



EVENING MEETING PROGRAMME 2024

The meetings will be held in the Cranbury Room at The Hilt, Hiltingbury Recreation Ground, Hiltingbury Road, Chandlers Ford, Hampshire SO53 5NP and jointly via Zoom. They are open to anyone interested in any of the topics, including students.



Meetings open at 19.15 for Tea, Coffee & Cake! Presentations 19.30 – 21.00

Denial of reality - the existential threat in an unravelling world

"I have recently indicated as one of the features which differentiate a neurosis from a psychosis the fact that in a neurosis the ego, in its dependence on reality, suppresses a piece of the id (of instinctual life), whereas in a psychosis, this same ego, in the service of the id, withdraws from a piece of reality. Thus, for a neurosis the decisive factor would be the predominance of the influence of reality, whereas for a psychosis it would be the predominance of the id. In a psychosis, a loss of reality would necessarily be present, whereas in a neurosis, it would seem, this loss would be avoided".

Freud, S. (1924). *The Loss of Reality in Neurosis and Psychosis*

We have reached a time when unimaginable dangers are facing our world. Climate crisis, wars, pandemics, the breakdown of democracy and the rise of dictators all combine into threats which seem too huge to face and create an overwhelming sense of fear and helplessness.

How are these feelings contained? By facing reality and painful truths about ourselves or by denial and retreat into hedonistic individualism?

Denial creates alternative realities and is reinforced by unhelpful or malign motivations, groupthink and confirmation bias. Social and main-stream media drive wild theories and non-factual information, causing chaotic thinking, giving rise to more and more need to turn to ways of distracting and comforting ourselves. It could be argued that different societies react by neurotic or psychotic denial and that Western societies, with the increase of pleasure seeking – pornography, alcohol and drug use, celebratory culture, body image etc - are increasingly psychotic and the Id predominates.

Challenges to the denial of reality can also lead to more defensive strategies in creating "others" who can carry the bad and unwanted aspects of ourselves – as in racial discrimination, migrants etc.

The theme for 2024 hopes to explore aspects of denial, starting from a developmental perspective, the importance of setting limits, saying "No" and the damage done by parental denial, especially parental collusive denial of reality that may impair a child's sense of reality by colluding with and confirming a false narrative such as in gender dysphoria. We also hope to explore denial in our own profession, questioning what happens when boundaries are broken or their importance denied, turned a blind eye to.

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| Wed 10th January 19.30-21.00 | <p style="text-align: center;">AGM</p> <p>Our annual meeting to present the business of the Committee. All are welcome to contribute to the discussions but only members can vote on decisions. This meeting is also an informal opportunity to socialise with the Committee and fellow members, to discuss this and the previous year's programme, and to bring your thoughts for speakers or topics that you would like to hear in the future.</p> <p>Two papers will be circulated for discussion, with the main focus being on the John Steiner:</p> <ul style="list-style-type: none"> • The Loss of Reality in Neurosis and Psychosis (Sigmund Freud, 1924) • Turning a Blind Eye (John Steiner, 1985) |
| Wed 14th February 19.30-21.00 | <p style="text-align: center;">Dr Robin Stein <i>"The Gaslight Effect"</i></p> <p>What to Know About the Gaslight Effect: As a worldwide expert on the issue of gaslighting, Dr. Robin Stern will help shed a light on 'The Gaslight Effect' and its destructive impact. She will offer an intimate look at this covert form of manipulation including the stages of gaslighting and types of gas lighters and offer actionable strategies for patients and practitioners to combat this abuse.</p> <p>Robin Stern, Ph.D., is the co-founder and senior advisor to the director, Yale Center for Emotional Intelligence. She is a licensed psychoanalyst with 30 years of experience treating individuals, couples, and families. Robin is the co-developer of RULER (an acronym for the five key emotion skills of recognizing, understanding, labelling, expressing, and regulating emotions) an evidence-based approach to social and emotional learning that has been adopted by over 4,500 schools across the United States and in 27 other countries. She is the author of The Gaslight Effect and The Gaslight Effect Recovery Guide and is host of The Gaslight Effect Podcast.</p> |
| Wed 13th March 19.30-21.00 | <p style="text-align: center;">Rob Stuart, BA, PG Dip, MSc, MBACP, BPC Psychodynamic Counsellor <i>"Climate denial-ism and psychodynamic practice"</i></p> <p>Rob is a Psychodynamic Counsellor registered with the British Psychoanalytic Council. Rob trained at Birkbeck College, University of London and spent five years as an Honorary Psychotherapist at CNWL NHS Foundation Trust. He has worked in general mental health since 2008 and has run a successful private practice in Walthamstow, East London since 2015. As well as an MSc in Psychodynamic Counselling and Psychotherapy, Rob also has a degree in Philosophy and Politics and a graduate diploma in Psychology.</p> <p>He is a Director at OPUS - An Organisation for Promoting Understanding in Society – where he is responsible for the Listening Post, an international project designed to study unconscious aspects of global society.</p> <p>Rob is a determined advocate of climate activism and has personally organised or been involved in a number of environmental protests under the auspices of Extinction Rebellion, Insulate Britain and Just Stop Oil. As a consequence of his peaceful resistance against the UK Government, Rob now has criminal record.</p> |

