

PTRC Newsletter Volume 1 - Issue 1

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History of PTRC

To understand what the Psychoanalytic Therapy and Research Centre (PTRC) is, it would be useful to take a quick look at its history.

During the latter half of the 1960s, the Bombay group of psychoanalysts felt the need to create an institution. The group was small, and miles away both from its mother body, the Indian Psychoanalytical Society in Calcutta and the International Psychoanalytical Association in London. Training for students was available but there were hardly any facilities. Some of Bombay's senior analysts took it upon themselves to improve matters. They approached some industrialists, including Mr. Sultan Nathani, Mr Suresh Shah and Mr Balwant Parekh, who understood psychoanalysis and its worth, and they managed to raise enough funds to rent premises from where the group could begin its activities. Others also pooled in their resources and a psychoanalytically oriented Child Guidance Clinic – the first of its kind in Bombay – was begun.

During those days, taking small children for analysis was quite new in India. Mrs Melanie Klein's work was known here but no one had actually tried to work with children till then. At the PTRC's new Centre, besides seeing children in analysis, clinical meetings and discussions started taking place. Senior analysts held lectures; students presented their papers and students also began taking their training cases in the rooms here. It slowly grew into a very active, vibrant centre.

It was in 1970-71, when a few psychoanalysts attended the International Congress of Psychoanalysis in London, that they met Dr Donald Meltzer, one of the prominent members of Mrs Klein's circle. Dr Meltzer readily accepted an invitation to visit India. When Dr Meltzer and Mrs. Martha Harris (then a director at London's Tavistock Clinic) came to Bombay, it marked the beginning of a long and eventful academic history between the British Psychoanalytical Society and the Bombay group of analysts.

Soon Dr Meltzer suggested that the Bombay group ask Miss Betty Joseph (a Senior Training Psychoanalyst in London) to visit Bombay too. That, in turn, set the trend for the next 17 years, when most of Mrs Klein's important students came to Bombay to lecture and hold seminars. In fact, Miss Joseph literally adopted the group! stalwarts like Mrs Edna O'Shaughnessy, Dr Eric Brenman, Mrs Irma Pick, Dr Michael Feldman, Dr. Iain Dresser and Miss Paddy Daniel, all contributed in completing a long and comprehensive education in modern psychoanalysis for the Bombay group.

The group steadily grew in numbers and in stature. Students and analysts were charged with excitement. The quality of the Bombay group's work improved considerably and the Centre was buzzing with activity. But then there were some losses as well. Some of the senior analysts left and there were some problems with PTRC's rented premises. For a while it seemed like the

Centre might come to a halt. However, after some years, and with the ceaseless efforts of a core faculty group of five committed psychoanalysts and child psychotherapists (Mr Sarosh Forbes, Mrs Minnie Dastur, Mr Sailesh Kapadia, Mrs Aiveen Bharucha and Dr Manek Bharucha), activities began again. Over time, Mr. Sarosh Forbes established contact with Australian colleagues and this made it possible for the PTRC to begin its bi-annual Indo-Australian Conferences. Word of this spread and soon the Israeli Psychoanalytical Society joined in these conferences. It is hoped that in the near future, other professional groups will also participate in these efforts. Apart from stimulating contact with the international community, these conferences have helped formulate and present the Bombay Group's scientific work to colleagues from other countries.

The PTRC also began its Observational Course in June 1996 and its Child Psychotherapy Clinical Training in June 1999, on the lines of the Tavistock Clinic in London. In 2002 Mr Zareer Cama, (CEO, HSBC, India) launched the website of the Centre (www.psychoanalysis-mumbai.org). In mid-2005, PTRC inaugurated its Horniman Circle Therapy Centre, offering psychoanalytical psychotherapy to children and adults on a low-fee basis.

Over these years there has been a continuous stream of visiting lecturers from the U.K. and the U.S.A. including Mrs Gianna Williams, Mrs. Margaret Rustin, Professor Michael Rustin, Ms.Lynn Barnett, Dr. Begum Maitra, Mrs Asha Phillips, Dr Tharu Naidoo, Farhad Dalal and Mrs Zenobia Nadirshaw.

In the summer of 2005, a group of six child psychotherapists and adult analysts and clinical students from Mumbai visited the Tavistock and Portman Clinic in London. They attended seminars, lectures, clinical discussions and two international conferences in the five weeks that they were there, and returned greatly enriched by their experience.

The PTRC has, once again, gained new vigour to continue the long journey of propagating and advancing the science of psychoanalysis in India. However, a lot more still needs to be done. We urgently require a larger place to house the clinic and training center, to establish a career structure for psychoanalytically trained psychotherapists in Mumbai, and scholarships for students interested in training. We also need to increase provision for needy sections of the community such as street children and low income families.

