

PSYCHOANALYTIC THERAPY AND RESEARCH CENTRE

Newsletter 2023

India's Premier Centre for Child & Adult Therapy

July 2019 - March 2023

Newsletter Volume 8, Issue 1, April 2023

The PTRC — as the administrative arm and public image of the Mumbai Chapter, Indian Psychoanalytical Society — is putting forth in this Newsletter all the activities of the Mumbai Chapter, that have taken place from July 2019 - March 2023.

Our last newsletter was published in July 2019 and described our growth across schools and outreach work along with the opening of a new clinic in Churchgate and a thriving and expanding training and student body. In January 2020 the first cases of COVID were detected in India and on March 20th we closed our clinics and shifted to working online. The lockdown came into effect on 25th March 2020.

Across the country millions of people who lost their livelihoods and ways of subsistence overnight, were forced to find their way home from the larger cities in lockdown. It was a sobering and frightening time of increasing uncertainty and we were grateful for what technology enabled us to do. Schools and workplaces were shut leaving families in close quarters, in many cases reinforcing emotional difficulties that might otherwise have been getting managed by creation of physical space.

At PTRC via the school work and in our clinics, we see children, parents, and adults across the socio-economic spectrum. During this time, our therapists tried to continue this work through video calls on telephones and computers. Multiple issues arose: an absence of privacy as there were families who live in single rooms; the reality of only one phone in the family that couldn't be spared for sessions. Therapists had to try and see what was, or was not, possible to provide under very difficult circumstances.

Soon after the lockdown began, by April 2020, PTRC organised, and was able to offer, free online sessions. This received a substantial response. Some of our therapists are still working with individuals who started with free sessions and later converted to regular patients.

Towards the end of 2021 and the start of 2022 people began to slowly return to work in person. Our clinics reopened, and therapists worked online from clinics even if patients were not willing to return as yet. Now as we are well into 2023, we are dealing with the challenges of returning to working in person. While working virtually is no doubt useful when in-person work is not possible, it simply is not the most effective form of therapy. While most people realise this through their experience, some find it more difficult, especially given the external realities of travel and work in a city like Mumbai.

This, our first post-pandemic newsletter, is full of our activities across the clinics, schools and training, along with PTRC's outreach work, particularly through senior members, across national and international associations and platforms. One of the most vibrant programmes being run by the Mumbai Chapter is the Continuing Professional Development (CPD). CPD was first initiated by Mrs. Minnie Dastur (Senior Training and Supervising Analyst) with film analysis and discussion on 'Black Swan' in the year 2010. The idea was to expand our own repertoire of knowledge, through connections to literature, art, music and poetry; to continuously enrich the imagination and allow us the space to wander in reverie and find what might help us to understand and connect better with our patients. Currently, CPD events run nearly every month. CPD welcomes contributions from our members on any subject that falls under this purview.

All the activities reflect the interest and pleasure taken in our work, and how it sustains us in the face of difficulty, and how much we value being able to come together again.

ACTIVITIES

From March 2019 onwards

Ms. Gill Ingall conducts a clinical seminar group once a month for our clinical training students. This is organised by the Melanie Klein Trust and is offered free to our students.

Ms. Gill Ingall is a senior Child and Adolescent Analyst and a Psychoanalyst from the British Psychoanalytic Society.

22nd February 2020

Under the aegis of the CPD Cell (comprising Mrs. Minnie Dastur, Mrs. Zarine D'Monte, Ms. Banu Ismail and Ms. Gouri Salvi), regular presentations by both faculty and students, help members keep up with new thinking in the field and broaden the understanding of psychoanalytic ideas through the medium of the arts, cinema, culture, literature, etc. – helping us to creatively expand and deepen our thinking.

As part of the CPD programme, the American psychological thriller film, *Joker* was screened for PTRC members and their guests. As evident in the discussion that followed, viewing the film through a psychoanalytic lens led to a rich and evolving discussion regarding the characters, their motivations and so on. It certainly gave us a way to study human nature and psyche, and further our understanding of the same.

April 2020

A month into the lockdown, we had to concede to the new normal. Training Analyst, Psychologist and Child Analyst, Ms. Banu Ismail conducted a session on “Understanding the challenges of the current lockdown situation” for the staff members of SNTD via Zoom, reflecting the need of the hour and what people were having to cope with at the time.

26th May to 29th May 2020

Mrs. Minnie Dastur organised a four-day online seminar, conducted by Ms. Margaret Rustin, Dr. Jan Abram, Dr. Bob Hinshelwood & Ms. Gianna Williams. The seminars were eagerly received and saw our students present their clinical presentations.

Margaret Rustin: Margaret Rustin is one of the key figures in establishing the Tavistock and Portman

Clinic as a major provider of education and training in the NHS. She has been a Chair of the Professional Committee and Dean and an Executive Director during her long career at the Tavi.

