



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.