The Trustees of the PTRC have supported us in all our activities. We are, indeed, fortunate for the professional expertise that each one of them has brought to the PTRC.

We hope that this newsletter will enable us to reach larger numbers of people and that it will also bring forward both individual and institutional philanthropists who will see the value of PTRC's work and help us in our endeavours.

PTRC's Training

Each year, The PTRC conducts a series of talks to make psychoanalytical thinking accessible to professionals and students who are interested in developing their understanding of current

applications of psychoanalytical ideas. The talks include topics such as: Introduction to Psychoanalysis; Meaning of Children's Play and the Work of the Child Psychotherapist.

Currently, PTRC offers three courses.

- a) The Tavistock Model Mumbai Course in Psychoanalytical Observational Studies.
- b) Training in Psychoanalytic Psychotherapy with Children, Parents and Young People
- c) The Adult Psychoanalytic Training course.

The faculty includes Dr Manek Bharucha, Mrs Aiveen Bharucha, Mr. Sarosh Forbes, Mr Shailesh Kapadia, Mrs Minnie Dastur, Mrs Micky Bhatia, Mrs Zarine D'Monte and Ms Banu Ismail. The visiting faculty from the U.K. includes Mrs Gianna Williams, Mrs Margaret Rustin, Mr Michael Rustin and Mrs Asha Phillips.

The current year (2005-2006) has 12 students in the Observational Studies Course, 4 students in clinical training for the Child Psychotherapy Course and 3 students in clinical training for the Adult Psychoanalytic Course.

a) The Observational Studies Course is identical to that offered by the Tavistock Clinic in London. (The Tavistock Clinic is fully funded by the UK government within the National Health Scheme, and is the largest training centre of its kind in the UK.) This 2-year course serves both as a foundation course for those who wish to go on to do the clinical training, as well as a course for those who may wish to remain in their present careers but gain a deeper understanding of children's development. The course is based on working in ordinary settings -- like nurseries and schools -- as opposed to clinic settings. Central to this course is the study of child development through detailed observations as well as theories, all the while linking the theory with the practice.

Each of the two years of the observation course consist of four seminars, which are:

i) Baby Observation Seminars, where a baby is observed from as close to birth as possible till he/she reaches two years of age. Trainees are expected to undertake weekly observations of the baby and mother together in their family setting and write a paper on their work. Since the course began, there have been over 90 baby observations done and there is now a substantial body of research and work.

ii) Young Child Observation Seminars, where weekly observations of a young, pre-school child in a family setting are undertaken.

iii) Psychoanalytical Theory Seminars, in which developments in Psychoanalytical theory from the works of Freud to later ideas of Winnicott and Melanie Klein are studied.

iv) Child Development Seminars, where a wide range of subjects are covered, from peri-natal to post-natal development, to parent-infant bonding, and the attachment theory and research.

The Observational Studies Course provides an in-depth understanding of interactions with children in one's existing field of work. It equips students with the ability to work in settings

where mothers have difficulties with their infants and helps the student understand parents' difficulties with their children.

Enquiries to Course Coordinator: Mrs Zarine D'Monte

Tel: 22823488 (until May 2006)

26427088 (after May 2006)

b) The Training Course in Clinical Psychoanalytic Psychotherapy with Children, Parents and Young People. This course, together with the course in Psychoanalytic Observational Studies as a pre-clinical component, forms a training for qualification as a Child Psychotherapist. This course is also modelled on that of the Tavistock Clinic, London.

The psychotherapeutic experience during clinical training is extensive and includes attending intensive and non-intensive psychoanalytic cases, working with a family or group of children and adolescents, working with parents, as well as doing brief work, assessments and consultations. In addition, working with the community and other professional caregivers is encouraged.

Course Consultant: Mrs Margaret Rustin , Head of the Child Psychotherapy Department, Tavistock and Portman Clinic, London.

Visiting teachers: Mrs Asha Phillips (London), Mrs Gianna Williams, Mrs Margaret Rustin, Mr. Michael Rustin (London).

This Course is supported by a generous 3-year HSBC scholarship which supports a Trainee Child Psychotherapist working at a school over a 3-year period of their training. We are also grateful to the Lalkaka Trust (Ratan and Cawas Lalkaka); Mrs Feroza Seervai and the Versova Vidyalaya Fund. Thanks to this support, our clinical students have been working as counsellors in two schools: The Alexandra Girls Educational Institution (Mayavi Khandelwal and Gouri Salvi) and Girton High School (Manju Mukhi). Due to the very generous donations of Mr Navroze Seervai over a period of several years, we have been able to support the Post of the Clinic Director at the Horniman Circle Therapy Centre.

