



PSYCHOANALYTIC THERAPY & RESEARCH CENTRE

India's Premier Centre for Child & Adult Therapy

Newsletter Volume 5 Issue 1, December 2015

Due to a number of reasons, over the last 3 years, we were unable to bring out the Newsletter annually as we were hoping to and we apologise for that. This issue of the PTRC Newsletter, therefore, combines the report of three years of our work and activities. We do intend to publish the Newsletter at more regular intervals in future.

The Newsletter provides us a forum to share with all our friends and well-wishers the activities that have taken place over these past years, and to take a look at where we are headed.

Needless to say, these past 3 years have been extremely busy ones for us at PTRC in all areas of our work. Our student strength has increased with many more Psychoanalysts and Child Psychotherapists getting qualified through our intensive training programmes; our clinics as well as our outreach work has steadily grown, and PTRC's ongoing programme of Continuing Professional Development (CPD—a programme of teaching-learning) helps both faculty and students keep up with new thinking and developments in the field of psychoanalysis and psychoanalytic psychotherapy.

Work at the Clinics

Work at the two PTRC clinics in Mumbai— Fort and Bandra East— continues under the supervision of Ms Banu Ismail.

The Horniman Circle Therapy Centre: A team of child psychotherapists and adult psychoanalysts continue to see children, parents and adults with emotional difficulties. With the addition of two more therapists who have joined the clinic team, approximately 60 sessions a week are now provided to patients, on a sliding scale fee structure. The analysts/therapists who have worked over the last three years at this Clinic include Ms Banu Ismail (Clinic Director), Ms Manju Mukhi, Ms Malika Sikander, Ms Sara Rouzhad, Mrs Janice D'Souza Barrett, Mrs Manjari Keswani and Ms Amrita Ganguly.

PTRC's Clinic at Bandra: PTRC's therapists also see patients in its clinic in Bandra East, Mumbai. This clinic, which functions out of an existing polyclinic in Bandra, was started in February 2010, and works on

the same lines as the Horniman Circle Therapy Centre. The staff include Ms Banu Ismail (Clinic Director), Ms Malika Sikander, Mrs Manjari Keswani and Dr Amit Kulkarni. Approximately 35 sessions a week are provided to patients at this clinic.

Altogether in both these clinics, approximately 400 patients have been treated over the last three years.

Work in Schools

PTRC's child psychotherapists continue their invaluable work in schools, helping children with emotional difficulties, providing supportive parent work and also working with teachers to enable them to better understand the students' behavioural difficulties.

Under Ms. Manju Mukhi's guidance and supervision, over the years, scores of children and their parents have been helped in various schools of Mumbai. Currently, Manju Mukhi and two other psychotherapists— Ms Amrita Ganguly and Ms Riddhi Chheda— provide

Highlights

- » In 2010 Mrs Minnie Dastur, one of PTRC's seniormost Psychoanalyst and Training Analyst was invited as a guest of the China Committee and was a Keynote Speaker at the Freud Centenary International Psychoanalytical Association Conference which was held in Beijing. Mrs. Dastur presented a paper entitled, *The Universal Truth of Myths Reflected in Psychoanalytical Theory and Practice*. PTRC is proud to announce that Mrs Dastur's paper has now been published in Karnac Books' *Psychoanalysis in Asia*.

Mrs Minnie Dastur was also recently appointed as a member of the International Psychoanalytical Association's China Committee. This is an elected term for two years beginning July 2015. Moreover, she was invited as a Guest Keynote Speaker at the 4th China Psychoanalytic Congress in Hefei from 14th-16th October, 2015. Besides presenting a paper, Mrs Dastur also interviewed Chinese applicants for psychoanalytic training.

- » In June 2014, for the first time since its inception, PTRC inducted two new Trustees to its Board. We are, indeed, fortunate to have Dr. Meena Kaushik and Ms. Kajol Menon associated with our organization. Both have a wealth of experience in the corporate as well as the NGO sectors.

