professor Alessandra Lemma, *Fellow at the British Psychoanalytical Society, Visiting Professor, Psychoanalysis Unit, University College London, Consultant at Anna Freud National Centre for Children and Families*

Where once mediated psychoanalytic therapy and psychoanalysis were regarded as a deviation from the established analytic setting that raised concerns and some scepticism, the recent pandemic has made it the only 'safe' way to practice. In this talk, I will draw on my practice as a psychotherapist and psychoanalyst to consider the importance of the embodied setting and the implications of this for mediated therapy. In particular, I will share some thoughts about why despite its significant differences from the in-person setting, mediated therapy can work for some patients.

**Professor Lemma** is a Consultant at Anna Freud National Centre for Children and Families as well as being Co-Director of the Young Persons' Consultation and Therapy Centre at the Queen Anne St Practice. Since 2010 I have been Visiting Professor, Psychoanalysis Unit, University College London. Up until 2016, I worked for 14 years at the Tavistock and Portman NHS Trust where I was Head of Psychology and Professor of Psychological Therapies (in conjunction with Essex University).

**Dreams in search of a dreamer – concepts, praxis and potentials of social dreaming**

Laurie Slade *Member, Guild of Psychotherapists, Confederation for Analytical Psychology, International Association for the Study of Dreams*

Dreams in search of a dreamer – Concepts, praxis and potentials of social dreaming. I will describe the concepts and basic practice of social dreaming - a form of dream sharing originated by W. Gordon Lawrence in the 1980's, which questions the basic Western assumption that dreams are essentially intra-psychic experiences (if they are ascribed any meaning at all). Social dreaming assumes that our dreams may also speak to the social contexts in which we are embedded, with the potential to release new thinking about issues of shared concern. My talk is complemented experientially, by 2 social dreaming sessions during the conference.

**Laurie Slade** has practiced for 30 years as a psychoanalytic psychotherapist, and continues to act as a creative consultant. He has been involved in social dreaming since 2001, hosting sessions in a variety of settings, in the UK and internationally, including open-access events for Tate Modern (2017) and the Barbican (2019). His paper *Renewing the Land – the Dreaming Mind in Community* was recently published in *Social Dreaming – Philosophy, Practice, Theory and Research* (Routledge - 2019).

**Thursday 22 April 2021**

**Morning session 1:**

**Social dreaming matrix**

Laurie Slade



**Chair:** Dr Maria Eyres

## **Welcome and recap**

Dr Adrian James *RCPsych President and Dr Maria Eyres*

**Adrian** was elected President in 2020. He holds this role until 2023 and leads the RCPsych on behalf of its members and associates. Adrian is Consultant Forensic Psychiatrist at Langdon Hospital in Dawlish, Devon. He is a former Medical Director of Devon Partnership NHS Trust and Founding Chair of the School of Psychiatry at the Peninsular Deanery (2006-2008). He was the elected Chair of the South West Division of the Royal College of Psychiatrists (2007-2011) and sat on the College Council in this capacity. In 2010 he was appointed Chair of the Westminster Parliamentary Liaison Committee of the Royal College of Psychiatrists (attending the three main Party Conferences 2011-14 in this capacity). He was Clinical Director for Mental Health, Dementia and Neurology, working for NHS England South West (2013-2015, interim from 2012-13). He has also acted as a Reviewer and Clinical Expert for the Healthcare Commission and its successor organisation the Care Quality Commission (CQC). He has chaired expert review groups on Integrated Care Systems, Cannabis, Prevent and Learning from Deaths. In addition, he set up the Quality Improvement (QI) Committee and Workforce Wellbeing Committee at the College.

His priorities as President are:

- Establishing a pathway to parity for mental health services
- Equality and diversity

- Sustainability
- Workforce Wellbeing Adrian is a keen cyclist.

