

Mind's Eye

Welcome to Issue 7 of Mind's Eye – June/July 2022.

Certainly the general global feeling at the moment is sombre and gloomy, but I hope that some of the events and readings below will help liven the spirits.



Watch

Why I'm shaming shame

Madeleine Black's TEDx talk – University of Glasgow.

Shame is an unspoken epidemic and it can hold so many of us back when we listen to it. Having previously spoken at TEDx Glasgow, Madeleine Black returns to the TEDxUniversityOfGlasgow stage to show how she had to stand up to her shame, and in doing so found her voice and purpose through sharing her own story. Madeleine Black is an author and public speaker based in Glasgow. She has made it her aim to help others find their voice, strength and end the stigma surrounding sexual violence, through storytelling.

<https://www.youtube.com/watch?v=rqXluB4l1c8>

Online CPD recorded event (19.99£) raising funds for Ukraine.

Including Dwight Turner, Ernesto Spinelli and Emmy van Deurzen.

<https://www.courses-onlineevents.co.uk/courses/UKRAINE-FUNDRAISER-Emergency-Summit-Contributing-to-Global-Peace-and-Justice>



Join

BPA Summer School: Sunday, 19th June 2022 9-6pm

'Becoming': A psychoanalytic Journey.

This will be a day of presentations and discussions and will include a screening of the critically acclaimed film 'Becoming' by director Andy Spitz.

<https://www.psychanalysis-bpa.org/events/bpa-summer-school-becoming-a-psychoanalytic-journey/>

Sign in above for registration.

Attend



Maudsley Lectures in Psychoanalysis | Psychoanalysis and the Arts

The Maudsley Lectures in Psychoanalysis are a series of Institute of Psychoanalysis talks exploring the application of psychoanalytic concepts to clinical work and beyond.

This Summer term focuses on The Arts and Psychoanalysis: taking a psychoanalytic lens to a range of areas in the arts - music, sculpture, poetry, film, drama...

Some lectures are available as recordings for 48 hours (9th May, 16th May, 23rd May, 6th June, 13th June, 20th June, 27th June, 4th July & 11th July)

They are open to everyone and of particular interest to clinicians working in child and adult psychiatry, psychology, psychoanalysis, child and adult psychotherapy, nursing and other areas of mental health and those working in the arts and academia.

- Lectures are on Monday from 7:00pm to 8:30pm
- Hybrid event - 30 places available at 10 Windsor Walk SE5 8BB and online via Zoom.
- Each lecture lasts for about 45 minutes followed by time for discussion and contributions from the audience.

The speakers will be in dialogue with psychoanalysts: Anne Patterson, Emma Staples Hotop

<https://psychoanalysis.org.uk/civicism/event/info%3Fid%3D1255%26reset%3D1>

Sign up above and find out more information. Prices are for the remaining lectures in the series.

Turning Within: Psychoanalysis and Buddhism for Times of Turmoil

An online event with Buddhist Monk, Gelong Thubten and Psychotherapist, Mark Epstein
FREUD MUSEUM EVENT

<https://www.freud.org.uk/event/turning-within-psychoanalysis-and-buddhism-for-times-of-turmoil/>

19th June 17.30-19.30pm £15

Celebrated Buddhist monk, meditation teacher and author Gelong Thubten and acclaimed clinician and author Mark Epstein who integrates Freud and Buddha in his practice will meet to explore the astonishing parallels between psychoanalytic and Buddhist practices and consider inspirations the respective fields offer for surviving crisis and cultivating inner peace in times of turmoil.

Register above.

AUDIENCES WITH AUTHORS: The Work of Whiteness: A Psychoanalytic Perspective with Helen Morgan

June 16th 2022/ 20.00-21.30

Hybrid event: BPF House, 37 Mapesbury Rd, NW2 and on Zoom.

Helen Morgan will be discussing her latest book, The Work of Whiteness: A Psychoanalytic Perspective, with Eleanor Mongey, who will be chairing the event.

'Whiteness' is a politically constructed category which needs to be understood and dismantled because the system of racism so embedded within our society harms us all. It has profound implications for human psychology, an understanding of which is essential for supporting the movement for change. register: [Events | British Psychotherapy Foundation](#)



Events

Narcissistic Injuries, Neglect and Relational Trauma.

Christiane Sanderson.

Date: June 11th

<https://www.eventbrite.co.uk/e/narcissistic-injuries-neglect-and-relational-trauma-tickets-207889953447>

Christiane Sanderson BSc, MSc. is a senior lecturer in Psychology at the University of Roehampton, of London with over 30 years of experience working with survivors of childhood sexual abuse and sexual violence.