Dr. Kaushik, an anthropologist, is the founder of Quantum, which does qualitative research for both corporate clients and social projects. Ms Menon worked many years with ChildLine and has recently started an NGO, Leher, which deals with Child Protection issues.

therapy and consultative services at Alexandra Girls School, Fort, Mumbai. Between the three of them, 35-40 sessions per week are offered to students and parents.

Ms Banu Ismail also continues her work with students and parent at Cardinal Gracias High School. Ms Ismail also does consultative work with the school teachers.

PTRC's Training Programmes

Between the academic years 2012-2015, 25 new students joined the various modules of the Infant Observation Course. Currently, we have four students in their first year of the Observation Course, six students in the second year of the Observation Course, two students registered for the Training in Clinical Child Psychotherapy and 3 students registered for the Psychoanalytical Training. One student is in the process of completing the Clinical Child Psychotherapy Training and two students are completing their Psychoanalytical Training. Today, PTRC has 10 Psychoanalysts, 11 Child Psychotherapists and five Training Analysts.

Mrs Minnie Dastur, Senior Training Analyst, continues as the Course Organiser for the Infant Observation Course and the Child Psychotherapy Training. Mr. Sarosh Forbes and Mrs Micky Bhatia continue to be the Joint Secretaries of the body which oversees the running of the Psychoanalytical Training of the Mumbai Chapter of the Indian Psychoanalytical Society.

PTRC Events

2012

July: PTRC held its annual Orientation for new students applying for the training courses.

19-21 July: Two senior PTRC members – Mrs Micky Bhatia and Ms Banu Ismail attended the *Sixth International Conference on the Work of Frances Tustin* in Sydney, Australia. The theme of this Conference was *'Bringing Patients Back to Life'* and both Micky Bhatia and Banu Ismail presented papers on their clinical work at the pre-conference event.

1 September: PTRC held its Convocation, when Mrs Manjari Keswani qualified as a Child Psychotherapist and Ms Kausar Munir and Ms Amrita Ganguly were presented their certificates for successfully completing the Observational Studies Course.

22–23 September: PTRC held a Study Event on Autism and the Work of Francis Tustin. This event was particularly meant to share with PTRC students and members, the experiences of the Australia conference which Mrs Micky Bhatia and Ms Banu Ismail had attended earlier in the year, and to further the understanding of Francis Tustin's work on Autism. Micky Bhatia and Banu Ismail presented papers. The event, which was held at the Bombay Yacht Club was attended by students and members of the PTRC.

7 November: A Study Event was held on '*The Importance of Early Relationship and Communication*' by visiting faculty, Mrs Asha Phillips, Tavistock Clinic, London.

25 November: PTRC organized a discussion of the Golden Globe Award Winning film *Das Weisse Band* (The White Ribbon). The discussion was led by Ms Brigitte Ziob, a Psychoanalyst from Dusseldorf, Germany.

2013

4–6 January: The India Australia Israel Conference was organized by PTRC in Mumbai. The theme of the conference was '*Unbearable States of Mind Lived out Between Patient and Analyst*'. The Conference was attended by participants from Israel, Australia, India, USA and Germany.

The following papers were presented:

Mrs. Noa Haas (Israel): *Retrieval of the Mind: Dealing with Primitive Defense Mechanisms in Psychoanalytic Treatment.*

Dr. John McClean (Australia): *A Difficult Case: Encountering Some Unbearable Experiences for a Patient, Therapist and Supervisor.*

Dr. James Telfer (Australia): *Fear and Mood Disorders.*

Mr. Avner Bergstein (Israel): *Attacks on Linking or a Drive to Communicate.*

Mr. Sarosh Forbes (India): *An Unbearable Beginning: An Analytic Study of a Deeply Traumatic Infancy And Childhood.*

Mrs. Manjari Keswani (India): *Clinical Work with a Five year old Born in an Atmosphere of Mourning.*