### **The empty couch: love and mourning in times of confinement**

Professor Rosine Perelberg *President, British Psychoanalytical Society, Visiting Professor, University College London*

A century ago, in *Beyond the Pleasure Principle* (1920), Freud uncovered the demonic repetition compulsion – what Hannah Arendt viewed as the science of “monotonous sameness”. In observing the game played by his 18-month-old grandson Ernest, Freud noticed that as he threw the cotton reel, the child said “fort” [disappeared]; he then pulled it back and said “da” [found]. This is understood by Freud as an attempt to master the comings and goings of the mother. Time, space, absence, phantasy, and sexuality are indissolubly linked. This paper offers a clinical account of an analysis in the absence of the analytic setting during the long period of confinement. It is suggested that the production of a sculpture during this time is on the pathway towards the elaboration of the work of mourning.

**Rosine Jozef Perelberg** is a Fellow, Training Analyst and President of the British Psychoanalytic Society, Visiting Professor in the Psychoanalysis Unit at University College London and Corresponding Member of the Paris Psychoanalytical Society. She was born in Rio de Janeiro, Brazil, where she completed her BSc in Humanities and undertook an MSc in Social Anthropology before her PhD in Social Anthropology at the London School of Economics. She has written and edited 12 books which include *"Time, Space and Phantasy"*; *"Dreaming and Thinking"*; *"Psychoanalytic Understanding of*

*Violence and Suicide*"; *"Murdered Father, Dead Father: Revisiting the Oedipus Complex"* and *"Sexuality, Excess and Representation"*. *Psychic Bisexuality* has won the 2019 American Board & Academy of Psychoanalysis Book Prize for Best Edited Book.

### **Failure to recognise the impact of racist projection as an obstacle to achieving diversity**

*Fakhry Davids Fellow and Training Analyst, British Psychoanalytical Society; Honorary Associate Professor, Psychoanalysis Unit, University College London*

The Black Lives Matter campaign, which erupted afresh last year, insists on the right of black citizens to be fully heard and recognised. What does this mean for psychoanalysis? I begin by noting that our profession, renowned for its tolerance and diversity in matters psychoanalytic, remains largely white, and that our mainstream literature is mainly silent on the minority group patients' lived experience as objects of racism. This involves being projected into, and its repeated occurrence amounts to cumulative trauma. The presentation aims to give an account of what this involves, clinically and in the outside world.

**Fakhry Davids** MSc (Clinical Psych) is a psychoanalyst in full-time clinical practice. He is a Fellow and Training Analyst of the British Psychoanalytic Society, a Member of the Tavistock Society of Psychotherapists, a Board Member of PCCA (Partners in Confronting Collective Atrocities, [www.pcca.org](http://www.pcca.org)), and a Member of the American Psychoanalytic Association's Holmes Commission for Racial Equality in Psychoanalysis. He holds honorary appointments in the Tavistock Clinic, the Psychoanalysis Unit, University

College London and the Department of Psychosocial and Psychoanalytic Studies, Essex University. He is author of *Internal Racism: A Psychoanalytic Approach to Race and Difference* (Palgrave Macmillan, 2011).

## **Morning Session 2:**

### **On becoming climate aware as a psychotherapist**

*Sally Weintrobe Fellow British Psychoanalytical Society, Chair International Psychoanalytic Association's Climate Committee*

In this talk I explore what it can mean for therapists to become what is now being called 'climate aware' in clinical work with patients. I argue that one aspect of climate awareness involves the struggle to distinguish between establishing a safe and containing therapeutic space and establishing a psychic retreat that ablates any reference to climate. The psychic retreat may be established collusively between patient and therapist, or the therapist may reside in a psychic retreat deaf to eco trauma in the patient. As we know from studying trauma, this deafness can make it very difficult for the patient to open up about their fears, particularly young people who will be hit the hardest if global warming continues. Becoming more climate aware is often emotionally taxing for the therapist, as well as requiring knowledge of culture and its pervasive influence. I argue that the current dominant culture is a culture of uncaring. It is designed to foster a climate bubble of disavowal inside of which people think about climate in omnipotent ways, distort time and maintain deafness to the position and suffering of those most affected. I begin with a patient seeking therapeutic help who insists she needs a

therapist who is climate aware. My talk explores just some of the complexities involved if we take her insistence seriously and some of the pitfalls if we do not.