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| | <p>Rob is a passionate speaker and writer on the subject of unconscious aspects of the climate crisis. He has spoken at OPUS conferences, Birkbeck Counselling Association study days and the Political Mind seminars at the Institute of Psychoanalysis. He has had articles published by New Associations, the Climate Psychology Alliance, Open Democracy and Organisational and Social Dynamics.</p> |
| | <p style="text-align: center;">EASTER BREAK</p> |
| <p>Wed 8th May 19.30-21.00</p> | <p style="text-align: center;">Asha Phillips</p> <p style="text-align: center;"><i>“The No That Helps to Connect”</i></p> <p>In 1999 I wrote a book called ‘Saying No - why it’s important for you and your child’, which was about the importance of saying no in the family context, particularly in relation to children.</p> <p>Since then, I have come to realise that my interpretation of what ‘saying no’ means applies equally to our adult relationships and most importantly to our relationship to ourselves. We often function in automatic thoughtless ways, in our behaviour, in our feelings and particularly in our attitude to ourselves.</p> <p>The idea of saying no is often associated with selfishness, with barriers to connection and with force.</p> <p>For me it represents taking a pause, not going on in a mindless way, out of habit or because of pressure from our inner or outer worlds.</p> <p>When we say no to automatic modes of reacting, we establish a space to be in touch with the present moment, to recognise what is going on and therefore to have a choice about how we respond. This allows for authentic engagement with ourselves and others.</p> <p>Asha Phillips was trained as a Child & Adolescent Psychotherapist at the Tavistock Centre in London. She worked in educational settings as well as in a Hospital Paediatric Department, including their Special Care Baby Unit. She was part of the training for junior doctors, registrars and midwives. She also had a private practice specialising in work during the perinatal period, parent-infant psychotherapy, children under-5 as well as work with couples and parenting issues and consultations to a group of pre-schools. She has been teaching since 1985 on various courses and training programmes for psychotherapists (at the London Centre for Psychotherapy, British Association of Psychotherapists, Tavistock Centre for Couple Relationships). She was a visiting lecturer at the Tavistock Centre and still lectures both in the UK and abroad.</p> <p>She has published articles in the Journal of Child Psychotherapy and edited issues of the International Journal of Infant Observation, as well as in psychoanalytic books in French. She is the author of a bestselling book for parents, ‘Saying No- why it’s important for you and your child’ (Faber & Faber, 1999) which has been translated into 12 languages.</p> <p>She has now retired from clinical practice but still teaches Mindfulness and gives talks and consults to organisations.</p> |

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| Wed 12th June 19.30-21.00 | <p style="text-align: center;">Anna Santamouris, UKCP Psychodynamic Psychotherapist <i>"Addiction"</i></p> <p>Anna Santamouris has been in private practice as a Psychodynamic Psychotherapist since 2006. With a background in social care and teaching, Anna has extensive experience of working with alcohol and drug misuse, including working at a number of needle-exchange and alcohol and drug rehabilitation projects, in Crystal Palace, Bethnal Green and Westminster. While training as a psychodynamic psychotherapist at Westminster Pastoral Foundation (WPF), Anna worked at a 12-step recovery day programme, running groups and workshops for people with substance misuse difficulties.</p> <p>Leaving behind the focus on substance misuse she finished her training as a Psychotherapist and since then has worked solely in private practice since 2006. Anna has run workshops with Confer, Enfield Counselling Centre and WPF therapy on perversions and sex addiction and working with alcohol in psychotherapy.</p> |
| Wed 10th July 19.30-21.00 | <p style="text-align: center;">Margaret Rustin <i>"Rigidity and stability in a psychotic patient"</i></p> <p>Some thoughts about obstacles to facing reality in psychotherapy.</p> |
| Wed 11th September 19.30-21.00 | <p style="text-align: center;">Dorothee Bonnigal-Katz, UKCP <i>"Psychosis"</i></p> <p>Dorothee Bonnigal-Katz is a member of the Site for Contemporary Psychoanalysis. She is the founder and clinical director of the Psychosis Therapy Project (PTP), a specialist therapy service for people who experience psychosis: http://www.ptp-usemi.org.uk Alongside clinical work, Dorothee is a translator, most recently co-translating with Andrew Weller The Freudian Matrix of André Green published by Routledge (IPA Series).</p> |
| Wed 9th October 19.30-21.00 | TBC |
| Wed 13th November 19.30-21.00 | TBC |

No charge to Members. 1 ½ hours CPD per meeting
Annual membership £70.00 (£37.50 Students/Retired Members)
Non-members £20.00 per meeting (£10.00 Students/Retired Members)
Payment can be made by Bank Transfer:
A/C Wessex Psychotherapy Society
S/C 60-18-46
A/C No: 21217866

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For Full programme details go to our website: <http://www.wessexpsychotherapysociety.com>