Overview:

My EXPERIENCE OVER HALF A CENTURY HAS BEEN THAT ALL PSYCHOANALYTIC ORIENTATIONS AND SPECIALISATIONS HAVE TRANSFORMATIVE **POTENTIAL** BOTH SEPARATELY AND IN COMBINATION, DEPENDING ON THE CONTEXT and EXPERIENCE, SKILLS, NEEDS AND RESOURCES OF THE PARTICIPANTS.

My Psychoanalytic Journey

Late 1950’s in Johannesburg South Africa, during its Apartheid era, as part of my BA (Hons) and MA Degrees in Psychology at WITS University, I was introduced to James Strachey’s 24 Volume translation of Freud’s writings, by Professor I.D. MacCrone (Head of Psychology Department and Social Psychologist, at WITS University Johannesburg), who had also been to London for his sabbatical and had a “transformative didactic analysis “ there with James Strachey . Inspired by MacCrone and Strachey my Honours Dissertation focussed on the Social Unconscious, and in parallel I began my own analysis with London trained Psychoanalyst Sam Stein.

MacCrone shared with us that his analysis had inspired him to research ‘unconscious’ aspects of our Racist Apartheid Government and had discovered that Prime Minister J H Verwoerd’s “unconscious” reason for defining individual racial identity as going back two generations, was because he himself “unknowingly” had coloured blood THREE generations back. MacCrone, being a Social Psychologist, conceptualised Verwoerd’s “enactment” as stemming from his “Social Unconscious”. This led us to conceptualise a similar process in the then Head of our Dutch Reformed Church, who consciously justified apartheid by selective quotations from the bible; and the Head of the Local Child Guidance Centre, where I worked part time as a clinical psychologist, making it clear that we would not see any ‘black children and their families’, because ‘they would not benefit!’

Our Honours course included a visit to a local mental hospital, where, inspired by what I was learning, I asked for and was given permission to interview an inpatient of low intelligence who we had been told was diagnosed as Paranoid Schizophrenic when he insisted that the Black Lady who reliably and ably cleaned his ward was dangerous because “All Black people are dangerous!” Interviewing him, I learned that he had been told the “truth” about Black people by his elder brother who was a senior police officer!

My honours dissertation, which gained an academic distinction, was also shared with our Apartheid Police Service via a fellow student, who was a paid government spy, which risked my being imprisoned as a danger to the Apartheid regime.

Focusing on the “social unconscious” with MacCrone, also led us to postulate to the possibility, that Strachey and his Medical colleagues use of the Latin words Id, Ego and Super Ego to translate Freud’s of the simple German word ICH which means I, might have been unconsciously due to the translator choosing to use Latin, as Doctors did for Medical Prescriptions, and keep psychoanalysis as ‘professional and scientific’. Many years later, Adam Philips in London, told me that he actively took this thought on board, when he translated Freud’s writings into clear English.

My Personal Analysis in South Africa with London Trained Middle Group Psychoanalyst Sam Stein broadened and deepened my insight into my personal unconscious (which included the complex dynamics of being the first born to Jewish parents who had fled from Racial Persecution in Europe and given me the Hebrew Birth name CHAIM meaning LIFE while hiding from me that I had been named after a close relative of that name who had been murdered by anti-Semites.) This also led me to reflect on Freud’s own Jewish history , noting that he was named Sigismund Shlomo at birth, and that the ways in which he distanced himself from aspects of his own painful family history, had inhibited him from exploring the creative potential of transgenerational history, and the co-creative potential of peer relationships, with the result that he fell out with his inspired and talented followers Jung and Ferenczi when they sought to engage in dialogue and co-discovery with him. A few years later, Jung personally confirmed this, at a talk I was at theTavistock clinic in London, when he described how had realised his need to separate from Freud when they were in dialogue on board a ship en route to leading seminars on Psychoanalysis in the USA, Freud bluntly refused to engage in any mutual dream sharing. My own difficulties in this area were mediated by my three personal analyses spread, with gaps, over 15 years, and supplemented by family and spiritual constellation work with Bert Hellinger.

I went to England after obtaining my M A, to further my psychoanalytic learning, facilitated by Sam Stein having given me a letter of introduction to the psychoanalyst Tom Main who was the Medical Director of the British Cassel Hospital Psychoanalytic Treatment Centre.

Tom Main offered me a post as Junior Clinical Psychologist with his Head of Clinical Psychology, Eric Rayner, who was also a Psychoanalyst. At the Cassel, I learned to give and interpret the TAT (Thematic Apperception Test) to explore Cassel patients’ unconscious dynamics, both before and after their Cassel treatment. The patients test narratives provided data which was useful to the therapeutic team, and provided insights into the outcome of therapy, which a 10 year follow up study by Eric Rayner had interestingly shown to be particularly interesting in relation to treatment outcome. Indeed this became the focus of a PhD I later began at University College London, under the supervision of Psychoanalyst and Academic Cecily de Monchaux, who sadly died before the PhD was completed.