The programme of teaching events in this course include:

i) Weekly Supervision of psychotherapy cases.

ii) Group Supervision. A small group of trainees and a supervisor meet weekly to discuss ongoing work. These groups provide a forum for discussion of ongoing psychotherapeutic work, giving the trainees the opportunity to become familiar with one another's cases and individual styles of work.

iii) Work with Parents Seminars give the clinical trainees an opportunity to present ongoing work with parents, looking into the different applications of psychoanalytical thinking in working with parents.

iv) Assessment Seminars provide a forum for the trainees to present assessment sessions with children, parents and families. In the discussion of the material, the focus is on thinking about the nature and extent of the difficulties and determining the possibility of offering either short-term work or long-term psychoanalytic psychotherapy.

v) Theory Seminars. These are a series of lectures/discussions on the psychoanalytic tradition and clinical concepts, which aims to provide a framework for thinking about clinical experience. They also introduce the wider literature. A seminar is offered on Melanie Klein's 'Narrative of a Child Analysis', as well as an advanced study of Klein's thought, within the historical perspective of psychoanalytic theory. Theory seminars will also centre around recent contributions to psychoanalytic thought and to the understanding of psychoses, depression and manic states of mind. The work of Wilfred Bion and the use of his concepts in clinical work, is studied in some depth. Students are also offered a seminar on technique, which looks at using psychoanalytical thinking in a clinical setting.

Students submit a clinical paper of 8,000-10,000 words. This paper will focus on the work done with one of the intensive therapy cases, relating the work to psychoanalytic literature and other clinical studies and research. Over the years, students have produced a substantial body of clinical papers on psychotherapy work with child patients.

In addition, the clinical training in Psychoanalytical Child Psychotherapy, requires students to have a minimum of four weekly sessions of personal analysis with a psychoanalyst recognised by the PTRC. Students are expected to have at least one year's personal analysis before they can begin their clinical training. This is a probationary period to ensure the suitability of the student for in-depth clinical work.

This programme for the clinical training course in child psychotherapy is based on a minimum of three years clinical work and study. The required practical experience of clinical work and the wide range of training events make this a very intensive course. We hope and aim to offer a training which will help to educate professionals to be capable of independent work and initiative.

On completion of the course requirements to the satisfaction of the Training Committee, the student will receive a certificate of completion of a Tavistock Model Psychoanalytical Child Psychotherapy Training.

The Course Consultant to the Mumbai course is Mrs Gianna Williams, who was the Organising Tutor of the equivalent course at the Tavistock Clinic, London. Mrs. Williams' generous support, encouragement and guidance made it possible for the PTRC to develop Tavistock Model Training Courses in Mumbai.

Enquiries to the Course Organiser: Mrs Zarine D'Monte
Tel: 22823488 (until May 2006)
26427088 (after May 2006)

c) The Adult Psychoanalytic Training Course is conducted by the Bombay Sub Committee Board of Training, Indian Psychoanalytical Society, Calcutta. This course is based upon experience of clinical work with emotionally disturbed adults.

The course follows the standards recommended by the International Psychoanalytical Association (IPA). The Indian Psychoanalytical Society (IPS) is a component of the IPA. Completion of the training leads to professional qualification as a psychoanalyst. The qualified psychoanalyst is registered with the Indian Psychoanalytical Society and the IPA as a full member. Registration with the IPA also means that the qualified analyst would have international recognition. On writing an acceptable clinical paper of 8,000 – 10,000 words, based on the experience of each of the two training cases, he/she will become a full member of IPS, which includes voting rights.

The student must be in personal analysis 4-5 times a week with a training analyst of the Indian Psychoanalytical Society from the time the applicant has been accepted for the course. The student is required to be in personal analysis with a training analyst for a year before registration can be considered with the Indian Psychoanalytical Society. During this period of provisional acceptance, a student who is not already doing the Observational Studies Course (see details above) need have little contact with the Training Organisation. A student already with the Observational Studies Course can continue with it during the period of provisional acceptance.

Registration is initiated by the student's training analyst after discussion with the student.

After Registration, the student is offered the following facilities:

- i) Use of library facilities
- ii) Subscription at a block rate to the International Journal of Psychoanalysis
- iii) Allocation of a progress advisor

At the beginning of the next academic year, the student will then begin the Baby Observation Seminars and the Psychoanalytical Theory Seminars with the students of the Observational Studies Course. The adult training course does not require attendance for the Young Child Observation Seminars, the Work Discussion Seminars or the Child Development Seminars. For the analytical trainee the Baby Observation Seminars will be for only one year instead of for two years as for other students.