Jan Abram: Jan Abram is a training analyst and fellow of the British Psychoanalytical Society (BPAS). Alongside her private clinical practice, she is Visiting Professor of the Psychoanalysis Unit at University College London (UCL), where she is a course convenor and lecturer for the MSc in Theoretical Psychoanalytic Studies. She is also on the board of the International Journal of Psychoanalysis. As a leading scholar of D. W. Winnicott's theory, Ms. Abram has travelled all over the world, and has published several books examining and elucidating his ideas.

Prof. Robert Hinshelwood: Fellow of the British Psychoanalytic Society and Fellow Royal College of Psychiatrists, Prof. Hinshelwood has been a prolific writer for the last 35 years. His wide-ranging work covers clinical and theoretical psychoanalysis as well as the application of psychoanalytic thinking to other fields, especially groups, organisations and social science. He has also been a passionate teacher and scholar of psychoanalysis, most prominently as Professor for Psychoanalysis at the University of Essex.

Gianna Williams: Gianna Williams trained as a child and adult therapist and was part of the teaching staff of the Tavistock Clinic in the 1970s and later Consultant Psychotherapist at the Adolescent Department of the Tavistock, where in 1987 she founded the Eating Disorders Workshop. She has taught at the Tavistock Clinic and University of East London, and the Universities of Pisa and Bologna and has founded numerous courses based on the Tavistock model in Italy, France and Latin America.

7th June 2020

Ms. Banu Ismail held a session on Understanding Children's Emotions for parents of the Wisdom International School, Jamshedpur via Zoom – the online platform allowing the provision for much needed support to those who could not access it in person or from where they were geographically located.

17th July 2020

Many of us attended the IPA (International Psychoanalytical Association) webinar on Schooling During Covid Lockdown and Beyond. Senior Training and Supervising Analyst Mrs. Minnie Dastur was a panelist on the webinar.

15th August 2020

Mrs. Minnie Dastur held a seminar on “Working online - the new setting” to address some of the concerns and challenges of online therapy & analysis, and to help us see opportunities for understanding our patients in them. Child Psychoanalyst, Ms. Abha Shah presented her Clinical Case to help us reflect over the 'new setting'.

6th September 2020

Following the August seminar, Mrs. Minnie Dastur held an open seminar on the use of the online medium and its subtle influence on both the analyst and analysand. Several analysts and students shared vignettes from their clinical work which was discussed and helped us to continue to further our understanding of the new setting.

7th November 2020

Ms. Priscilla Roth conducted an online Clinical Workshop. Psychoanalyst and Training Analyst Mrs. Micky Bhatia was the Moderator. The workshop was organised by Mr. Sarosh Forbes, Senior Training and Supervising Analyst. Psychoanalysts and Training Analysts Ms. Nuzhat Khan and Ms. Banu Ismail presented their papers.

Priscilla Roth: Priscilla Roth is a training and supervising analyst with the British Psychoanalytical Society. Following her degree in psychology at Berkeley, she worked as a research assistant at the University of California at Berkeley. In the early 1970s she moved to the UK and trained first as a child and adolescent psychotherapist at the Tavistock Clinic, London, and shortly thereafter as an adult psychoanalyst with the British Psychoanalytical Society. She was elected as a Distinguished Fellow in 2022.

28th November 2020

Our first CPD event was a part of a series called Core Concepts in Psychoanalysis. Senior Training and

Supervising Analyst Mr. Sarosh Forbes presented a paper on Transference and Projective Identification. The paper followed the development of these concepts from Freud to contemporary psychoanalytic understanding, helping to powerfully clarify and open up for us a complex and critical area of theory using clinical material and experience.

17th January 2021

The next CPD event, also part of the Core Concepts in Psychoanalysis series, was conducted by Mrs. Minnie Dastur, who presented her paper 'From the Significance of Dreams to Dream Life' to elucidate how the very definition of dreams and understanding their hidden communications has changed from the pioneering works of Freud to more contemporary analysts.

28th March 2021

Ms. Banu Ismail was the speaker at the third instalment of Core Concepts in Psychoanalysis. She presented her paper on Reflections on Narcissism from Freud to the present times. Her paper beautifully articulated the evolution of narcissism as it relates to psychoanalysis from Freud to contemporary analysts like Ms. Betty Joseph. Mrs. Zarine D'monte (Psychoanalyst and Child Analyst) was the Moderator and Discussant to the presentation.

14th August 2021

Ms. Gouri Salvi (Training Analyst, Psychoanalyst, and Child Analyst) presented her evocative paper on Mourning and Melancholia for the next CPD event, also under the Core Concepts in Psychoanalysis series. Ms. Micky Bhatia chaired the event. The paper used the poems of Sylvia Plath and Louise Gluck to differentiate between the two processes and the personalities they result in.

10th October 2021

CPD also runs a series on Art and Psychoanalysis, the first of which was conducted by Ms. Anshu Jaiswal. Her presentation on the painting, 'The Lovers by Rene Margritte' used various vantage points to interpret the painting and was rich with psychoanalytical understanding. The presentation was chaired by Ms. Gouri Salvi.



