



# PSYCHOANALYTIC THERAPY & RESEARCH CENTRE *Newsletter*

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## Recognition from the Tavistock Centre for PTRC Training Course

In October 2008, the Quality Committee of the Tavistock and Portman NHS Foundation Trust (Tavistock Centre, London) noted and approved the issuing of a Trust Letter of Recognition for the PTRC Training Course in Psychoanalytic Observational Studies at Level A. Level A Recognition means that the Mumbai Course is recognised by the Tavistock and Portman NHS Trust as being equivalent to one of the Courses currently run in London at the Tavistock Clinic. The PTRC Training Course in Psychoanalytic Psychotherapy with Children, Parents and Young People is recognised by the Tavistock and Portman Foundation Trust (Tavistock Centre, London) at Level B. Level B recognition means that the Mumbai Course is recognised by the Tavistock and Portman NHS Trust as being based on a Tavistock and Portman NHS Trust model of teaching and learning. These are very substantial achievements for the PTRC.

### Navajbai Ratan Tata Trust Grant

The PTRC is grateful to the Navajbai Ratan Tata Trust for its generous three-year grant. This grant supports an important PTRC project -- *Developing Psychoanalytical Thinking and Practice: A PTRC Initiative*. One of the main aims of this project is to spread the knowledge and understanding of psychoanalysis and to take psychoanalytical thinking out of the clinic and into public awareness. PTRC planned a series of events to meet this aim and many of activities over the past months have been with this in mind.

### Ongoing work

PTRC's outreach work with schools continues and, in fact, has gained momentum. Two psychotherapists from PTRC, Ms Manju Mukhi and Mrs Manjari Keswani, work 20 hours a week at the Alexandra Girls School, Fort, helping students with a wide range of emotional difficulties. Over the last six months they have offered approximately 350 sessions to children and about 130 sessions for supportive parent work. In July this year, Ms Mallika Sikander joined the team at Alexandra School and works 10 hours a week.

*Continued overleaf*

Cardinal Gracias High School: One child psychotherapist from PTRC, Ms Banu Ismail, works with the students in this school, working 5 hours a week. Ms Ismail has given the students of this school 300 sessions in the last 6 months. She also meets with parents for supportive work and holds regular teacher consultations.

Aseema (NGO) school: PTRC child psychotherapist, Mrs Zarine D'Monte, has been working at this school since September 2007, helping the faculty with a number of issues. Among the plans are to set up a full-fledged counselling centre in the school; try to build up a 'group of buddies' who volunteer to hold one-on-one sessions with selected students; to build a multi-disciplinary team of professionals for the school, such as counsellor, social worker, paediatrician, psychiatrist, special educator, remedial teacher and therapist. Mrs D'Monte also holds regular, weekly meetings with the primary section teachers to discuss the problems in the classroom.

The PTRC Library: Extensive work was done on sorting out and organizing the library. With the help of a part-time librarian, the books are now catalogued, and the work on binding and cataloguing PTRC's collection of Psychoanalytical Journals will soon begin.

The Mumbai Marathon: This year too PTRC participated in the recently-concluded Mumbai Marathon on January 18. Around 50 members and friends of the organization took part in the Dream Run and eight participants ran the Half Marathon on behalf of PTRC. We deeply appreciate the efforts of all those who participated and raised funds and hope that they will continue to support PTRC in future marathons too.

## Study Events

- Over the last year, six child psychotherapists and psychoanalysts from PTRC (Mrs Micky Bhatia, Ms Nuzhat Khan, Ms Banu Ismail, Mrs Gouri Salvi, Mrs Mayavi Khandelwal and Ms Manju Mukhi) visited Ahmedabad, Gujarat, and conducted a series of study events with the students and faculty of Antarnad Foundation (an institution which provides psychotherapeutic services and training in the city). The programme included clinical supervisions, reading of theory papers and joint discussions, as well as school visits for workshops with parents and teachers on the importance of emotional support. There were meetings with the Director and faculty members of Antarnad, on their approach to clinical work and training of students. These meetings were extremely helpful in understanding Antarnad's needs and the study events were an effective way of building links with the students and faculty in Ahmedabad and in helping them to move their work forward.
- In January last year, Ms Gillian Ingall (Consultant Child and Adolescent Psychotherapist, Head of the Administrative Department of Child Psychotherapy, Child and Family Directorate, Tavistock Clinic, London) and Ms Catrin Bradley (Head of the Child Psychotherapy Training; Consultant Child and Adolescent Psychotherapist, Child and Family Directorate, Tavistock Clinic, London) came to Mumbai and



Some of the participants representing PTRC at the Mumbai Marathon.