20 January: As is now a regular practice, PTRC participated in the Standard Chartered Mumbai Marathon to raise funds. There were 24 participants in all. Dr. Bharucha and Mrs. Bharucha ran the Sr. Citizens race. This time we had three PTRC members— Mrs. Dastur, Ms Banu Ismail and Ms Manju Mukhi— who ran the half marathon. Among the PTRC students who took part in the Dream Run were: Ms Malika Sikander, Dr. Amit Kulkarni, Ms. Riddhi Chhada, Ms. Sara Rouhzad and Ms. Kinjal Gindra. Several others also ran on behalf of the PTRC and we are immensely thankful to all those who participated and helped raise funds for our organisation.

9 February: For the first time, PTRC held a Psychoanalytic film discussion on the film Macbeth through Skype. Mrs. Margaret Rustin and Prof. Michael Rustin conducted the discussion from London and the event was attended by 16 PTRC members and students. It was an encouraging first attempt and we hope to increasingly use technology to enhance our continued education.

13–14 April: A Study Event was held based on two papers: Edna O'Shaunessey's '*The Absent Object*' and Eric Brenman's '*Recovery of the Lost Good Object*'. Mrs. Minnie Dastur gave a presentation, using the biography and work of Michelangelo. Mrs. Micky Bhatia and Ms. Nuzhat Khan presented papers. Ms. Malika Sikander, Dr. Amit Kulkarni, Ms. Sara Rouhzad and Ms. Amrita Ganguly gave clinical presentations. All presentations were followed by extremely stimulating discussions.

May: Five PTRC students— Ms. Malika Sikander, Mrs. Janice D'souza Barrett, Dr. Amit Kulkarni and Ms. Sara

Rouhzad (who were then undergoing their clinical training), and one Child Psychotherapist— Mrs Manjari Keswani— visited Tavistock Clinic, London, for a study programme. They spent two highly productive and rewarding weeks at Tavistock, attending seminars and interacting with students and faculty there.

July: An Introductory Event was held for the new students joining the Observation studies training programme.

31 July–3 August: Three PTRC faculty members— Mrs Minnie Dastur, Mrs Micky Bhatia and Mrs Gouri Salvi— attended the *International Psychoanalytical Association's 48th Congress* in Prague on the theme 'Facing The Pain'.

31 August–1 September: A Study Event was held on the Students' Experience of Clinical work and Psychoanalytic Theory at the Tavistock Clinic, London. At the event, which was attended by faculty, members and students of PTRC, the six students who had visited Tavistock earlier in the year, shared their interactions there and gave feedback of their invaluable study experience.

21–23 December: Senior and renowned Psychoanalyst from UK, Mrs Irma Pick conducted a three-day Study Event in Mumbai on Psychoanalytic Technique and Clinical work.

22 December: Three of PTRC's students were honoured to receive from Mrs Irma Pick, their qualifying certificates at a Convocation ceremony. Ms. Sara Rouhzad and Ms. Malika Sikander qualified as Child Psychotherapists, and Mrs. Preeyal Mirchandani was presented a certificate for completing the module on Infant Mental Health (pictures 1 & 2).

2014

19 January 2014: As always, PTRC and its friends and supporters participated in the Standard Chartered Mumbai Marathon to raise funds for the organization.

26 April 2014: An Orientation was held for potential students wishing to apply for PTRC's training programmes. This was followed by screening of the film 'Fedora'. A discussion on the psychoanalytic understanding of this intensely moving film was led by Mrs. Minnie Dastur at the Vivanta Hotel, Mumbai.

29–30 August 2014: For the first time, a combined study event bringing together psychoanalysts and child psychotherapists from Delhi and Mumbai was organized. This event which took place in Goa, saw clinical presentations and discussions by analysts from both cities.