Ms Khan addresses the gathering at Otters Club

9th April 2022

Ms. Nuzhat Khan was invited by the Otters Club to speak on how to deal with change post-Covid. The talk was attended by an enthusiastic gathering of about 60 people and addressed important concerns faced by them.

30th April 2022

This year saw our first collaboration with The Care Car. The Care Car is a group of four enterprising women, including Ms Micky Bhatia, who combine their passion for driving with raising funds for different NGOs.

Our first collaborative work was the Point of View Film Discussion. We started with the screening of a 13 minute film by Priyanka Banerjee - 'Devi' at The Royal Bombay Yacht Club. Ms. Nuzhat Khan gave a psychoanalytic view of the film which was followed by an invigorating discussion.

1st May 2022

The last CPD event of the year, part of the Art and Psychoanalysis series, saw joint participation of the three IPS centres in Delhi, Kolkata and Mumbai. Ms Bhavini Merchant-Dayal, made a presentation on David Bowie's 1969 hit song Space Oddity a pun on the title of the film "Space Odyssey". The event was chaired by Ms. Nuzhat Khan and the discussant was Mrs. Minnie Dastur. The presentation focused on the meaning of the lyrics, as related to Bowie's life and an understanding of such states of mind.

9th July 2022

The next Point of View Film Discussion by PTRC in collaboration with The Care Car was also at The Royal



Ms. Patel, Ms. Shah and Ms. Ganguly cut the famous carrot cake at their convocation.

Bombay Yacht Club. The movie screened and discussed was 'Aai Shapath'. Ms. Banu Ismail gave a psychoanalytic view of the film which was then opened to the public for discussion.

The event was preceded by the Convocation. Ms. Amrita Ganguly and Ms. Purvi Patel qualified as an Adult Psychoanalysts, and Ms. Abha Shah qualified as a Child Psychotherapist. We congratulate the three analysts on their successful journey.

16th July 2022

Dr. Nilofer Kaul (Training and Supervising Analyst, IPS – Delhi Chapter) held a discussion on her book Plato's Ghost. The talk was moderated by Ms. Micky Bhatia and was followed by a clinical case by Ms. Anshu Jaiswal.

6th August 2022

A CPD – Core Concepts in Psychoanalysis event On Beginning Treatment was run at the Bandra clinic. Mrs. Minnie Dastur presented a review of psychoanalytic practice and technique on beginning treatment from Freud to contemporary psychoanalytic thinking and practice. Two case presentations were given by Ms. Abha Shah and Ms. Yamini Namjoshi, followed by a discussion.

27th August 2022

The next CPD – Core Concepts in Psychoanalysis event was held at the Churchgate clinic on Understanding Narcissism, through a Psychoanalytic view of the film The Wife. Mrs. Zarine D'Monte presented an insightful paper on the film, followed by discussion.

17th September 2022

Ms. Purvi Patel presented her paper *Bohemian Rhapsody by Freddie Mercury - A song about an ecstatic expression of feelings*. The event, part of the CPD - Arts & Psychoanalysis series was held at the Churchgate clinic. Ms. Purvi Patel presented her in-depth analysis of the lyrics and Freddie Mercury's history. Ms. Micky Bhatia was the discussant.

15th October 2022

The next CPD - Arts & Psychoanalysis event also at the Churchgate clinic, saw Ms. Shaili Shah present her paper *The Bhagavad Gita from a Psychoanalytical lens*. Ms. Anshu Jaiswal chaired the session and Ms. Sara Rouhzad was the discussant. The presentation was followed by an engaging and enriching discussion.

12th November 2022

The third film to be screened as part of Point of View Film Discussion was *Everything is Fine*. Ms. Micky Bhatia analysed the film. From the discussion that followed, it was clear that the screenings had succeeded in starting conversations around mental health. The event was organised at the Bombay Gymkhana.



Audience immersed in the discussion that followed the screening.

26th November 2022

Ms. Nuzhat Khan presented her enlightening paper on *The Death Instinct* at the next CPD – Core Concepts in Psychoanalysis event, held at the Bandra clinic. Mr. Sarosh Forbes was the discussant and Ms. Banu Ismail chaired the event.

PTRC CLINICS

The PTRC Clinics continue to offer both intensive and non-intensive, psychoanalytic psychotherapy for children and adults; short-term counselling in the form of Young Peoples' Counselling Service (YPCS); Infant Mental Health services (therapy for families with children under five); and Supportive Parent Work and Psychoeducational Assessments (for children).

Our clinics in Bandra and Horniman Circle are run under the Directorship of Ms. Banu Ismail. In February 2020 we added a new clinic in Churchgate, which is being run by Child Psychotherapist Ms. Manju Mukhi. She is the Coordinator of the clinic.

While some of the above work continues online, most is conducted in person. Over the last two years the clinics have treated over **500 patients** and have conducted over **20,000 sessions**.