**Sally Weintrobe** Formerly she was a member of senior staff at the Tavistock Clinic, Hon Senior Lecturer at the Psychoanalysis Unit, University College London and she Chaired the Scientific Committee of the British Psychoanalytic Society. Her published areas of interest are entitlement attitudes and their relationship to grievance and complaint, prejudice, our relationship to nature and psychoanalytic reflections on the climate crisis. She is one of the 31 Global Commissioners from different disciplines for the (2021) Cambridge Sustainability Report. She edited and contributed to (2012) *Engaging with Climate Change: Psychoanalytic and Interdisciplinary Perspectives*, New Library of Psychoanalysis, which was short listed in 2014 for the Gradiva Award for contributions to psychoanalysis. She has also published (2021) *Psychological Roots of the Climate Crisis: Neoliberal Exceptionalism and the Culture of Uncare*, Bloomsbury.

### **Afternoon Session:**

#### **Large group A**

*Dr Diana Menzies Consultant Medical Psychotherapist; Group Analyst, member of the Institute of Group Analysis (IGA). Work at SW London & St George's Mental Health NHS Trust*

Dr Chris Holman *Previous Consultant Psychiatrist and Medical Director at The Retreat in York; Runs a therapy group and to offer supervision and consultation to teams and organisations.*

An opportunity for reflection on the day, and to share with others the impressions left by the various presentations and experiences.

**Diana Menzies** is a Medical Psychotherapist and Group Analyst who has worked in the NHS for over 30 years, mostly in SW London & St George's Mental Health NHS Trust. As a consultant, she worked for 12 years in the Henderson Hospital Democratic Therapeutic Community, mainly in the outreach team, until its final closure in 2010. She then worked in a complex needs service using MBT. She currently facilitates reflective practice groups for forensic and other services and is involved with training higher trainees. She facilitates the Large Group for trainees at the IGA. She has co-edited a book and published several papers.

**Chris Holman** has retired from his work as a psychiatrist. He was Consultant Psychiatrist and Medical Director of The Retreat in York. Chris is a Group Analyst and was involved in Therapeutic Communities both as a practitioner and through the Community of Communities at the College. He continues to offer supervision to individuals and teams in psychiatric services, and to conduct a therapy group.

## **Large group Z**

Dr Rachel Gibbons *Consultant Psychiatrist and group analyst*

Dr Maria Papanastassiou *Consultant Psychiatrist and group analyst*

This will be an opportunity for delegates to reflect on their experience in the conference and have space to think together and experience a large group.

**Dr Maria Papanastassiou** has been a Consultant Psychiatrist in London since 2002. She is also a group analyst qualified in 2012 from the Institute of Group Analysis. She is a teacher and trainer at the London Qualifying Course in Group Analysis and the author of the chapter on group analysis in the new RCPsych book on seminars on medical psychotherapies.

**Dr Rachel Gibbons** has been working in the NHS over the past 20 years in various psychiatric settings as a consultant psychiatrist and consultant medical psychotherapist, in settings that include, inpatient and psychiatric intensive care wards, outpatient psychiatric and psychotherapy services, hospital liaison teams and forensic and prison services. She has recently been working as the Director of Therapies for the Priory Group. She is a psychoanalyst and group analyst and current Chair of the Patient Safety Group and the Working Group on the Effect of Suicide and Homicide on Psychiatrists, at the Royal College of Psychiatrists.

**Chair:** Dr Vikram Luthra

### **Developing a conversation on race: obstacles and opportunities**

Susan Godsil in conversation with Isobel Conlon

The meeting this afternoon takes the form of a conversation, firstly between us and then you, the delegates. Everyday personal and professional conversations allow us to communicate but can be impeded by anxieties at several different levels. Conversations about race take place in a complex political, social and personal context and as a consequence are challenging and painful.