The Cassel had had four separate units, each headed by a Psychiatrist who was also a Psychoanalyst, each of whom happened to have different Psychoanalytic orientations (Kleinian- Alexis Brook , Middle Group - John Denford; Freudian – Malcolm Pines, and Lacanian – Philip Ploye’). It was interesting to learn over my three years at the Cassel, that although patients’ placement in units was not related to the theoretical orientation of the Head of the Unit, the outcomes in each unit were consistently high. This provided food for thought regarding the evaluation of the dependence, if any, of the clinical outcome of analysis on the psychoanalysts’ theoretical position.

At the Cassel, Tom Main drew on what he had learned when he worked with Wilfred Bion and Harold Bridger at the Northfield Hospital for soldiers who were traumatised during WW2, The complexities of Psychiatrist, Dyadic Therapist, and Nursing Team co-therapy were vividly illustrated in Tom Main’s paper The Ailment.

During my 3 years at the Cassel, I began a Personal Analysis with Kleinian Judith Fay; and also worked as an out-patient therapist at the Cassel using, with supervisory guidance, both long-term and David Malan’s Tavistock short-term intensive method. I also and sat in on, and was trained by Tom Main to lead Balint Groups. (Tom Main had himself been trained by Michael Balint). My biggest surprise was when a patient whose brief intensive ( Malan) psychoanalytic treatment I had ended on the initially agreed 8th session, against my patient’s and my own wishes, because of the firm insistence of my supervisor; turned out to have an excellent outcome for the patient.

My work at the Cassel and analysis with Judith Fay were strikingly different and, only on reflection, inspiringly complementary.

Fay stuck firmly to what she called “the pure milk of Psychoanalysis” and ONLY spoke to me during sessions to ‘interpret’ the unconscious meaning of the dreams I brought and free associations I expressed. This ongoingly deepened my insights into my own unconscious psychopathology.

At the Cassel, patients had, in addition to dyadic analytic therapy; therapeutic input from the Consultant who assessed them on arrival and departure; supportive group therapy with the psychoanalytically oriented nursing staff, and, encouraged by Eric Rayner in the last year of my being there and interpretive feedback from the psychologist with whom the shared Projective Test Stories.

 For a long time, I thought of my own analysis as the SUPERIOR method; and only gradually shifted to an awareness of the co-complementarity of the different approaches, which also depended on needs, skills and contexts,

 I also learned of the loneliness of the leader and the psychodynamic complexity of positively implementing his leadership and authority; and the complexity of “followers” claiming to be following their leader when the leader had moved on in his or her thinking. It evokes Bion’s account of Melanie Klein sharing some new thoughts with himself and Betty Joseph as Psychoanalytic Colleagues, and Betty Joseph responding by saying to Melanie Klein: “You can’t say that, it’s not Kleinian!” Melanie replied: “I am not a Kleinian!” And Betty retorted: “It’s too late. You’re a Kleinian whether you like it or not!” Later too, when I was working in France with colleagues trained by Lacan, they told me that he walked out of a meeting of , and resigned from, the Paris Lacanian Society stating that he was not a Lacanian.

My Cassel training in Balint Group work enabled me some years later to lead Balint groups for GP Practices, Clinical Teams; and the Balint Group Leaders of the UK Institute for Psycho-Sexual Medicine to which they brought as ‘their client’ the Balint Groups they were Leading.

After the Cassel, I briefly accepted a senior post at Dr Richard Crockett’s Ingrebourne Humanistic Psychotherapy Centre, to psychoanalytically facilitate groups of his patients to prepare for their return to “normal” (hierarchical) society. I was surprised by the positive outcome; and by how much one participant who had spoken very little, had gained.

Encouraged by Judith Fay, who then became my training analyst, in parallel to my part-time post at the Cassel, I did the Psychoanalytic Child and Adolescent Psychotherapist at the Tavistock; and also linked with the Tavistock Adult Department (to train and work analytically with adults, singly, couples and groups – the group therapy although it stemmed from Bion’s research, was different from the S H Foulkes Group Analysis – also stemming from Bion. I learned the difference some years later when I trained in Foulkesian Group Analysis: The Tavistock model treated the whole group as well as its individual members as “the patient” where as the Foulkesian model also facilitated co-creative peer engagement. It’s also interesting that Bion himself did not continue with clinical group work nor develop an interest in Group Relations, the initiation of which he had also inspired.).At the Tavistock Institute of Human Relations, I learned from Herbert Phillipson to work analytically as a Career Guidance Consultant. This later led me to supervise the Executive and Professional Career Consultancy Programs implemented by Consultants in F Chusid and Company based in London and Paris.