The Horniman Circle Therapy Centre: The oldest clinic space, here our team of psychoanalysts and child psychotherapists continue to see children, parents and adults with emotional difficulties. This space also continues to house the PTRC library.

PTRC's Clinics at Bandra: Our team at the Bandra clinic continues to see patients in person. In January 2022 we witnessed an increase in the number of patients and so we expanded our clinic space from two to four clinic rooms.

PTRC Churchgate Clinic: Along with seeing patients in person at the newly opened and wonderfully designed Churchgate clinic, we have also used the space to hold a number of CPD events.

The 11 therapists who work across the PTRC clinic spaces are Ms. Banu Ismail, Ms. Manju Mukhi, Ms. Amrita Ganguly, Ms. Janice D'souza Barrett, Ms. Abha Shah, Ms. Yamini Namjoshi, Ms. Bhavini Merchant Dayal, Ms. Malika Ahmad, Ms. Manjari Keswani, Ms. Purvi Patel and Ms. Anshu Jaiswal.

SCHOOL WORK

PTRC is currently working with three schools, viz., The Alexandra Girls English Institution, Sir Cawasjee Jehangir High School and Bai Bengalee Girls School. As always, we continue Parent Work, along with seeing the children.

When Covid hit in March 2020 the schools, the children, and the therapists all had to adjust to suddenly only being able to work online. Until then we took for granted a child's access to school, where they could learn, play and make friends, but now they had to stay at home with little to no social interaction. Given the circumstances, technology provided a much-needed way to stay in touch with the children and parents. Even though not everyone would have been able to make use of the online method it was important that the access was available if and when it was possible.

Working online came with its own set of challenges. Children were attending school online, they were entertaining themselves and playing online, and they were attending their therapy sessions online. This excessive dependence on and interaction with the internet, a very fast and mechanical medium, so different to an in-person experience, did and possibly continues to, impact children in quite adverse ways. Having to work with children in their homes brought up other issues such as a lack of space and privacy both physical and emotional, disruptions in the internet speed, all of which led to many children stopping their sessions after a while. Even those who continued, struggled with the new format.

The return back to school in February 2022, although very welcome on one level also brought up many anxieties and fears. Parents worried about the safety of children gathering in large numbers once again. The transition from the necessary isolation to feel safe, to a stage where students and teachers came together again, has been a difficult one and our therapists at the schools have been overwhelmed with a flood of new referrals, more than they are currently able to see.

Ms. Manju Mukhi, Child Psychotherapist, runs the PTRC's schools programme and has done so for the last 13 years. She saw not just the therapists, children and parents through this very difficult time, but was regularly called upon to support the school and teachers as well.

Currently four therapists work across the three schools PTRC is associated with. Ms. Manju Mukhi, Ms. Bhavini Merchant Dayal, Ms. Yamini Namjoshi, and Ms. Shaili Shah. Between them they conduct

around 370 sessions a month with children and parents. The schools they work with are all located in the South Mumbai area.

OUTREACH

Free Online Sessions During Covid

In response to the pandemic and the extreme states of distress that people were being exposed to, and with a deep desire to contribute in some manner, PTRC launched Free Sessions via telephone in April 2020.

PSYCHOANALYTIC THERAPY & RESEARCH CENTRE
India's Premier Training Centre for Child & Adult Therapy

COPING WITH STRESS DURING THE COVID '19 LOCKDOWN

ANXIETY DEPRESSION
HELPLESSNESS LONELINESS
LETHARGY LOSS OF CONTROL

The Covid -19 outbreak is certainly stressful for many, and it's causing adults and children to feel strong emotions.

In these unprecedented and uncertain times sustaining strong mental health to deal with feelings of anxiety and depression can be extremely challenging.

PSYCHOANALYTIC THERAPY & RESEARCH CENTRE, Mumbai is looking to give you a helping hand in these times.

Our experienced psychotherapists, who are also members of the INDIAN PSYCHOANALYTICAL SOCIETY are providing free telephonic sessions.

For appointments, please send a whatsapp message to any of the therapist listed below or email us on ptrcentre@yahoo.co.in with your name, age, language preference, and contact nos. All psychotherapists are conversant in English, Hindi and a few in Urdu, Gujarati, Marathi, Tamil and Bengali

THERAPISTS NAME	TIMINGS	CONTACT NO.
MS. MINNIE DASTUR (== Gujarati)	TUE & THUR 3:30 – 5:30 PM	022-27820338 7900170202
MS. MICKY BHATIA(== Gujarati & Bengali)	SAT & SUN 5 – 7 PM	9930174045
MS. NUZHAT KHAN (== Urdu)	MON, TUE & WED 7 – 8 PM	9167241870
MS. GOURI SALVI (== Marathi)	MON & TUE 6:00 - 7:30 PM	9764142426
MS. BANU ISMAIL (== Marathi & Tamil)	FRI 5 – 7 PM & SAT 11 AM – 1 PM	9820480576
MS. MANJU MUKHI	MON 2 - 5 PM, WED 11 AM – 1 PM, FRI 3:30-5:30 PM	9820267429
DR. AMIT KULKARNI (== Marathi)	TUE 4 – 6 PM	
MS. SARA ROUZHAD (== Gujarati)		9967795004
MS. AMRITA GANGULY(== Bengali)	MON 2 – 4 PM & THUR 3 - 5 PM	
MS. JANICE O'SOUBZARRETT	MON 11 AM – 1 PM, WED 2-4 PM, THU 10 AM – 12 NOON	9820127300
MS. MALIKA AHMAD	MON, WED & THUR 3 – 6 PM	9820078821

Appointments will be given based on availability of the psychotherapist and on first come first served basis.