Qualifying students Malika Sikander and Sara Rouhzad celebrate the special event with chief guest Mrs Irma Pick



Inaugurating the Study Event: (From left) Mr Sarosh Forbes, Mrs Irma Pick, Mrs Aiveen Bharucha and Mrs Minnie Dastur

The participants were:

Mumbai: Ms. Nuzhat Khan, Ms Banu Ismail and Ms Manju Mukhi, Mrs. Micky Bhatia and Mrs. Zarine DMonte.

Delhi: Mrs. Mallika Akbar, Ms Nilofer Kaul and Ms.Vinita Kshetrapal.

Goa: Mrs. Gouri Salvi (who has relocated from Mumbai).

The event was extremely successful providing a mutual sharing of useful insights into methods of psychoanalytic work with patients, and discussions of core psychoanalytic concepts. The two days ended with plans to have many more such inter-group interactions.

31 October–2 November 2014: A workshop was organized with senior Psychoanalyst from UK, Dr. Alberto Hahn, on the Papers of Donald Meltzer

2015

9 January–11 January 2015: PTRC organized its International Conference in Mumbai. This time the theme of the Conference was: *Transformation of Primitive Infantile States in Clinical Practice*. The Conference was well attended by delegates from Israel, Australia and India (*picture 3*).



The International Conference begins

The papers presented were:

Dr. John McClean (Australia): *Harold Searles Revisited–From Concrete to Metaphoric Thinking*.

Mrs. Alina Schellekes (Israel): *Sentenced to Life (Reflections following the film: Turtles Can Fly)*.

Ms. Sara Rouhzad (India): *Anyone but Me! The Hated Self*.

Mrs. Margaret Bercovic (Australia): *The Transparent Object in Borderline Patients*.

Ms. Banu Ismail (India): *A Clinical Study of Problems Faced by the Analyst with a Patient Using Narcissistic Identification*.

Mrs. Alina Schellekes (Israel): *Daydreaming and Hypochondria – When Day Dreaming Goes Wrong and Hypochondria becomes an Autistic Retreat*.

18 January 2015: This year too, as has been our practice for the last few years, PTRC participated in the Standard Chartered Mumbai Marathon to raise funds for our work. We would like to thank all those who participated on our behalf and collected much needed funds.

28 March–30 March 2015: PTRC organized a 3-day Study Event around the visit of two reputed psychoanalysts from London, Ms Caroline Garland and Dr. David Taylor. The event, which was held at the Trident Hotel in Mumbai, began with a public talk by Dr Taylor (psychiatrist and psychoanalyst) on Psychoanalysis and the 21st Century. This talk which was well attended, was chaired by Dr. Ajai R. Singh, President of the Bombay Psychiatric Society (*picture 4, next page*).

Over the following two days, Dr Taylor presented some findings from the Tavistock Depression Study, read his paper entitled *Ideal Objects and Real Objects* and led discussions following clinical presentations by PTRC students. The students who presented their clinical work were Mrs Janice D'Souza Barrett, Ms Amrita Ganguly, Dr Amit Kulkarni and Ms Riddhi Chheda.



Dr David Taylor (centre) at the public talk. On his left is Dr. Ajai Singh and on his right is Dr Amit Kulkarni

During this study event, Ms Caroline Garland also presented a paper titled *The Analysis of a Patient with a History of a Psychotic Breakdown*.

2 April–4 April 2015: Mrs. Alexandra Billinghamurst, Vice President of the International Psychoanalytical Association, came on a site visit to Mumbai. She attended PTRC's Seminars on Infant Observation, Work Discussion and Young Child. She also met separately with the different PTRC groups— with the faculty, with psychoanalysts and child psychotherapists and with students.

Mrs. Billinghamurst also presented a Paper on '*Experiencing The Unexperientable— Trauma from the Klienian Perspective*'. The Paper was followed by a discussion among the PTRC members and students who attended.