Though time is short today we are aiming to develop our thinking around the following three areas:

- How has the concept of race and subsequent racialising been used to protect white **power, privilege and position** leading to racism becoming not only personal but structural? Race is the water we swim in but experience differently depending on our colour. Whiteness can be taken for granted while colour is made the other and the exception.
- How can we engage in an honest conversation whilst also being aware of our **feelings and defences**? How can we find a way of listening and getting to know the other rather than trying to establish a position of rightness?
- How might we create and take the **opportunities** to develop ongoing conversations with our patients, colleagues and within our institutions? By doing so the structures which maintain this othering will be disturbed, however the **support** which would be needed could then be provided.

**Susan Godsil** is a psychoanalyst and psychoanalytic psychotherapist and Fellow of the Institute of Psychoanalysis. She is in private practice in Leeds after retiring from an NHS Consultant Psychotherapist post. She continues to



be involved in the NHS through supervision and teaching. She established the Tavistock D58 and D59 foundation courses in Leeds and was Course Lead for 10 years. The D59 has a particular intercultural focus. She has been in conversation with Isobel Conlon about the impact of difference in the clinical and collegial setting - gender, race, class, sexuality - since the early 80s when they worked as part of a team establishing a Women's Therapy Service in Leeds.

**Isobel Conlon** M.Inst of Group Analysis. She is a Training Group Analyst and Psychotherapist in Private Practice in Leeds as well as a Group conductor on the Tavistocks Intercultural Psychotherapy Course and external group supervisor to a number of NHS departments. Isobel is a member of National IGA Diversity in Training Working Group: Prioritising issues of Power, Position and Privilege. This presentation is a development of a long-standing interest and collaboration with Susan Godsil on issues of gender, cultural differences, race and class.

## **AGM**

**Chair:** Dr Steve Pearce *Chair of the Faculty of Medical Psychotherapy*

Jessica Yakeley *Consultant Psychiatrist in Forensic Psychotherapy, Portman Clinic, Tavistock and Portman NHS Foundation Trust; and Vice-Chair, Medical Psychotherapy Faculty.*

Mark Morris *Consultant Psychiatrist in Psychotherapy, Lancashire, and the Honorary Treasurer*

**Steve Pearce** is Chair of the Faculty of Medical Psychotherapy. He heads the Oxford Health Complex Needs Service, the specialised personality disorder service for Oxfordshire and Buckinghamshire. He is vice chair of the College Professional Practice and Ethics Committee, and past chair of the NHS England Specialised Mental Health clinical reference group. He is a past president of the British and Irish Group for the Study of Personality Disorder, and is a specialist advisor to CQC for personality disorder.

**Jessica Yakeley** is a Consultant Psychiatrist in Forensic Psychotherapy and Director of the Portman Clinic, and Director of Medical Education, Tavistock and Portman NHS Foundation Trust. She is also a Fellow of the British Psychoanalytic Society and Editor of the journal *Psychoanalytic Psychotherapy*. Her particular fields of interest and research include antisocial personality disorder, violence, paraphilias and perversions, risk, and psychodynamic methods of teaching about the doctor patient relationship. She has published numerous peer-reviewed papers and chapters, and six books including *Working with violence – A contemporary psychoanalytic approach*; *Psychoanalytic Perspectives on Fundamentalism, Radicalisation and Terrorism*; and *Learning About Emotions in Illness*.

**Friday 23 April 2021**

**Morning session 1:**

**Social dreaming matrix**

Laurie Slade

**Chair:** Dr Parveen Bains

## **Welcome**

Dr Maria Eyres and Dr Parveen Bains

## **On the internal processes of migration**

*Anne Amos Psychoanalyst, British Psychoanalytical Society*

Using examples from literature and clinical work, this paper explores some of the reverberations in the inner world of the significant, external experience of migration.

**Anne Amos** is a psychoanalyst of the British Psychoanalytical Society, currently working in private practise in Edinburgh, after many years in London. She teaches and supervises in the UK and abroad, most particularly for many years has been part of a group of teachers travelling to Ukraine and Belarus where many colleagues are interested in studying Melanie Klein's ideas and those who have developed and extended them.