FOUNDED IN 1974, "PSYCHOANALYTIC THERAPY & RESEARCH CENTRE" (PTRC) MUMBAI, AIMS TO PROMOTE THE GROWTH AND DEVELOPMENT OF PSYCHOANALYTICAL WORK WITH CHILDREN AND ADULTS
WEBSITE : <http://www.pptrc.org>

Our clinics had been receiving an overwhelming number of calls in a short space of time from March 2020 when the lockdown began. As a result of this programme 72 people were seen for free sessions, 10 of whom continue to be in therapy today.

WORKSHOPS WITH EDUCATIONAL INSTITUTIONS

Ms. Banu Ismail conducts regular workshops on understanding emotions, managing anxiety and depression. She conducted one such workshop with the students of Chetna college on Depression. She continues her work in short term therapy with secondary school teachers and parent counselling on a weekly basis.

Ms. Banu Ismail also conducts workshops with teachers, parents and children at Cardinal Gracias High School, Bandra. In the last one held in October 2022, she addressed the parents of Grade 10 students on the importance of mental health.



Ms. Banu Ismail addresses the parents of Cardinal Gracias High School (Grade 10)

On 17th June 2020 Analyst Ms. Sara Rouhzad conducted a webinar on Introduction to Psychoanalysis & Observation and Clinical Training for the curious, graduating students of Jai Hind College. Ms. Sara Rouhzad has been giving these annual talks for the past many years and continued doing so during the COVID years. The aim of these talks is to give graduating students an idea of what a career in psychoanalysis looks like and includes a briefing about the training conducted by PTRC.

FUND RAISING

On 19th January 2020, once again PTRC's well-wishers and members participated in the Mumbai Marathon to raise awareness about psychoanalysis and help raise funds. Their enthusiasm and commitment are greatly appreciated.



Ms. Micky Bhatia at the Alembic schools

This year **Care Car**, which raises funds for different NGOs decided to partner with PTRC. As part of their initiative, Care Car members (including **Ms. Micky Bhatia**) undertook a journey, starting from Mumbai, to Bhuj. En route, they stopped at Baroda and conducted a talk with Prangan Education Trust. An NGO dedicated to the educational needs and support of children with disabilities and their families. They also conducted a talk on mental health at the Alembic Schools facilitated by the Inner Wheel Club of Vadodara Udaan.

In Ahmedabad they addressed the parents of the children from the Rahe Khair school. The response was overwhelming and heartening. In Bhuj they addressed parents from the Little Steps Montessori school about mental health.

PARTICIPATION BY THE MUMBAI CHAPTER (IPS) IN IPA (INTERNATIONAL PSYCHOANALYTIC ASSOCIATION) COMMITTEES

Over the years, the Mumbai Chapter's participation in IPA committees has been steadily increasing. Currently our representation on various committees is:

Psychoanalytic Assistance in Crises and Emergencies Committee (PACE)

The Psychoanalytic Assistance in Crises and Emergencies Committee (PACE) of the IPA is a committee dedicated to assisting communities in crisis all around the world, be they natural or man-made. Drawing on IPA members and candidates interested in serving affected populations, PACE helps organise response teams employing psychoanalytic strategies of interventions in crisis or working as consultants to other organisations in contact with the affected community.

Ms. Banu Ismail represents the Asia Pacific Region of PACE. She has contributed to the creation of a bibliography containing articles, papers and news pertaining to trauma, crisis and emergencies. The bibliography is now available in the IPA webpage. (Link: https://www.ipa.world/IPA/en/Committees_New/PACE/PACE_Resources.aspx)

In November and December of 2022, Ms Banu Ismail co-conducted weekly Work Discussion Seminars along with Ms. Gianna Williams from London, for Ukrainian therapists working with patients who are suffering the consequences of war. The participants have greatly benefitted from the seminars and the weekly seminars continue from mid- January 2023.

IPA Committee on Education

Psychoanalysis has been a great influence in education and is well-placed to engage in interdisciplinary collaborations with specialists, teachers, educational workers, etc., to face the various problems that the learning process can present to both the student and the educator.

Contact with the educational field allows psychoanalysts to intervene directly when young people present their first symptoms. In addition, psychoanalysts can help educators prepare to use psychoanalytic tools in their work with young people.

