

# The East Anglian Psychotherapy Network

## **NEWSLETTER**

June 2021

Dear Colleagues,

Welcome to the Newsletter of the East Anglian Psychotherapy Network.

### **The second EAPN Online Conference : *Keeping Risk in Mind***

We were delighted that – after such a lengthy postponement – we were finally able to hold our second conference online and to enjoy four excellent presentations from Margaret and Michael Rustin, Don Campbell and Angela Foster. As most of our speakers said, the subject of the conference – *Keeping Risk in Mind* – had been given added emphasis for clinicians as a result of the new and unanticipated risks and challenges that the pandemic had meant for our practice as psychotherapists. Those new challenges were explored with moving clarity in respect of work with children and adolescents as well as with vulnerable adults in the community.

For the technical hosting of the online conference, we were greatly indebted to Simon Kear for his skilful IT support and his impeccable attention to detail, and it is good to know that his company Sivico Learning will be there to help us if we once again find ourselves needing to fall back on an online facility for other conferences. Hopefully, we can look forward to returning to a welcoming East Anglian venue for our next conference, albeit that there will always be the bonus of online access for those unable to attend in person.

Many of the 70 people who attended, as well as colleagues who were unable to attend, may welcome the chance to view the recordings of the four conference presentations. You can find the links for these recordings in the accompanying attachment together with the passwords you will need in order to access them. If you have difficulty with this, you can get in touch with me ([timdcfox@gmail.com](mailto:timdcfox@gmail.com)) if you'd like to receive a printed copy of any of the talks.

I would also like to hear from anyone who paid to attend the conference but encountered technical difficulties that prevented them from accessing the event.

Having waited for so long, we wanted people to get their 'moneysworth' at the conference, but we have to acknowledge that it was a very full day and something of a test of stamina. Remarkably nearly everyone stayed on till the end and were able to take part in a very useful last session in which we canvassed views on people's hopes for the East Anglian Psychotherapy Network as we go forward. A lot was learned from this session which was very ably led at short notice by Jenny Potter and Richard Pratt, both members of the EAPN Planning group..

Special thanks too to the other members of the Planning Group for their chairing of the Conference sessions – Emma Went, Mary Heller, Anne Jennings – and Pam Peters for her response to the paper by Angela Foster.

**The EAPN website : [www.eastanglian-psychotherapy.com](http://www.eastanglian-psychotherapy.com)**

We hope that members have been able to visit the East Anglian Psychotherapy Network website that went live in March. As we indicated in the March Newsletter, the first priorities for the newly launched website were to provide information about the aims and scope of the Network emphasising its inclusivity for all those with an interest in the application of psychodynamic and psychodynamic theory to their field of work. Several people have already used the website to find out about the EAPN and to sign up as members.

Since the launch, we have moved forward with plans to develop the website to further meet the needs of colleagues who have events and courses they wish to publicise in their region, as well as to provide a protected Members section where individual members or groups can announce news of individual or peer group supervision opportunities, vacancies for psychotherapy, teaching or job opportunities etc. Our hope is that the Members section of the website can gradually become a forum where ideas and new initiatives can germinate and enrich the discourse and connectedness for colleagues throughout the East Anglian region and in its constituent localities.

Hopefully, we will be in a position to unveil these enhanced functions of the website in the near future. We are indebted to the invaluable guidance from Fiona Schneider who has steered and advised us at every step, working closely with members of the EAPN Planning Group. [ see [fionaschneider1@outlook.com](mailto:fionaschneider1@outlook.com) ]

## **Other News**

The EAPN Planning Group continues to meet and to monitor the processes by which we develop and consolidate the Network. Going into our third year, our focus is very much on building an organisation that can endure and be available to encourage and welcome new generations of psychotherapists, for whom the EAPN can strengthen the idea of a professional identity and a professional home complementary to their attachments to their Training Organisation.

As far as possible we have wanted the Network to grow organically from its grass roots origins with a minimum of bureaucracy. Nonetheless, as we grow bigger the wish for informality can only take us so far and the need for a Constitution has become more evident and, in reality, is now seen as an essential next step. The nature of 'what kind of organisation' best serves our current and future membership is thus very much on the agenda. The Planning Board will be seeking advice on this from a number of quarters and will be putting proposals to EAPN members in due course with the likelihood that we will hold a first Annual General Meeting sometime in the course of the coming academic year. Alongside the AGM we will hope to attract a noted speaker from the psychoanalytic firmament to mark this milestone. More on this to follow in the coming months.

## **Announcements**

- **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').

- **CATALYST Counselling**

[Counselling And Training Around Lowestoft, Yarmouth and Surrounding Towns]

The Catalyst Training Branch is seeking candidates to join its Training Team and also has a vacancy for an External Examiner for its training courses. **For more information see the accompanying attachments.**

- **The B.B.Zeitlyn Psychotherapy Training Fund – Study morning**

### **BEING AT HOME – BEING ALONE**

**Speaker: Lesley Caldwell** Member of the British Psychoanalytic Association (BPA)

**Saturday 3 July 2021**

**10am - 12.30pm Via ZOOM**

“This paper engages with two of Donald Winnicott’s clinical interests: the capacity to be alone and analytical communication. It explores the relation between being at home and being alone. Using their own clinical examples, I compare Winnicott’s ideas with Klein’s and demonstrate their different clinical assumptions and approaches. Both analysts extend their discussion beyond the analytic session to more general ideas of home and homelessness, Klein explicitly, Winnicott indirectly. I will discuss the particular resonance these topics have gained under the restrictions of the pandemic.”

**For more information and to book go to [www.bbzeitlyntrust.org.uk](http://www.bbzeitlyntrust.org.uk)**

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

An Infant Observation Seminar has recently started in Cambridge, led by Nicola Parrott and Martha Stevns 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](mailto:Nicola.parrott@outlook.com)      07581 533168**

- **Updated Membership List**

We're pleased to attach the most recently updated list of members of the EAPN, presented county by county with members listed alphabetically. It replaces the earlier lists and includes several new members.

***A reminder that the membership list is for your personal use and should not be shared with third parties. The information within the list is covered by current Data Protection legislation.***

If you no longer wish your details to be listed, or want to amend them, please notify me at [timdcfox@gmail.com](mailto:timdcfox@gmail.com)

**Tim Fox**

**June 2021**

**01799 540860**