## **Resilience and reality, working with ICU staff during the pandemic**

*Dr Penny Campling Independent Psychotherapist, writer and campaigner*

'Resilience and Reality: working with ICU staff during the pandemic.' In this paper I describe the many pressures on the mental health of clinicians working in Intensive Care Units with the sickest patients during the

pandemic. In particular, I focus on the seemingly random, unpredictable patterns of patient deaths and the profound sense of helplessness this can induce. I also describe the moral distress the staff experience working in such inhumane circumstances; and my attempts to adapt my working model in order to provide warm, supportive and therapeutic conversations despite the necessary restrictions.

**Penny Campling** worked as a psychiatrist specialising in psychotherapy. For many years she was clinical director of the personality disorder unit in Leicester. Since retiring from the NHS, she continues to work independently as a psychotherapist as well as teaching, lecturing and campaigning for the NHS. She has written and edited a number of books and academic papers, including 'Intelligent Kindness, Reforming the Culture of Healthcare'. A substantially updated and expanded second edition of this book was published in 2020 under the title, 'Intelligent Kindness: Rehabilitating the Welfare State'. During the pandemic, she has been supporting clinicians working in Intensive Care Units.

### **Morning session 2:**

#### **Mommy, are we still on earth: coming alive in a hostile world**

*Dr Lynne Zeavin Training and Supervising Analyst, New York Psychoanalytic Society & Institute, Associate Editor, Journal of the American Psychoanalytic Association*

This primarily clinical presentation will consider the role that a relationship with Nature can play in providing an in between space (along the lines of a

transitional zone) for the development of the capacity for concern and a nascent capacity for repair.

**Dr Lynne Zeavin** is a psychoanalyst living in New York City where she is a training and supervising analyst at the New York Psychoanalytic Society & Institute and an Associate Editor of the Journal of the American Psychoanalytic Association. She is the author of numerous papers and the Co-Editor (along with Donald Moss) of a forthcoming book (New Library) titled: *Hating, Abhorring, and Wishing to Destroy: Psychoanalytic Essays on the Contemporary Moment*

### **Being present in inner and outer landscapes – mindfulness meditation in medicine**

Dr Florian Alexander Ruths *Maudsley Mindfulness Lead Trust Advisor Medical Psychotherapy, South London & Maudsley NHS Foundation Trust*

Exploring inner and outer landscapes is at the heart of all mindfulness-based applications (MBA) in the area of health and society at large. MBAs are characterised by self-exploration and present-moment awareness of the world around us with the help of meditation. MBAs combine meditation with educational elements guiding this inner exploration to discover what we know about the inner world from cutting-edge science. Florian presents mindfulness briefly experientially, before explaining its use and the empirical evidence in medicine and mental health for patients and staff alike.

**Florian** is a Consultant Psychiatrist at the Maudsley Hospital in London. He is also an accredited trainer, supervisor and practitioner in Cognitive

Behavioural Therapies (CBT, Schema Therapy, Mindfulness). His clinical interest focuses on anxiety disorders, depression and complex disorders of emotional dysregulation.

As lead for the Maudsley Mindfulness Service he has been delivering Mindfulness Based Cognitive Therapy Groups (MBCT) for patients with chronic depression and anxiety problems for 15 years. He is running an MBCT-based program to improve compassion, well-being and resilience in junior doctors. He has been delivering mindfulness programs as intense retreats for doctors returning from longer term NHS leave. During the pandemic, Florian initiated the Mindfulness-for-All (M4ALL), a live-online program for health staff support at King's, Guy's, St Thomas's and the Maudsley trusts. Florian is the London-lead of a randomised-controlled multicentre trial investigating a mindfulness-based intervention with patients with CBT-resistant recurrent depression.

Florian teaches Cognitive Behavioural Therapy & MBCT on three MSc Courses in London and Kent. He has published in the areas of MBCT, anxiety and depression.

As Maudsley Lead for medical psychotherapy, he represents medical psychotherapies and helps enhance their role in medical training, staff welfare/reflection and, above all, in specialist patient assessment and treatment at all tiers of psychiatric care.

**Afternoon session:**

**Chair:** Dr Parveen Bains

## **Large group A**

Dr Diana Menzies and Dr Chris Holman

An opportunity for reflection on the day, and to share with others the impressions left by the various presentations and experiences.