As a result of these stated aims, the IPA was very keen for India to be a part of this committee particularly to know about the experience of working in schools and with children and parents from deprived socio-economic circumstances.

Mrs. Minnie Dastur was invited by the IPA - Committee on Education to input on India's experience (as part of Developing Countries), of working psychoanalytically in the field of education. Ms. Manju Mukhi was included in a further meeting to get the picture from a 'hands-on' point of view. The Committee pledged its support to our work.

COWAP

The COWAP was founded in 1998 as part of the International Psychoanalytic Association (IPA), to study psychoanalysis, sexuality, and gender. Ms. Micky Bhatia is the Mumbai Chapter's representative on COWAP. The other committee members are Ms. Amrita Narayanan (Goa), Ms. Neetu Sarin (Delhi), Ms. Urvashi Pawar (Delhi), and Ms. Jhuma Basak (Kolkata).



COWAP committee members at the Delhi Conference

IPA Inter-Committee on Prejudices and Racism

Ms. Nuzhat Khan is part of the IPA committee on Prejudices, Discrimination and Racism. The committee is committed to studying the existence of structural racism in our organizations. Ms. Khan has been asked to work with the Committee as part of a second circle of colleagues providing inputs.

Work with China

Mrs. Minnie Dastur continues to be a member of the IPA-China Committee. She is also a Training and Supervisory Analyst on the same, conducting analysis, supervision and teaching. In addition, she supervises and teaches one large group and two smaller groups of Chinese psychodynamic psychotherapists.

APPC Programme Committee

Mrs. Minnie Dastur was on the Programme Committee of the IPA's Asia-Pacific Psychoanalytic Conference 2023 held in Delhi. As part of her responsibilities she was one of the speakers at an IPA webinar held on 25th November 2022. Her talk put the Conference theme of "Containing Diversity: Bridging Difference" within the cultural context of India and the Asia Pacific region, and with a very clear psychoanalytic understanding.

CONFERENCES

The Committee on Woman and Psychoanalysis (COWAP) held a conference in Delhi on the 3rd of January on Queerness, Women and Psychoanalysis.

The Jan 3rd conference on queerness in all its dimensions was organized by COWAP's Asia-Pacific chapter. Experienced psychoanalysts and newer therapists spoke about their experience of queerness in the clinic, while internationally acclaimed academicians spoke about queerness in language and on sexuality beyond consent. A short film, Sheer Qorma, was screened and discussed with the filmmaker.

The IPA Asia Pacific Conference 2023 was held in Delhi from the 4th to the 6th of January. Many analysts and candidates from the Mumbai Chapter attended the conference and interacted with members of IPA from around the globe.

The conference was successful on several different levels. It was well attended by the Asian countries Taiwan, Korea, Japan, Israel, Australia and India with China being present online. It created a space for us to come together to understand our unique and shared ways of working, helping us make enduring connections across the region and the world. Other countries that attended included France, Germany, America, England, Italy and many more. Interestingly, papers were presented by non-IPA members as well, keeping with the theme of the conference, Containing Diversity - Bridging Difference.

The three days were packed with a main lecture, followed by a discussion. The second half of the day started with individual papers sessions, clinical groups and ended with 'Being Together in Delhi' (BTD) groups.

Mrs. Minnie Dastur was a discussant for Ms. Fang Fang's paper on Working with the 'Other' in Couple Relationships. She also chaired Thursday's Keynote lecture, and the discussion that followed, in which both Mr. Naoki Fujiyama and Ms. Tsung-Wei Hsu presented two very engaging papers.



Mrs. Dastur chairing the main lecture on the second day of the conference.

Ms. Banu Ismail chaired the individual papers session in which Dr. Herbert Blass presented a paper on The Rise of Transgender Desires and the Psychoanalytic Balance Between Diversity and Uniformity and Dr. Monisha Akhtar presented her paper on Life Choices: The Impact of The Socio-Political, Cultural And Economic Milieu On Gender Identity.

Ms. Abha Shah presented her paper in the clinical groups, which was chaired by Mr. Timothy Keogh, from the Australian Psychoanalytical Society.

Ms. Amrita Ganguly led one of the BTD groups along with Dr. In-Soo Lee from Korea.

UPCOMING CONFERENCES

Here is a list of upcoming conference that candidates and PTRC members will find interesting and may wish to attend :

European Psychoanalytic Federation (EPF) Annual Conference, March 2023

The 36th EPF Conference is being held in Cannes from 24th to 26th March 2023. Ms. Yamini Namjoshi and Ms. Bhavini Merchant Dayal will be attending it, supported by a grant from the EPF. This grant has been made possible thanks to Mrs. Minnie Dastur. She has ensured the grant from the EPF for the last four years, giving people from Delhi, Mumbai and Kolkata the opportunity to attend.

Melanie Klein Trust Conference, London, June 2023

This year's conference will be offered both in person (at London) and online and will take place on the 10th of June 2023.