PTRC organized a series of events around their visit. Ms Bradley met with a group of teachers of ADAPT (Spastic Society of India) to discuss various problems the teachers encountered in their work with the children. Ms Bradley was able to help the teachers understand the problems and suggest ways in which they could think differently about the children. Ms Bradley also suggested ways in which teachers and parents could be more closely in touch.

Ms Ingall held two group discussions at the Alexandra Girls High School, Mumbai: the first, with a group of teachers, and the second with parents. Both discussions were aimed at trying to understand the difficulties both teachers and parents face in dealing with children of different age groups. Ms Ingall,

answered many questions from both groups, ranging from academic pressures, learning disabilities, emotional difficulties, coping with separation from parents, problems related to adolescence, etc.

Ms Gillian Ingall and Ms Catrin Bradley along with PTRC's Child Psychotherapist, Mrs Zarine D'Monte, visited the Pali Chimbai Municipal School in Bandra, Mumbai, which is run by Aseema, an NGO that works with underprivileged children. In a group session attended by about 15 teachers from the primary section of the school, the psychotherapists were able to guide and assist the teachers on a number of issues emerging in the classroom from acute deprivation faced by the children.

## ADULT PSYCHOANALYSIS TRAINING

It has been a time of activity for PTRC's adult training. Currently, two students are in the last stages of their adult analytic training and two new students have entered their first year of the adult clinical training. Two other students have taken a temporary sabbatical and will be shortly resuming their training.

Last year, on April 28, a group of seven psychotherapists and psychoanalysts, supported by PTRC, travelled to Israel for a 10-day study visit. They attended the Fourth Frances Tustin International Conference (May 1-3), titled, *'From the Black Hole of Nothingness to the Emergence of Meaning'* where they had the unique opportunity to hear papers on issues related to autism by experienced psychoanalysts from all over the world.

Apart from the Conference, Mrs Noa Haas, psychoanalyst, and her colleagues in Israel, took great pains to organize field visits, clinical seminars, formal and informal meetings for the group from Mumbai, making it an extremely invaluable experience where members of the group could present some of their clinical papers.

The group also met Prof Schmuël Erlich (chair of the IPA Education Committee and a representative on the IPA board) and Mrs Mira Ehrlich-Ginor (chair of the EPF Working Party on Education). They were very interested in hearing about the developments in the training in Mumbai and were extremely pleased with the progress made.

The Mumbai Chapter of the Indian Psychoanalytic Society (PTRC) applied for the CAPSA grant from the International Psychoanalytical Association (IPA), in April 2008. The application was approved and enables us to invite a distinguished psychoanalyst of the IPA to travel to Mumbai and hold talks, conduct workshops, supervisions and seminars within the year. This grant aims to encourage debate on different psychoanalytical cultural perspectives, enhance understanding of clinical process and theoretical issues, and enable participants to gain a sense of being "psychoanalytic citizens of the world".

Following the unfortunate terror attacks in Mumbai late last year, PTRC had to postpone

its Indian Australian Israel Conference that was scheduled for January 8-10, 2009. However, we did hold a Clinical Study Event from January 5-7, 2009.

Dr Manek Bharuch gave the opening address. This was followed by clinical case presentations by various psychotherapists, analysts and students. Dr James Telfer (psychiatrist and psychoanalyst from Australia) presented a paper titled: *'Why does Trauma Cause Shame?'*. PTRC's senior psychoanalyst, Mr Sarosh Forbes also presented a paper: *'Containment Issues in Manic Depressive States'*. The event was well attended and the presentations and papers were followed by very interesting discussions.

PTRC also plans to activate the Mumbai chapter of The International Psychoanalytical Studies Organisation (IPSO) this year. Talks are on to find an IPSO representative in Mumbai so that more dialogue and participation can take place with this international psychoanalytic student group.

Another valuable development is that 12 members of the PTRC have been given membership to the Psychoanalytic Electronic Publishing – an extensive international library of psychoanalytical literature, that can be accessed online. This will be of tremendous help for study and research among the members.

## CHILD PSYCHOTHERAPY TRAINING AND ACTIVITIES

Last year, 7 new students enrolled for the PTRC Training Course in Psychoanalytical Observational Studies (in both the full course as well as the modular version). Two students received the Certificate of Course Completion and one student has entered the PTRC Training Course in Psychoanalytic Psychotherapy with Children, Parents and Young People.