On completing two years of personal analysis, baby observation seminars and psychoanalytical theory seminars, the students have the opportunity to treat two adult patients, 4-5 times a week along with weekly supervision for each case, for at least two years. At the same time the student continues with more advanced theory seminars as well as clinical seminars. The full course takes approximately 5 years for qualification. The personal analysis will continue at least till qualification.

The minimum requirement for admission to the Adult Training Course is a University degree or suitable substitute. (For instance, completion of the two years Observational Studies Course may be considered a suitable substitute.) The applicant will first have an informal meeting with either

of the Secretaries of the Training Committee to find out about the requirements and costs of the training. (If funds permit, there might be a possibility of a scholarship for students in need of financial help.) Subsequently, interviews will be arranged with two psychoanalysts. If accepted the applicant will make arrangements to start his personal analysis. The student's analyst will be consulted before the student can register with the IPS. The analyst will also be asked if the student is ready to take adult cases under supervision and finally, if there is any objection to his/her qualifying as an adult analyst.

Enquiries to Joint Secretaries: Mr Sarosh Forbes. Tel. No.: 23636317
Mrs Micky Bhatia. Tel. No. 23538089

The Horniman Circle Therapy Centre

PTRC's Horniman Circle Therapy Centre is located in the busy Fort area of South Mumbai. The Centre was officially inaugurated on April 30, 2005, at a small, informal function attended by friends, well-wishers, faculty and students. The Centre staff includes Clinic Director, Ms Banu Ismail and two Clinical Assistants, Mrs Mayavi Khandelwal and Mrs Gouri Salvi

The Centre's aim is to help and support children, parents and adults with a wide range of emotional difficulties. A team of child psychotherapists and adult psychoanalysts work together here, providing consultations, psychoanalytic and psycho-educational assessments, and psychotherapeutic treatment – brief or long-term (intensive and non-intensive). The scope of the Centre's work, which began in June 2005, includes understanding difficulties in emotional relationships, helping to cope with bereavement, child abuse, communication and autistic disorders, learning disabilities, behavioural problems, eating disorders, self-harm and substance abuse in children and adults.

The PTRC's Horniman Circle Therapy Centre is the only such organized clinic in Mumbai that is providing help with emotional difficulties through psychoanalytic psychotherapy. The Centre was started with the aim of making this help accessible to families of all incomes, in order to help them lead a healthier emotional life. The fees, therefore, are structured on a sliding scale.

Facilities are also available for seeing Clinic patients at different locations in Mumbai. Referrals to the Centre come in from educational institutions, psychiatrists, paediatricians, general practitioners and others. Currently, the Centre is open from 9.00 am till 8.00 pm from Monday to Friday and consultations are by appointment only. The Centre has three paid posts. Clinical students and qualified therapists also see patients here – both children as well as adults. Work is expanding and surely gaining momentum.

The Centre also houses one of the finest collections of specialized books on psychoanalysis and related subjects in the city. The library remains open every Saturday between 10.00 am and 2.00 pm for students of PTRC only. If non-PTRC members wish to avail of the library they will have to apply to PTRC for permission.

Much of course, still remains to be done and efforts are on right now to try and raise funds for this pioneering work. At the Centre we are trying our best to forge stronger and more extensive

links that will make our services available to needy children. To achieve this, we hope to work together with colleges, special educational institutions and other organizations working with street children, abandoned children, children in orphanages, day nurseries and children with physical disadvantages.

The Horniman Circle Therapy Centre is currently in the process of putting in place a Young People's Counselling Service (YPCS). This service will offer 4-6 confidential counselling sessions at a low cost to people aged 16-30 years, who may need help with their personal, emotional difficulties.

Enquiries to Clinic Director: Banu Ismail. Tel: 22813735 or 56219992

The Mumbai Marathon Venture

For the first time this year, The PTRC participated in the Standard Chartered Mumbai Marathon. This was our first, concerted attempt to try and raise funds in a systematic manner for the Centre. We were touched and encouraged by the tremendous response we received from our friends and well-wishers. A total of 202 participants ran or walked in the Marathon as representatives of the PTRC, wearing our distinctive T-shirts. Fifteen of them ran the Half Marathon. Dr. Percy Chibber, Consultant Urologist at Jaslok Hospital, ran the Full Marathon, claiming second position in his age group. Four people represented PTRC in the Dream Team and the rest in the Dream Run. PTRC was given an award by the organizers for being the NGO to collect the second highest donations. We would like to take this opportunity to thank each and every person who helped us in so many different ways in this venture. We hope that all of them – and many more – will extend their help once more in the next Mumbai Marathon!

Fund Raising initiatives for PTRC coordinated by: Mrs Micky Bhatia
Tel.No.: 23538089

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