BPF specials

Jung reading group 2022 & 2023

Established in 2008, this successful online reading group is open to those with a shared interest in Jung. It aims to carry out a systematic reading of C.G. Jung's original works and explore their significance in academic and clinical contexts, including taking into account post-Jungian perspectives in analytical psychology.

Last year, the group's reading included Jung's Introduction to the Secret of the Golden Flower and his commentaries on other Eastern Texts. In the coming academic year, the meetings of the group will take place online.

who it is for

The reading group is open to those with a shared interest in reading Jung's works. Current participants include clinicians as well as graduates with academic backgrounds. Prior knowledge of subjects is not assumed, but the ability to openly engage with the reading material is an essential part of the group's discussions.

To find out more: [Jung reading group 2022&2023 | British Psychotherapy Foundation](#)

Celebrating: Support is Key

This workshop celebrates the initiative and success of 'support is key' scheme during the Covid pandemic. Louise Woodhead will present the findings of such an innovative project, i.e. achievements, new findings and challenges of free short term work by Zoom. There will be a second part where Serena Willmott and Deborah Abrahams share their views on short term psychoanalytical therapies and their importance and relevance in times of crises.

9 July 2-4.30 See website for details [Celebrating: Support is Key | British Psychotherapy Foundation](#)



Visit

Tavistock Centre art exhibition celebrating 100 years of the Tavi.

The Internal World and Inner Journeys

1 April to June 10th – Belsize Lane, London NW3. Entrance free, all welcome. Tube: Swiss Cottage.
Open to all when the Centre is open.

Listen

Will Young Podcast

The ever charismatic Will Young – on wellbeing.

<https://www.audible.co.uk/pd/The-Wellbeing-Lab-with-Will-Young-Podcast/B09VH7F819>

Annalisa Barbieri podcast

The veritable AL Barbieri covering everything from addiction to baby sleep via difficult relatives.

<https://podcasts.apple.com/gb/podcast/conversations-with-annalisa-barbieri/id1567190358>

Read

The ketamine debate rumbles on.

https://www.newyorker.com/culture/annals-of-inquiry/ketamine-therapy-is-going-mainstream-are-we-ready?utm_campaign=falcon&utm_social-type=owned&mbid=social_twitter&utm_brand=tny&utm_medium=social&utm_source=twitter

Readable look at the fears and anxieties surrounding the climate crisis.

<https://www.elle.com/uk/life-and-culture/a39490079/eco-anxiety-mental-health/>

Past editions of New Associations (BPC) available here:

<https://www.bpc.org.uk/about-us/new-associations/archive-of-new-associations/>

Issue 34 has contributions from Annie Pesskin and Louise Woodhead, BPF member, and staff member. Helen Morgan is also a BPF member.

Why people are acting weird - Crime, “unruly passenger” incidents, and other types of strange behavior have all soared recently. Why?

<https://www.theatlantic.com/politics/archive/2022/03/antisocial-behavior-crime-violence-increase-pandemic/627076/>

Blog

Why is shame such a central experience of child sexual abuse?

<https://www.carolynspring.com/blog/shame-and-child-sexual-abuse/>

Enter

News from the British Journal of Psychotherapy

We are now welcoming entries for this year's Estela Welldon Prize, co-sponsored by the BJP and the International Association for Forensic Psychotherapy. The Prize 'will be awarded annually to the author of a paper which contributes to our understanding of the shadow side of human nature – the ugly side, or what we might previously have called the "dark side" of humanity'. The deadline for the Prize is June 27th. For further details please click below:

<https://onlinelibrary.wiley.com/journal/page/17520118/homepage/estelawelldonprize>

Books on the mind

BPF members books

REISSUE in 2022:

David Mann: Psychotherapy - an erotic relationship

Routledge Mental Health Classic, 25 years since publication in 1997.

Ann Casement (BPF Member) Jung: an introduction

(Phoenix, 21.99)

New book on Jung – introducing Jung's relationship with Freud, archetypes, collective unconscious, the shadow, the numinous, anima/animus and individuation.

Articles Catching Mind's Eye this month:

Echoes of Captivity – Therapy Today Vol 33, Issue 1, pp 38-41 (available to BACP members and subscribers).

Louise Reynolds explores the devastating intergenerational trauma experienced by families of prisoners of war, including her own.

Please send us any suggestions for inclusion in Mind's Eye 8 (pub date June 2022).

**Twitter: @BritPsyFound or email Polly Mortimer at
librarian2@bpf-psychotherapy.org.uk**