### **Mumbai Infant Mental Health Project 2008-9**

The Mumbai Infant Mental Health Project is PTRC's new initiative. The plan is to train Infant Mental Health practitioners who will work under supervision with infants, young children and their parents in various settings such as Prechools, Orphanages, Anganwadis, and Paediatric Hospital settings. As well as financial and health resources many young parents need support with their understanding of the emotional needs of their babies. This applies particularly to babies with special needs.

Last year a Training Workshop was set up in Bandra with Mrs. Zarine D'Monte as the

Course Organiser and Dr. Manek Bharucha and Mrs. Aiveen Bharucha as Course Consultants. Mrs. Dilys Daws, Mrs. Sara Rance and Mrs. Asha Phillips who are all Tavistock trained Child Psychotherapists and Specialists in Infant Mental Health based in the UK have offered to provide ongoing supervision by e-mail or Skype. Sara Rance and Asha Phillips visited Mumbai during the year and provided teaching input for the Child Psychotherapy and Infant Mental Health Training. On September 6, 2008 Sara Rance organized a Recital in London in aid of the Mumbai Infant Mental Health Project. The recital was given by Madeleine Bradbury Rance, mezzo soprano, John Fosbrook, piano and Victoria Small, oboe. The programme centred on 'Songs on the themes of Motherhood and Childhood' and included works by Schubert, Brahms, Britten and Heggie and folk lullabies from around the world.

### **International Infant Observation Congress**

The 8th International Infant Observation Congress was held in Buenos Aires,

Argentina on 21st -23rd August 2008 under the auspices of the Psychoanalytic Societies of Argentina.(Association of Psychoanalysis of Argentina and the Association of Psychoanalysis of Buenos Aires). The theme of the Conference was '*The Awakening of Mental Life in the Encounter with the External World – Observations and Theories using the Esther Bick Method*'. Mrs. Gianna Williams, the founder member of the International conferences had requested that an account of the observational studies in Mumbai be presented at the Buenos Aires conference.

Dr Manek Bharucha and Mrs. Aiveen Bharucha (members of the Indian Psychoanalytic Society and Child Psychotherapists with PTRC, Mumbai) gave a paper on the Development of the Training in Observational Studies and Training in Child and Adolescent Psychotherapy in Mumbai. Mrs. Manjari Keswani, Child Psychotherapy Trainee with PTRC, presented an account of her Observational Studies in Mumbai to an audience of 300. Mrs. Keswani's excellent presentation and work received considerable appreciation. Dr. Virginia Ungar, Chairperson of the Committee of Child and Adolescent Psychoanalysis (COCAP) of the International Psychoanalytic Association and a Senior Training Analyst in Buenos Aires, communicated her sincere appreciation that three members of the PTRC had travelled to Buenos Aires to contribute an Indian



Mrs. Manjari Keswani (extreme right) presenting her paper at The 8th International Infant Observation Congress in Argentina.

perspective to the conference. Dr. Bharucha was invited to present the Mumbai perspective at the final plenary entitled '*From Mumbai to Buenos Aires via Istanbul*'. Unfortunately Mrs. Gianna Williams was unable to attend the conference but in her place, Mrs. Margaret Rustin, Consultant Child Psychotherapist, Tavistock Clinic, London, gave the closing address. A committee meeting was held on the last day to decide where the next International Infant Observation Congress would be held and there is a move for it to be held in Mumbai in 2012.

## CONFERENCES/SEMINARS/LECTURE SERIES

The past year saw a number of events organized by the PTRC:

□ **August 24, 2007:** PTRC organized a Public Forum Meeting at ADAPT (Spastic Society, Mumbai) where visiting historian and psychologist, Ms Veronika Fuechtner gave a talk on the '*History of Psychoanalysis – Berlin Psychoanalysis and Culture, 1933*'. The talk, attended by psychoanalysts, psychotherapists, historians and students, traced the history of psychoanalysis against the backdrop of a world embroiled in wars, and was extremely informative.

