

IPCAPA report AGM 2018

IPCAPA is the Association for those who have trained as Child & Adolescent Psychotherapists with the *bpf*. This training is accredited by the Association of Child Psychotherapists (ACP) and we are registered with the Professional Standards Authority, which is the umbrella organisation of which, for example, the HCPC is a part.

This is a four year, doctoral psychoanalytic training which enables practitioners to work in the NHS, private and voluntary sectors. The range of their work is diverse, with a wide range of presentations across the mental health spectrum, involving direct clinical work with children and young people 0 - 25 years and their parents/carers. Clients are also diverse in terms of their ethnicity and cultural background, social class and levels of economic deprivation. The work also involves liaison and consultation to networks of organisations involved with their patients, such as schools and colleges, social services and physical health services. Child & Adolescent Psychotherapists are familiar with working within multi-disciplinary teams and when working privately try to ensure that they are linked closely with colleagues to support the diverse nature of their work.

IPCAPA were delighted to welcome a further 9 graduates into the Independent tradition of ACP registered Child and Adolescent Psychotherapists. They are:

Amy Taylor, Mihla Sibanda, Eugenie Baibazarova-Unwin, Joshua Holmes, Juraj Kralik, Sarah Miltz, Sarah Spitzfaden, Elaine Pennicott-Banks & Coralie Lasvergnas-Garcia. We are also very pleased that both Sarah & Coralie have been awarded their doctorates and hope that their success will be followed by others in their year group soon.

We were delighted to award the Eileen Curtis memorial prize to Benjamin Yeo.

We are very pleased to welcome 10 new students into the training for this year (2018-19) and we look forward to getting to know them.

Ana Ferreira has been the IPCAPA Training Co-ordinator for the last 2 years and, during this time she has made impressive contributions to the curriculum and to the structure of the training day. The curriculum changes have been made in response to external demands, as well as from feedback from colleagues in NHS placements and the trainees themselves. For example: introducing Short Term Psychoanalytic Psychotherapy (STPP) following the multi-site Randomised Control Study (IMPACT) which resulted in the inclusion of STPP in the NICE Guidelines, as a treatment of choice for moderate to severe depression; altering the format of the training day in order to accommodate the wishes of trainees and those of our Anna Freud Centre /UCL partners and introducing a themed conference event, this year on Play.

Ana has stepped down from this role as she is moving on to other things, although thankfully not her teaching role. So, to Ana, many thanks for your hard work, commitment and thoughtful care.

However, we are able to welcome Anna Cohen to this new role and wish her every success.

IPCAPA was very well represented at this year's ACP Conference. Ann Horne gave one of the main papers, 'The space between us – reflections on ideal states and their impact on working together in the counter-transference'. Given that we are a comparatively small training school it is quite remarkable that between us we were involved in 4 out of the 10 parallel presentations.

On the Saturday Coretta Samms & Jay Dhillon, chaired by Janine Sternberg, gave a parallel presentation on 'A complicated landscape: relating to the other in psychoanalytic psychotherapy with race in mind'. On the Sunday Valerie Morton, an IPCAPA grad, joined with Sarah Hartley to give a paper 'Disgust discussed...Too taboo?' while Hillel Mirvis, chaired by Monica Lanyado, also gave a parallel paper on 'Some reflections on being locked out of the consulting room' and Akin Ojumu, chaired by Iris Gibbs, gave a parallel paper 'Lost in Translation – Learning to speak a shared language in the therapy room'.

All these presentations were very well received, and opened some interesting debates on technique and the Independent approach. Additionally, a very strong cohort of IPCAPA grads and current trainees attended the conference.

We have also seen books published by IPCAPA members, for example Monica Lanyado, Ann Horne, Juliet Hopkins, and Joshua Holmes. There have been papers and conference presentations by for example: Joshua Holmes, Lydia Tischler in the Czech republic, Anne Horne in Prague, Ben Yeo at the STPP event in Birmingham, Ferelyth Watt at a Uganda Diaspora event. Most recently, Holly Dwyer Hall and Jeanne Magagna presented their paper 'Separating from Mother and Saying Goodbye to the Infant Observer' at the 8th International Conference for Teachers of Infant Observation at the Tavistock. Many amongst us have been involved in teaching, both in the UK and abroad.

This year has also seen our members finding new ways of working, both in the NHS and in other sectors, responding creatively to some very challenging issues.

We have been trying to broaden our reach amongst our members to have a larger Executive group which is more representative of our membership. I am delighted that Holly Dwyer Hall and Jo Hazlewood-Bent have joined the IPCAPA Executive. Holly comes as the trainee representative and she has been letting us know about issues that are important to the trainees so that we can then respond to them. Jo is in the process of developing a peer writing workshop which will take off in the next year.

We have also taken up roles within the *bpf*, for example, Ben Stambler has taken on the role of liaising with *bpf* clinical services when referrals involving children or young people come in to the organisation. Holly has volunteered to join the Scientific Committee and will help us to ensure that we contribute to the scientific life of the organization.

We look forward to further developments amongst our trainees and graduate members during the forthcoming year.

Ferelyth Watt

Chair IPCAPA Executive