Sándor Ferenczi Conference, Budapest, June 2023

The conference is being organised by The Sándor Ferenczi Society in collaboration with The Hungarian Psychoanalytical Society and The Free Association Lisbon. Those interested in registering or submitting a proposal can apply directly. The conference will be held from the 9th to the 11th of June 2023.

WAIMH in Dublin, Ireland, July 2023

The 18th World Congress for The World Association for Infant mental Health will be taking place on the 15th - 19th July in the Convention Centre, Dublin.

IPA Conference in Cartagena, 2024

The 53rd IPA Congress will be held in Cartagena, Columbia on the theme, Mind in the Line of Fire. The dates for the same are 26th to 29th of July 2023.

Francis Tustin International Conference in Mumbai, September 2024

The 9th Frances Tustin International Conference will take place in Mumbai between September 19th - September 22nd, 2024. This prestigious international conference has previously been held in Warsaw, Tel-Aviv, Sydney and Boston and now comes to Mumbai, as a joint project of The Frances Tustin Memorial Trust and the Mumbai Chapter, IPS. The Conference's theme is Following Early Ruptures. The conference will host leading lecturers and supervisors from various countries, all experts in primitive mental states, in general, and autistic defences and disorders, in particular. The conference will enable us to deepen our theoretical and clinical understanding of developmental ruptures and their further evolution that are relevant to professionals working with both adults and children.

NEW DEVELOPMENTS

Clinical Dialogues

In July 2022, the three chapters of the Indian Psychoanalytic Society (IPS) came together for a new initiative - Clinical Dialogues. The objective of this undertaking, initiated by Senior Training and Supervising Analyst, Mr. Sarosh Forbes, was to bring the three chapters (Kolkata, Delhi and Mumbai) closer together, and to have a better understanding of each other's work, through clinical presentations.

The presentations are being done on a rotational basis, starting with Kolkata, followed by Delhi and then Mumbai. Clinical Dialogues are held once every three months, on the last Saturday of that month, at 4:00 pm. Ms. Banu Ismail and Ms. Gouri Salvi head the Mumbai Committee for Clinical Dialogues.

Ms. Purvi Patel was the first presenter from Mumbai. She presented her clinical work, which was followed by a discussion. Our clinical students are invited to share their work, as the programme continues.

Creation of the COFAP – Committee on Couples and Family Psychoanalysis

Mrs. Minnie Dastur represents the Asia Pacific region on the recently formed COFAP. The focus of this committee is on psychotherapy with couples and the family as the place where life starts.

On 5th January several IPA members and candidates, including members of the Mumbai Chapter, attended the initial meeting held in Delhi. The need to bring work with couples and families into the mainstream of psychoanalytic training was highlighted. Just as we train to be child or adult analysts, the hope is to have training for couples and family work as well. It was announced that a pilot programme for such a training will begin in Mumbai from 2024.

CONTRIBUTION FROM MEMBERS

This year for the first time, we invited PTRC members to contribute to the newsletter in terms of articles, poems and art. We hope publishing this allows us to engage and see each other as more than analysts, or analysts-in-the-making. We hope you enjoy this wonderful display of talent in PTRC.

A poem by Ms. Tanu Puri

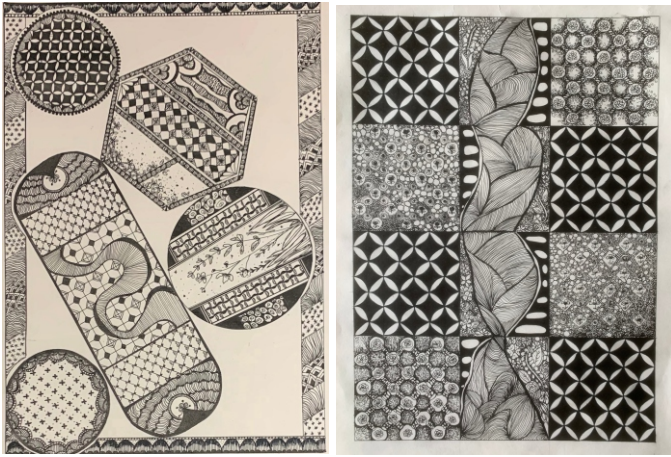
I am in the city;
I deal with the city;
I live in the city;
But the city doesn't live in me.
A far away concept of home does;
A home that I come from;
A home that I cannot go back to.

Drop

By Ms. Priti Sirkeck

A little drop, In my lap
Will you fall? One drop.

Without you, I fear I am barren,
With you, I'm terrified of drowning...



Some Doodle Art from Ms. Bhavini Merchant-Dayal

A note from Ms. Bhavini Merchant Dayal

“Before the pandemic, while I was still new to training, I had started doodling while waiting for patients at Bengallee (school). Thanks to the pandemic, I've had the opportunity to give it more time.”

He Who Went Away Too Soon...