□ **October 13, 2007:** PTRC held the first of a series planned to present a psychoanalytic view of cinema and literature. On this occasion, PTRC's senior psychoanalyst, Mr Shailesh Kapadia, presented his paper entitled '*Analysing the Remake of Devdas*'. The Discussants were Dr Meena Kaushik, Sociologist and Chairman of Quantum Market Research and Dr Kaushik Bhaumik, Vice-President of Osian's Connoisseurs of Arts. The event, held in Bandra, was attended by students of Psychology and psychoanalysis and those interested in cinema. The

Presentation and the discussion that followed provided an opportunity for the participants to take a look at the popular medium and the film from a completely new perspective. In view of the fact that cinema is an immensely influential medium in our society, the participants found it extremely useful to be able to apply a deeper thinking vis a vis the film and its message, rather than accept it at facevalue.

- **On November 3, 2007** : Mrs Aiveen Bharucha and Ms Manju Mukhi of PTRC held a talk for teachers and trainee students of the Training Course of ADAPT (Spastic Society School). The talk covered a number of issues on the importance of emotional health in a child's formative years.
- **November 10, 2007:** PTRC organized a Public Forum, where visiting Child Psychotherapist from London, Ms Elenor Mardegan, spoke on *The Scope of Psychotherapy in Hospitals and Burns Unit*. This talk was well-attended by medical specialists, social workers, members and students of PTRC, and proved to be very informative and useful in understanding the tremendous benefits of psychotherapy for those severely affected by physical traumas.
- **November 10-December 10, 2007:** Ms Nuzhat Khan of the PTRC gave a series of 4 weekly lectures on psychoanalytic theory to senior staff at Quantum, a market research organisation with offices in Mumbai, Bangalore, Delhi, Kolkata, Sri Lanka, and Singapore. These talks were in response to a need expressed by Dr Meena Kaushik, founder and CEO, to explain basic psychoanalytic theories to her researchers, as a knowledge enhancement programme for them. Each lecture was followed by question and answer sessions and was received with Immense interest and requests for more such talks.
- **November 30, 2007:** PTRC's Dr Manek Bharucha gave a talk titled '*Relevance of Psychoanalytical Observational Studies to the Work of Teachers*' at the SNDT Women's University, Juhu, Mumbai to B.Ed and M.Ed. students and faculty of the University. It was organized by the PTRC in conjunction with Mrs. Suzanne Rodricks of the Special Education Department of SNDT University. The talk dealt with the differences between Psychoanalytical Training and Observational Studies Training, highlighting the relevance of Observational Studies Training to situations commonly encountered by special school teachers in their work with children. It included the different ways of addressing these problems within and outside the educational system. Dr Bharucha spoke of the relevance of the fundamental processes of psychoanalysis in determining the nature of the relationship between the child and the teacher and how Observational Studies enabled direct experiential access to the infantile roots of this relationship. The group was shown a Video entitled '*Observation Observed*', made by the Tavistock Clinic, London. A lively discussion followed.
- **November 30, 2007** and December 7, 2007 respectively, Ms Nuzhat Khan gave an introductory talk on the benefits of psychoanalytic psychotherapy, at the Hafizka College of Hotel Management and Tourism, Mumbai and at the J.J.School of Architecture, Mumbai. These talks were specifically to familiarize the students with the process of psychotherapy, prior to the PTRC beginning its Young People's Counselling Service (YPCS) work in colleges. The talk explained how to recognise the need for therapy and its benefits.
- December 7, 2007:** Ms Banu Ismail gave a talk at SNDT University to special

educators, teachers and professors. The topic was *'Emotional Aspects of Learning'*. Using psychoanalytic concepts and methods, and clinical experiences, the talk created an awareness of children's emotional development.

- ❑ **December 14, 2007:** Ms Nuzhat Khan gave a talk to students of Education and Special Education at SNTD University, Mumbai. The talk explained the early experiences of infants, in the context of Mrs Melanie Klein's concepts of the 'Paranoid-Schizoid Position' and the 'Depressive Position'.
- ❑ **January 5, 2008:** PTRC organized a Public Forum Meeting. Ms. Sara Rance, visiting Child and Adolescent Psychotherapist from the UK, talked on *'There is Something Missing - Psychotherapy with Parents an Infant in a Child and Adolescent Mental Health Service'*. It was attended by students, teachers, psychotherapists and psychologists.
- ❑ **January 12, 2008:** Ms Banu Ismail spoke on *'Understanding the Techniques and Methods of Psychoanalysis'*, to college students and professors at Vaze College of the Kelkar Foundation Trust. This talk clarified basic psychoanalytic concepts which often appear ambiguous to people.
- ❑ **January 19-20, 2008:** PTRC organized a 2-day Seminar on *'Transference and Methodology'* in Kolkata, in collaboration with the Centre for Counselling Services and Studies in Self-Development (Jadhavpur University, Kolkata) and the Centre for the Study of Culture and Society (Bangalore). Eight papers were presented on topics related to the central theme of the Seminar – three of these were read by PTRC's senior psychoanalysts, Mrs Minnie Dastur, Mr Shailesh Kapadia and Mr Sarosh Forbes. On the last day a Panel