## **Large group Z**

Dr Rachel Gibbons and Dr Maria Papanastassiou

This will be an opportunity for delegates to reflect on their experience in the conference and have space to think together and experience a large group.

**Chair:** Dr Vikram Luthra

## **Spirituality in inner and outer landscapes**

*Professor Alistair Ross Associate Professor of Psychotherapy, Director of Psychodynamic Studies, and Fellow at Kellogg College, Oxford*

Whatever we think about religion and spirituality these are often significant to our clients/patients. They may also be a neglected part of our own experience. The outer and inner worlds of our clients therefore collide with our outer and inner worlds. In a world of prejudice or misunderstanding our

ethical role is to address issues of difference, but this is challenging. This seminar focuses on: knowing our blind spots; understanding power; avoiding pathology; identifying healthy religion and spirituality; and thinking about practice.

**Alistair Ross** is an Associate Professor of Psychotherapy, Director of Psychodynamic Studies, and Fellow at Kellogg College, Oxford. His research and writing covers the interface between psychoanalysis and spirituality. He is also a Minister of Religion (Baptist) and author of *"Introducing Contemporary Psychodynamic Counselling and Psychotherapy"* (2019).

### **Oral Presentations**

**Rebecca Babb** and Nina Giraffa are Honorary Assistant Psychologists at the Birmingham and Solihull Mental Health Foundation Trust working at the The Barberry with the Eating Disorder Service. Rebecca is pursuing a degree in Psychology with Criminology and Nina is pursuing a degree in Psychology – both at Birmingham City University. They are both committed to a career in Clinical Psychology in the future.

**Dr Kavitha Honsel**, MD, MRCPsych, MRCPCH, is a Psychiatry trainee in the North West London Training Scheme. Dr Honsel has previously worked in Emergency Medicine in Australia and the UK and a number of years in Paediatrics. During her time in Paediatrics, she developed an interest in child and adolescent mental health and subsequently enrolled in training to become a psychiatrist. She also has a keen interest in psychotherapy and



recently joined as a medical student Balint leader and works towards Balint accreditation.

**Dr Anabella Jevdovic** graduated from Sheffield Medical School in 2014 and completed her foundation years in East Yorkshire and Northern Lincolnshire. She has trained in Psychiatry since 2017 when she started Core Psychiatry Training in London which involved the diagnosis and treatment of outpatients, inpatients and those in other acute settings including A&E.

She has worked in a Specialist Personality Disorder Service and in Psychotherapy. She has also completed a number of quality improvement projects and audits and she has an interest in teaching providing both informal and group teaching for medical students. She completed the Introduction to Teaching and Learning in the Faculty of Medicine teaching course with Imperial College London. Dr Jevdovic is a full member of the Royal College of Psychiatrists and is due to start her ST4 Psychiatry training in August 2021.

**Dr Harry Reid** is a general adult ST4 psychiatry trainee working in Barnet Enfield & Haringey NHS Trust. He completed his core psychiatry training in East London NHS Foundation Trust.

His particular areas of interest include psychotherapy, personality disorders, digital mental health and sports and exercise psychiatry. He has previously presented work on improving sleep on inpatient units at the World Psychiatry Association annual congress.

He holds a Bachelor of Science in Psychology and a Diploma of Tropical Medicine and Public Health.

He is currently in the process of completing his training in Transference Focused Psychotherapy and also attends the Institute of Group Analysis.

**Dr Katie Salucci** is a CT3 in Psychiatry, working in the Oxford Deanery. She has a strong interest in psychotherapy, most notably group work and systemic family therapy. Following completion of the foundation training in Group Analysis run by the IGA, this inspired her to start up a group whilst working in Broadmoor Hospital on a personality disorder rehabilitation ward with colleague Dr Katy Mason. During medical psychotherapy rotation in Aylesbury, she worked in a therapeutic community, MBT group and CBT for medically unexplained symptoms clinic. She was the leader in setting up The Oxford Psychotherapy Society for Trainees in 2020. Looking to the future, she is excited to continue her training in group analysis and pursue interest in the interface between neurobiology and psychotherapy.