Harold Bridger also trained and engaged with me in his Bath-Tavistock model of Group Relations, and in consulting to Senior Management Selection Programs, where we consulted to the selectors AND gave all candidates, regardless of whether they were selected as suitable for Unilever Management Training, positive feedback about their talents. The enlightened Unilever self interest in fostering this approach, shone through when one person rejected by Unilever as a Potential Senior Business Manager, but given glowing feedback about his leadership talents, later became UK Prime Minister, and retained a positive attitude towards Unilever. (Ted Heath).

I also trained in Tavistock-Leicester Group Relations model (Pierre Turquet and Eric Miller) and found that although the leaders of the two models saw them as competing methodologies, they could also be thought of as complementary; and when working later as an independent consultant, I chose which model to use in relation to the context; also drawing on Grubbs Spiritual orientation to Group Relations as and when appropriate. In the Tavistock Institute, I also worked with John Hill in researching the staff problems arising in the implementation of Comprehensive Schools in the UK; and with Isabel Menzies in follow up research at the Ingrebourne Therapeutic Community. I was inspired by Menzies break through transformative research into the limitations of Hospital Nursing Night Shifts, **and** her courage, just prior to retiring, when she gave a paper at an OPUS conference highlighting the failures which had ensued when her research findings were implemented.

I also trained with Gordon Lawrence in Social Dreaming Matrices and worked with him as co-leader in ISPSO; and applied the method creatively with post graduate educational psychology trainees, in Creative Professional Development Workshops with Art Therapists, in a Transformative conference for Helpers in South Africa where I included Median Groups and Group Relations, and Co-creative Dream dialogue.

While I was at the Tavistock, I was also approached by the Psychoanalyst Dr Margaret Tonnesman, who was President of the London Adult Psychoanalytic Psychotherapy Organisation and accepted membership and being a supervisor. The Society included Jungian Analysts. It emerged that Psychiatrists preferred to train there rather than the London Institute for Psychoanalysis, because 3xweekly training analysis was acceptable at the LAPP; while the LIPA required 4 x weekly training analysis as the minimum. There was a brief dissonance between us when Dr Tonnesman gave a paper to the LIPA delineating the inferiority of 3 times weekly to 4times weekly therapy. But when I discussed it further with her, she confessed that she had only written and given the paper for political reasons, and was not going to distribute or publish it. The complexity of the political polarities between the London Psychoanalytic organisations also surfaced when I was training in Group Analysis after an Adult Psychoanalytic Training and was advised then LIPA Training Secretary not to let anyone at the LIPA know. I then learned Foulkes had been marginalised by the IPA when he initiated Group Analysis; and it was only after the Training Secretary retired that she (Marion Milner) “came out” and let it be known that a Group Analysis had complemented and deepened the insights she had gained during her dyadic analysis.

With regard to my Tavistock Child Analytic Training, the two years weekly group support with Esther Bick for my infant observation were transformative: they enabled me, and the rest of our group, to firmly and positively hold the role of observer and discover how co-creatively a healthy mother and baby could develop, even when it seemed as if shadows were appearing. There is more I could add about this to-night, if there is time and interest.

The intensive child training went well under Martha Harris’s overarching management, including intensive 2 year treatment of school and pre-school child and adolescent under supervision and included an inspiring supervision Group with Donald Winnicott which complemented our Kleinian training. We also heard from John Bowlby about his work with Jimmy Robertson which transformed UK Hospital policy to allow mothers of young children to stay with them on admission to hospital.

 There was little co-operation and a degree of rivalry with the Anna Freud Clinic, although we belonged to the same Association of Child Psychotherapists (non-medical – which was a political manoeuvre to keep the Medical Profession from feeling threatened by us)

Working with the Tavistock Clinic and Institute of Human Relations and London Psychoanalytic Psychotherapy Society, I carried an inner feeling of not being fully credentialised and began an Analysis with Donald Meltzer to train at the LIPA, where I also had Sydney Klein as my first Supervisor and Margaret Tonnesman as my second. One of my inspiring memories of working with Donald Meltzer was when I found no inner response to one of his interpretations, and after a few minutes silence, became keenly aware and mentioned the birds singing on the lawn among the flowers in his garden. He promptly took this up as an expression of my capacity to “apprehend beauty”, and ever since that moment many years ago the pleasure of appreciating bird song has continued to flow within me.