Outreach, Talks and Seminars

PTRC's outreach work has had such a high degree of success that there have been increasing requests for psychotherapeutic work from a number of NGOs such as Save the Children, Aangan and EAR. Requests are also coming in for our faculty to conduct study events and workshops introducing psychoanalytic concepts to the Human Resource departments of various corporate firms.

» In March this year Mrs Minnie Dastur was invited by the Delhi Psychoanalytic Group to conduct

a two-day workshop. The theme was *The Absent Object and Recovery of the Good Object* along with *Narcissistic Object Relations*. The workshop was highly appreciated and the Delhi group requested Mrs Dastur to conduct two fortnightly supervisions a month for them.

» PTRC continues to support Sound Steps (previously called Naad) and Aseema (school for street children). Although Mrs Micky Bhatia has ended her term there, she will still be associated as a support person. Mrs Bhatia earlier worked there for over four years, and Mrs Gouri Salvi and Ms Sara Rouhzad worked for shorter periods, doing supportive analytic therapy for mothers of children with hearing impairment.

» For the third consecutive year, Ms Nuzhat Khan conducted regular seminars on Psychoanalytic Approaches at Nanavati Women's College for the Second Year MA Clinical Psychology students. About 35 students attended these seminars which introduced them to basic psychoanalytic concepts and discussed how to use them to better understand the work they were doing with their patients. The students also brought their clinical work for discussions. Ms Khan also conducted intensive teaching workshops over several weekends in Mumbai and Delhi for the senior researchers of Quantum (a market research firm). Here the emphasis was on theory and psychology in a non-clinical setting. She plans to conduct similar workshops in Quantum's Bangalore office later this year.

» In February 2014, Ms Banu Ismail conducted a talk to a group of 70 college teachers on *Understanding Behaviour- A Psychoanalytic Approach* as a part of their soft skills programme at Somaiya College, Mumbai. She also currently conducts work discussion seminars for the MA Psychology students at the Tata Institute of Social Sciences (TISS). Students present work of their experiences and this is followed with an open discussion. The discussions are led by Ms Ismail with significant psychoanalytic inputs.

» In March 2014, Mrs Micky Bhatia conducted a two

day study event for a group of students and faculty (members of the Indian Psychoanalytic Society) at Delhi. In addition, Mrs Bhatia continues her seminars on Psychoanalysis at the Sinara workshops, organized by the Times of India.

- » PTRC members Micky Bhatia and Banu Ismail conduct work discussion sessions with the community workers of Aangan. This is an NGO that works to strengthen and build child protection mechanisms. Their work is located in urban slums where children and families are supported and empowered to create a safe environment for children. The work discussion facilitate psychoanalytic thinking to help the workers broaden their own perspective for a deeper understanding of their own responses and the families they work with.
- » Mrs Gouri Salvi (who relocated from Mumbai to Goa), forged links with two NGOs – ‘Sethu’ and ‘Sangath’ – working in the area of mental health in Goa. She gave talks on “*Introduction to Psychoanalysis*” for the teams of these NGOs and both were received with a lot of interest. She currently offers her services as a Child Psychotherapist on a twice-a-week basis at ‘Sethu’ where she works with children and does some supportive parent work.

Upcoming Events

- » We are happy to announce that PTRC has planned a fundraiser on February 10th, 2016, at the Tata Theatre, NCPA in Mumbai. We are fortunate to have renowned artiste, Sona Mahapatra perform in support of PTRC. Sona Mahapatra is a trained Hindustani classical singer and composer and is

known for her eclectic repertoire, ranging from popular Bollywood tracks to international collaborations and folk music.

- » *The India-Australia-Israel Conference* is scheduled to be held on September 28-30, 2016. Papers will be presented by psychoanalysts from all three countries on the theme : ‘*Countertransference – Yesterday and Today*’.

Our Thanks

We would like to take this opportunity to express our deepest thanks to all of PTRC’s friends and well-wishers. Over the years, they have extended their support and assistance to us in a variety of ways, helping us to take our work further. A special thanks to our Board Members who have always stood by us.

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