

The East Anglian Psychotherapy Network

NEWSLETTER

February 2022

Dear Colleagues,

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

With the approach of spring, perhaps we can all begin to hope that we are also nearer the end of the Covid pandemic that has wrought such suffering to so many people, exhausted our caring professions and brought low many others who have been unable to pursue ordinary livelihoods or maintain irreplaceable family ties.

For our Network, we are thankful for the loyalty of all our members who remain committed to the EAPN despite the few opportunities there have been to fully build on the foundations that we established with so much enthusiasm and promise nearly three years ago – especially the chance to meet freely to share in the development of our new organisation.

However, while there is so much we have been unable to do, behind the scenes it has been far from a quiet autumn and winter for our Planning Group, and I'm pleased to be able to use this Newsletter to tell you about some of the important developments that are now approaching fruition .

Firstly, a note about some forthcoming events for the spring calendar: I hope that you'll put them in your diaries.

- **The B.B.Zeitlyn Psychotherapy Training Fund** is a close partner organisation that many will already be familiar with. The Training Fund puts on three or four CPD Saturday morning events each year, all with excellent speakers. Their next event is on 5th March, when Janine

Sternberg will be talking on **'How Infant Observation informs working with adults and children'** .

You can find out about this event , including how to book, in the **accompanying attachment** [The BB Zeitlyn March Event](#)

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- The next EAPN event is scheduled for **Saturday 14th May**. A presentation and discussion by the psychoanalyst Philip Stokoe on

'Adolescent Development : Taking Possession of the Adult Sexual Body - Vicissitudes in the Digital and Gender Identity Age'

In this talk, Philip Stokoe will begin with a summary of the adolescent task and what we know of the vicissitudes of the journey through this often tumultuous process. He will argue that there is an understandable yearning to reach the end-point, an adult sexual identity, that is so powerful that many adolescents will make serious mistakes by prematurely claiming an identity. Furthermore, that this has become more likely and, consequently, more hazardous in the context of social media and the internet, which seems to offer ready-made solutions to the deep questions of 'Who am I?' and 'What do I Want?'. In the course of this talk, he will emphasise the crucial nature of the of the curiosity drive in creating consciousness in the first place and offering a means to avoid a false choice in the second place.

Philip Stokoe is a Psychoanalyst (Fellow of the Institute of Psychoanalysis, Training Analyst with the British Psychotherapy Foundation) in private practice working with adults and couples, and an Organisational Consultant, providing consultation to a wide range of organisations. He worked as a Consultant Social Worker and Senior Lecturer in the Adult Department of the Tavistock & Portman NHS Foundation Trust from 1994 to 2012 finishing as Clinical Director. He writes and teaches on a wide range of topics including Psychoanalytic understanding of society and politics..

Like the Zeitlyn event, for the time being we remain reliant on Zoom for this Saturday morning event. Clearly, the subject is of huge clinical relevance and we are privileged to welcome a really excellent speaker in Philip Stokoe.

The cost of the event, 10.30am – 1.00pm, will be £35.00. You can reserve a place and find how to make payment by opening the attachment [Philip Stokoe Event Application Form](#)

• **Dream Workshops**

The first series of six workshops will be held monthly, from 30th April., chaired by Tim Fox

In this series, each workshop will include the reading and discussion of a classic or contemporary paper on Dreams and their interpretation, beginning with Freud's landmark papers and moving on to later works that inform and develop our understanding of dreams and their significance in mental life and in the clinical work we undertake..

Each workshop will also provide an opportunity to present and discuss dreams encountered in our own work with patients / clients, whether this is familiar territory or whether working with dreams is something unfamiliar that you would like to know more about and feel more confidence about.

Although applications for the first series are now closed, you can register interest in attending a repeat of the series which we hope to put on in 2022/2023. To register interest you can contact me on timdcfox@gmail.com

- **Annual EAPN Conference**

Plans for a day conference have been put back until the Autumn in the sincere hope that we will by then be able to invite members in person to a fine East Anglian venue for the first time in two years.

Currently, the topic we are considering for the Autumn conference has the working title :

Evaluating our Therapeutic Work

How do we understand and evaluate the therapeutic efficacy of the psychotherapy we provide within the consulting room and with support from the evidence of outcome research?

We would also very much like *your* ideas . What would you, the members of the East Anglian Psychotherapy Network, most like us to explore in this or subsequent conferences or events ?

- **Coming shortly – a Members’ Area on our website.**

The launch of a Members’ Area on our website www.eastanglian-psychotherapy.com will shortly make it easier for you to comment and contribute to the development of the Network and tell us the kind of conferences and events that you would like to see in the future.

For a number of reasons, we have decided to make the Members’ Area password-protected and we will shortly be sending all our Members details of how to set up your own password and post messages,

Once established, we hope that the Members Area will provide an important space in which to bring new ideas, highlight access to peer groups in your locality, set up special interest groups, and bring fresh vitality to the life of the Network.

We hope to launch the updated website early in March and will be in touch with all of our Members before that.

- **Charitable status and a Constitution**

To further the professional standing and resilience of the East Anglian Psychotherapy Network, and acting on legal advice, it has become clear that we cannot simply remain a wholly informal society of like-minded colleagues. Like all such societies, we are answerable to outside governmental bodies, including HMRC, and are subject to regulations such as those that apply to Data Protection and Equal Opportunities. Whilst we are a non-profit-making organisation we still have to account for our income and outgoings and so on.

Most of all, if – as we all want - the EAPN to become an enduring body for future generations of psychotherapists, we need to secure that future with sound structures of governance and accountability consistent with modern expectations and requirements.

Thanks to an enormous amount of work by, in particular, Jane Polden, Susan Hall and Emma Went an application is well under way for EAPN to become a Charitable Incorporated Organisation recognised by the Charity Commission. This involves the preparation of a written Constitution that both protects all of our members and offers transparency and accountability with regard to how, as a body we function in an ethical and law-abiding way.

One requirement – which we on the Planning Group see as desirable – is that we hold an Annual General Meeting and this we propose to do in the Autumn as an adjunct to the likely Autumn Conference. This need not be a dry affair but will give us an opportunity to share with members how far we have come together and how much we look forward to your involvement in the journey ahead.

More on this to follow over the weeks and months ahead when - to end where this Newsletter began - we look forward to coming out of the long winter of pandemic and look ahead to a spring of much new growth.

As usual, I attach the updated Membership List for your personal private use. Finally, whilst it is currently me who signs the Newsletter, the time and energy that goes into the continued development of the East Anglian Psychotherapy Network comes from a very dedicated and committed Planning Group – Anne Jennings, Jenny Potter, Mary Heller, Pam Peters, Nicola Parrott, Aaron Davies, Emma Went, Susan Hall and Jane Polden. Sincere thanks are due to all of them,

Tim Fox February 2022