After I left the London Institute, I did not immediately continue to practice as an analyst as Harold Bridger invited me to become a MONITEUR in England, France and Germany in the New Psych-analytically Inspired European School of Management Studies he was creating. The moniteurs role was to meet with students individually for an hour and a half for creative dialogue and reflection and be open to verbalising their positive dreams and aspirations (without excluding the shadows if they needed to be voiced too). An outcome for one student was to be inspired to implement his love of Disneyland in the USA and co-create one in his own country. Another became aware that he was not interested in business and only in our business school because he had been “sent” by his father. He withdrew, changed direction, and wrote to me with gratitude some years later when he had become established in the arts.

I became head of human resources for the UK branch of the EAP, became fluent in German and French – and moniteured students and supervised staff in both countries, as well as continuing to work in the UK. Then there was a change of Director who chose to discontinue moniteuring but invited to become his Deputy Director in Paris because so many students and staff valued my work. I decided not to immigrate to France, opting instead to return to Clinical Work as the Head of Child Psychotherapy for Bristol and district Child and Family Guidance Service’s 16 clinics, as well as Chair of its Senior Professional Executive; and also set up Psychoanalytic and Jungian Analytic Training in Partnership with my Senior Jungian Analyst Colleague Barbara Butler. Our training began with students requiring a minimum of 3x weekly training analysis, but this was increased to 4 times weekly to enable our graduates to become members of the newly established UK Psychoanalytic Confederation.

Inspired by Michael Eigen, among others, I also became a member of the International Association of Relational Psychoanalysis which facilitated an awareness of the complexities of the analytic relationship which might also transcend the polarities of the concepts of transference and counter-transference. When I went and gave a paper to an International Relational Conference in Italy on the theme of leadership and followership, I was invited to run workshops in the USA, but found it impractical to accept.

I did co-lead 3 residential workshops in Germany with Teresa Howard and for the descendants of the inmates and managers of the WW2 concentration camps, where we included Median Groups, Creative Dream Dialogue and Group Analysis. A memory I cherish is when one of the participants who had had nightmares all his life, became free of them by gaining the profound insight they were not his nightmares.

I worked closely with the Jungian Training Analyst Peter Tatham in Social Dreaming Matrices at Dartington Hall in the UK.

Subsequently I led a 3 day residential workshop, which included Dream Sharing, Dialogue and Co-Discovery at Dartington with and for a wide range of people who were both passionate about and successful in their work.

One thought provoking discovery was that their inspiration and success stemmed BOTH from their positive dreams and aspirations and also from negotiated and worked challenging and difficult experiences.

My work as a supervisor and consultant and facilitator included working with the leader of a spiritual psychotherapy training which also led me to go on a transformative vision quest in the UTAH desert with the Sufi leader Elias Amidon where I provided Social Dreaming Matrices. He later shared a dream with me that had transformed his life and enabled him to become a Sufi leader.

 I also worked in the UK with the Head of Human Resources and the team members of a District Police Service , Charity, Family Business, Theatre Company, Diplomatic Service, Spiritual and Religious Leaders; Couple Counselling Service Counsellors and Administrators, Personnel and Marketing Head’s of Retail Chain; Deputy Director of a National Bank; Core staff of a Creative Residential Therapeutic Resort; a University Post Graduate Business Studies Department; Stock Exchange Investors; Directors and Staff of 2 Art Studios; Health Administrators; Psychotherapy and Counselling Teams; Psychodramatists; Chief Tax Inspector and Senior Diplomatic Service Staff; an Outplacement Consultancy Team; and Organisational Consultants.

I also was invited and became a visiting senior fellow in the Psych-Social Studies Department of the University of the West of England.

I learned that the University Interdepartmental and Inter-Professorial relationships were riddled with departmental rivalry and competition. To mediate this, with the co-operation of Deputy Dean and a Senior Departmental Lecturer, I co-established what we came to call a Learning Community which met, and still meets, for a whole day at 11/2 monthly intervals. The meetings begin with time and space for dream dialogue and reflection, followed by a tea and coffee and snacks break, followed by a pre-invited lecture which was then co-creatively engaged with, in contrast to the audience’s competitive push and thrust with which previous lecturers’ presentations used to be dealt with.

My experience of working here in Melbourne has included resolving bullying at schools with Chris Hill and Eve, led by U S Analyst and Organisational Consultant Stewart Tremlow, who enabled us to work systemically, co-creatively and transformatively with whole school’s dynamics. I currently supervise senior clinicians; consult with professionals in health, business, education, management and the arts; and engage with colleagues in co-creative dreaming and creativity and co-creative play groups. I also co-staffed a trans-generational group relations conference where it became clear that with young people attuning quickly to the fast developments in technology and older people living longer and often having their wits about them, that co-creative transgenerational and trans systemic dialogue and discovery could be mutually inspiring and potentially transformative; and I am hoping we can share in this process here now