

The East Anglian Psychotherapy Network

NEWSLETTER

October 2021

Dear Colleagues,

Welcome to the Newsletter of the East Anglian Psychotherapy Network. (EAPN)

Our Newsletter comes at a time of cautious optimism in regard to the Covid Pandemic , notwithstanding our persisting apprehension as we move into Autumn and Winter – especially on behalf of our communities and our colleagues working in the NHS.

We nurse the hope that as we move towards 2022 , we will be able to meet in person for our next planned conference, albeit with the additional facility for online attendance that we've all – willingly or unwillingly - had to become accustomed to. We hope to be able to announce plans for our next event some time in the next few weeks. It is likely to include a first Annual General Meeting with a significantly extended allocation of time to hear your views on how the EAPN can best meet your local needs and support our development as a profession, both individually and collectively.

Also in the coming weeks, we hope to unveil new features on the EAPN website – www.eastanglian-psychotherapy.com . These will include a Members' Section where you will be able to actively participate in the creation and marketing of new initiatives and opportunities for the development and strengthening of the region's psychotherapeutic community. and our connectedness as colleagues. Coming out of the pandemic – hopefully – and released from its restrictions and fear, we may at last look forward to a time of accelerated growth and the liberation of much more of the potential that our Network was set up to encourage and bring to fruition.

In this issue, therefore, much is about anticipating what we hope to be able to formally announce in the coming weeks. In the mean time, however, here are some new opportunities that we'd like to highlight.

- **Friday 22 October 2021**

Psychosis – Psychodynamic Understanding and Therapy

An Online seminar led by Dr Brian Martindale

6 - 9pm

Organised by The North of England Association of Psychoanalytic Psychotherapists (NEAPP), supported by the European Federation for Psychoanalytic Psychotherapy (EFPP), the International Society for Psychological and Social Approaches to Psychosis (ISPS).

Tickets cost £60 and you can book using the ***attached electronic flyer***.
(but booking is via Eventbrite so you need log in details (email address, password) which you may need to set up – a bit of a palaver but you get there in the end..)

- **Saturday 13 November 2021**

The Bernard Zeitlyn Memorial Lecture

A Keatsian Anatomy of Melancholy: the management of depression in some letters and poems of John Keats

Speaker: Meg Harris Williams

Meg Harris Williams is a writer, artist, and a teacher of psychoanalytic ideas, focusing on the nature of aesthetic experience and the links between psychoanalysis and the arts.

Via ZOOM 10am - 12.30pm

See the accompanying attachment for full details and how to apply.

- **A Professional Doctorate with the University of Essex**

Do you want to pursue a research idea of your own, make an original contribution to the profession and gain a Professional Doctorate?

The Department of Psychosocial and Psychoanalytic Studies is delighted to announce the re-launch of their professional doctorate programme. This offers a 3 year 'top-up' doctorate for those who have completed a full clinical training. It is aimed at those who trained when research was not readily available as an integral part of the training or those who opted not to pursue the research element at the time.

In the first year you will have seminars and workshops to support you in taking up the researcher role and refining your project, with the second and third years focussing on the conduct of your research and analysis of your findings, with monthly meetings with an individual supervisor. You will then write a 40,000 word thesis. The timetable has been designed to be accessible for those not in the Colchester area, offering a mixture of block days of in-person teaching interspersed with online events. The programme has ACP, BPF/BPC members and Analytical Psychologists on the staff team offering teaching and supervision.

The **attached flier** gives more information about the programme and how to make an application, but any initial queries or expressions of interest can be sent to Sue Kegerreis skeger@essex.ac.uk or Debbie Wright dlswri@essex.ac.uk

- **Dream Workshops**

I hope to start a series of Dream Workshops – probably from January 2022 depending on the amount of interest. A chance to study or re-visit classical and contemporary psychoanalytic literature on dreams and their interpretation, together with vignettes from clinical work. If you would like to register your interest you can contact me by email timdcfox@gmail.com . Numbers will be limited to 8 – 10 participants and the workshops will be held online.

- **Cambridge Infant Observation - observer seeking baby**

Infant Observation Seminars continue in Cambridge, led by Nicola Parrott and Martha Stevens and accredited by the Society of Analytical Psychology
(**See the accompanying attachment**)

A member of the group, a qualified psychotherapist, is looking to make contact with parents who expect a baby to be born in the coming months. Infant Observation involves an observer unobtrusively witnessing a child's normal life at home, one hour a week, from the first week to their second birthday and thinking about their development. By taking part families make a generous, and valuable contribution to the observer's future work with patients.

As Covid restrictions ease visits can be in person if both parties feel safe. The therapist has an enhanced DBS check and has received both Covid vaccinations.

If you know a family expecting a baby who might be interested – through kindness and, perhaps psychological-mindedness - please contact Nicola Parrott who can send an information sheet for them to consider.

Nicola Parrott Nicola.parrott@outlook.com 07581 533168

- **Opportunity for a 4x weekly low-fee analysis in Cambridge**

There is currently an opportunity for a man who is prepared to commit to four analytic sessions/week for two years with an experienced trainee of the SAP (Society of Analytical Psychology).

The applicant is required to fill in an application form (the form is available from the SAP website: <https://www.thesap.org.uk/therapy-services/> - you can download the online application form under the section 'Clinic').

As usual, we attach the **updated Membership List** with the reminder that the List is not a public document and , in keeping with Data Protection Regulations, it should not be shared with third parties. Please contact Tim Fox if you wish to amend or update your entry.

Finally, we are also pleased to announce that **Aaron Davies** who is the Clinical Director of Catalyst Counselling, based in Lowestoft and Yarmouth, has joined the **EAPN Planning Group** and we are very glad to welcome him. We would also like to thank **Liz Guild** and **Richard Pratt** – both founder members of the East Anglian Psychotherapy Network – who are stepping down from the Planning Group after three years of invaluable contributions to the development of the Network.

Tim Fox

On behalf of the EAPN Planning Group

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