By Ms. Anshu Jaiswal

Did he go with an anguished cry?
 Or was it just a silent sigh...
 Was he alone and weary,
 Was he tormented and teary,
 So many questions...so much pain...
 The piercing tragedy of unloved life...
 Makes you ponder, agonise and call out loud,
 What did he need, seek, could not reach...
 The regret, the lament, the endless searching,
 For answers, for closure, the twisting and turning,
 Makes the heart heavy, the mind abuzz,
 could it be different, in that moment of utter despair,
 Could he see the flicker of light
 the lighthouse to his fading life
 We are the silent, mournful witness,
 To the one who could not be saved,
 He who went away too soon....

(In deep sadness for the loss of Sushant Singh Rajput (34 years old))

A Podcast Recommendation from Ms. Bhavini Merchant Dayal

<https://podcasts.apple.com/in/podcast/spark-fire-fuel-your-creativity/id1544310633>

Yo-Yo Ma is not just known as a world-renowned cellist, but also as a figure that brings people together through music, embodying the belief that “the pathway to a better world begins with culture”¹.

Recently, I came across a podcast where he shared the journey about creating The Silk Road Project. In this episode, Yo-Yo Ma describes the conception and execution of his idea to bring together musicians and instruments from countries along the Silk Route that all had common roots but were never played together. He expressed this as, “If I know something that's really precious to you and you know something that's really precious to me, they don't have to be the same thing. We start off having a much better conversation”². It was the expression of a desire to appreciate differences, put them in the same space and find a shared language that might emerge as a result.

In this podcast, there were several moments where I felt that the Silk Road Project had parallels to our work in the consulting room and psychoanalytic thinking in general. I also cannot help but connect this work on bridging differences through culture, with the theme of our IPA Asia Pacific Conference.

References

- 1 <https://time.com/collection/great-reset/5900761/yo-yo-ma-culture-better-world/>
- 2 <https://sparkandfire.com/silkroad/> (this link also contains other sources for listening to the podcast as well as photos and a transcript of the podcast)

A note from Ms. Yamini Namjoshi

“I went to photograph the festival Mariamma, while still in undergraduate college, studying Fine Art.



Street Photography by Ms. Yamini Namjoshi

I remember seeing people unquestioningly immersed in activities of penance”, holding pots of hot coals on their heads, rolling bare-bodied on rocks; and then there was this man who lay like an infant on some hay, face pierced through. He looked so still and peaceful, while the world around him seemed excited and amused. I wondered what he may be regretting so much that this gave him such relief, helped alleviate his guilt?”

The photograph has been printed on paper made by Ms. Yamini Namjoshi.

GROWING PRESENCE IN MUMBAI

PTRC's strength has been that its members are constantly growing. We are proud to say that we currently have **eight** Training and Supervising Analysts, **twelve** qualified Psychoanalysts, **eight** Child Analysts and **five** Child Psychotherapists.

The early pandemic year (2020-21) saw an increase in the student intake as PTRC took in students from all over India for the first time. **Twelve** new students joined that year, as we moved seminars and discussion groups online. We had **eight** new students in 2021-22 and **nine** new students in 2022-23.

Currently, we have **thirteen** students in clinical training and **five** students waiting to begin their clinical training.

We extend a warm welcome to all newly qualified analysts and students and hope the year 2023 allows for more in-person gatherings, so we can meet and get to know each other better.

Increased Online Presence

PTRC's website has been revamped to increase the ease of navigation and its visual appeal. Visit <https://www.ptrcmumbai.com> to read blogs and articles by our senior analysts, previous issues of the newsletter and more.

Acknowledging the power of the digital medium, Ms. Nuzhat Khan has been instrumental in making sure we have an updated and inviting presence on social media platforms. Follow us on Instagram and Facebook to be part of this new engagement.

<https://www.facebook.com/PTRCMumbai/> and <https://www.instagram.com/ptrcmumbai/?hl=en>

A Note from the Management Committee

It has been suggested by the managing committee that the position of Secretary of PTRC, (the Mumbai Chapter of the IPS), be an elected one with a term of four years. The hope is to create a more transparent and democratic structure, thus allowing for fresh ideas and ways of working to come in. The limited term will also hopefully encourage projects to be undertaken and completed within a specific time frame.

Another important suggestion that has been proposed is to have PTRC get recognition by the National Medical Commission. This has been attempted a few times before but not been possible. Hopefully, this is something that can be undertaken soon. The management committee suggests that those who feel they have any relevant connections in this regard could contact them.

A Vote of Thanks

We would like to thank our regular donors for their constant support (names not mentioned for confidentiality reasons).

Along with being a beneficiary of the CSR initiatives at Sealand Shipping, we are delighted to receive support from the CSR team at Kubi Chemicals. Our deepest gratitude to both companies.

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Contact Information : PTRC, 4 Veetrag Chambers, 1st Floor, 46 Cawasjee Patel Street, Fort, Mumbai - 400001
Ph: 9321834505, ptrcmumbai@gmail.com, www.ptrcmumbai.com