Discussion was held on *'Transference: Science and Culture'*. The event was well attended by participants from the Calcutta University, Jadhavpur University and Delhi University, from the departments of Psychology, Sociology, Literature and Philosophy, bringing together an inter-disciplinary group to share views and discuss some critical psychoanalytic concepts.

- ❑ **January 21-22, 2008 :** Mr Shailesh Kapadia presented papers dealing with *'Greed', 'Borderline States' and 'Technical Problems on Dealing with Psychotics'* in Kolkata. The participants comprised an inter-disciplinary groups from Kolkata, Bangalore and Delhi, as well as members of the Indian Psychoanalytical Society.



Inaugurating the Child Psychotherapy Conference: (From left) Ms. Catrin Bradley, Dr. Mithu Alur, Dr. Manek Bharucha and Ms. Gillian Ingall.

- ❑ **January 26-27, 2008:** PTRC organized a two-day International Conference – *The PTRC-Tavistock Child Psychotherapy Conference* at the ADAPT (Spastic Society) Auditorium in Mumbai. The Speakers were Ms Catrin Bradley and Ms Gillian Ingall, from the Tavistock Clinic in London. Ms Bradley spoke on *'Training Child Psychotherapists within a changing Health Service Context'* and Ms Ingall's talk was on *'A collaboration between The Child and Family Department in the*

*Tavistock Clinic and an BSED (Behavioural, Emotional and Social Difficulties) School' in the UK.* On the second day, both Speakers presented papers -- Ms Ingall on *'Progress In Therapy: Some Ways to Think About It'* and Ms Bradley on *'Working with Children's Dreams'*. The four talks were of great interest and value for participants from Mumbai, Ahmedabad and Pune, which included PTRC members and students, teachers, psychologists, psychiatrists, special educators, child guidance clinic workers, and members of NGOs working with children. Moreover, during this Conference, PTRC students got the opportunity to present their clinical work with children, gaining a lot of new insights and feedback on their work with children.



At the Film Discussion Forum: (From left) Mrs. Minnie Dastur, Mr. Aamir Khan, Mrs. Suzanne Rodricks and Mr. Shailesh Kapadia.

- **February 16, 2008** : PTRC organized the second in its series of Film and Book Review Forums, on *'Taare Zameen Par'*. The event was held in two parts: a screening of the film, followed by the presentation of a paper by Mrs Minnie Dastur: *'To the Edge of the Abyss and Back'*. The panelists were Mrs Suzanne Rodricks, Special Educator, Lecturer at the Department of Special Education, SNDT University, Mumbai, and actor/director, Mr Aamir Khan. The presentations were followed by a

discussion and questions from the audience, comprising teachers, parents, special educators, paediatricians, psychiatrists, psychologists, students, psychotherapists and NGOs.

- **April 19, 2008** : PTRC's Mr Shailesh Kapadia and Mrs Zarine D'Monte held a talk at the Mumbai University for students doing their Masters in Psychology. The talk on *'What is Psychoanalysis?'* was well-attended and there was a keen interest expressed for more such events.
- **August 15-17, 2008** : A 3-day Conference was organized in Mumbai by the PTRC on *'Construction of Objects in Psychoanalysis and Cinema'* bringing together experts from both fields from across the country who presented papers which looked at the interconnectedness of both. The Speakers included :Dr. Ashok Nagpal, Psychoanalytic Psychotherapist, Professor of Psychology, Delhi University; Dr. Anup Dhar:, Associate Fellow, Centre for the Study of Culture and Society, Bangalore; Dr. Koushik Bhowmick, Vice President, Osianama, Osian's – Connoisseurs of Art, Mumbai; Mr. Ashish Rajadhyaksha, Senior Fellow, Centre for the Study of Culture and Society, Bangalore; Dr. Moinak Biswas, Professor of Film Studies at JadHAVpur University, Kolkatta; Mr. Shailesh Kapadia, Psychoanalyst, Mumbai; Mrs. Minnie Dastur, Psychoanalyst, Mumbai.

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