

PSYCHOANALYTIC THERAPY & RESEARCH CENTRE

India's Premier Centre for Child & Adult Therapy

Newsletter Volume 6 Issue 1, December 2017

This Newsletter brings you a detailed update of our activities and progress over the last couple of years. It has been a period of a great number of events that have kept the organisation vibrant and evolving. Numbers of students joining the training programme, as well as those qualifying have steadily increased. We are making forays into newer areas that hope to spread the awareness of psychoanalysis even wider. We have used technology to gain from the teaching of senior analysts and child psychotherapists from the UK; we have also participated more widely and actively in international conferences ourselves, thus benefiting from global developments and thinking in the world of psychoanalysis.

Events

13th September 2015: PTRC held a one-day Skype workshop at the Yacht Club in Mumbai. The workshop — on the film based on Shakespeare's *Richard III* — was led by Professor Michael Rustin while a presentation was done by Mrs. Margaret Rustin, renowned Child Psychoanalyst from London.

17th January 2016: Members of PTRC and many friends of PTRC participated in the Standard Charter Mumbai Marathon to raise funds for the organisation.

10th February 2016: PTRC organised a fund-raising concert at the National Centre for the Performing Arts, Mumbai. Renowned Bollywood and stage singer Sona Mohapatra performed at the event '*Songs of the Soul — Concert for a Cause*'. The show ran to a packed house and helped to spread awareness of mental health in the city.

12th March 2016: A screening and discussion on the film *The Danish Girl* was held as a public event at the President Hotel, Mumbai. Mrs Minnie Dastur and Mr Sarosh Forbes led the discussion which raised some extremely critical mental health issues. A rich psychoanalytic discussion followed with active participation from the audience.

15th April–17th April 2016: Psychoanalysts and IPA members from Delhi and Mumbai organised a Study Event in Goa. It was attended by Micky Bhatia, Banu Ismail, Mallika Akbar, Nilofer Kaul, Vinitha Kshetrapal and Gouri Salvi.

15th July: Mrs Dastur presented a paper on '*The Capacity to be Alone*' in relation to Wordsworth's poem *The Daffodils*.

16th July 2016: PTRC held its Convocation for qualifying students and the introduction of new students. On this occasion, a screening and discussion of the film *Lust for Life*, starring Kirk Douglas and based on the life of brilliant but tortured artist Vincent Van Gogh, was held at the Yacht Club, Mumbai. In addition to PTRC students and members, about 20 participants from different organisations attended the event and contributed to a thought-provoking discussion.

28th–30th September 2016: The India-Australia-Israel Psychoanalytic Conference was held at the Hotel Marine Plaza in Mumbai. The theme of the Conference this time was: *Countertransference Yesterday and Today*. The Conference was attended by 39 participants. Indian psychoanalysts and psychotherapists from Mumbai, Delhi and Kolkata were joined by psychoanalysts from Australia, Israel and Italy.

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In Memoriam

While the past year was a period of substantial developments and activities for us at PTRC, sadly, it was also a time of great loss for all of us in the organisation. Dr Manek Bharucha and Mrs Shanoor Forbes, who will always be remembered for their commitment to and belief in psychoanalysis and PTRC, passed away suddenly.



Dr Manek Phiroze Bharucha (1949 - 2016)

Dr Manek Bharucha, an extremely valuable member of the Indian Psychoanalytical Society, Bombay Chapter, tragically passed away at the age of 67, on the 3rd of August 2016 after a brief and sudden illness.

Dr Bharucha, who qualified in India as MD in Psychiatry earning a Gold Medal, went on to spend many years in London, UK, studying and working at the Tavistock Clinic where he qualified as a Child Psychotherapist. He met his wife Aiveen while studying in the course and they have two daughters, Aoife and Tehmina. After living in London for 17 years, Dr Bharucha and his family decided to settle back in Mumbai, India where he and his wife qualified as members of the Indian Psychoanalytical Society.

His move was extremely fortunate for the Bombay group of psychoanalysts. He could have continued his stay in London where he would have been professionally comfortable in a place where psychoanalysis has respectability and intellectual excitement. But he chose to shift to India to meet the challenges of the pioneering spirit of psychoanalysis in our country.

Soon after he joined our group in Mumbai Dr Bharucha structured and initiated a programme he called 'The Tavistock Model Infant Observation Course'. He thought it would be a way of attracting more interest in psychoanalysis and the training on offer. He was right. The programme caught the public eye and we began admitting more students in the Observation Course. Their interest grew through the uniqueness of close and detailed observation of infants and children which only psychoanalytic insights can obtain. This, in turn,

led to an increase in students wanting to undertake the psychoanalytic training.

It is difficult to fully express how much the Mumbai group of analysts owes to Dr Manek Bharucha — for his original and creative ideas for our professional growth in the last 20 years. It has been a great privilege to have known him as a colleague and as a close friend to us. He will be remembered by all of us as a kind, warm and generous person, extremely helpful and humorous. We will miss him immensely — and he will never be forgotten.

— Mr Sarosh Forbes on behalf of PTRC and the Mumbai Chapter, IPS

Mrs Shanoor Forbes

Mrs Shanoor Forbes beloved wife of Mr Sarosh Forbes (Senior Training Analyst, Bombay Chapter of IPS), loving mother of Simonil and Reshad, and doting grandmother of Rayan and Zarir passed away on July 30th, 2017.

Mrs Forbes was a lady with tremendous courage having lived as a quadriplegic for almost 30 years. She embraced life with unsurpassed enthusiasm and lived it to the fullest with an admirable sense of joie de vivre. A very spirited and kind-hearted person, she loved to be in the company of friends and family. Not only did she regularly attend musical concerts and plays, but she also travelled on holidays and even worked at Gulf Air till April 2016.

Mrs Forbes had a deep and abiding conviction in the efficacy of psychoanalysis and was a committed and ardent supporter of PTRC's activities over the years.

Always smiling and cheerful, she was an inspiration to all around her and is dearly missed by everyone who had the privilege to know her.

The Papers presented at the Conference were as follows:

- » “*Dreaming About One’s Patients: Countertransference Dreams*”: **Dr Hila Degani (Israel)**
- » “*Countertransference–The Analyst’s Many-Faceted Instrument*”: **Mrs Minnie Dastur (India)**
- » “*Cultivation of Alpha Function In The Analytic Field*”: **Dr Michal Lapinski (Australia)**
- » “*Rehearsed Language Of Unconscious–Camouflage, Masquerade, Ventriloquism*”: **Dr Nilofer Kaul (India)**
- » “*Transforming Obstacle Into Instrument And Interpretation–Working Through In The Countertransference*”: **Mrs Noga Badanes (Israel)**
- » “*The Baby or the Dream–How Our Theory Influences What We Can Observe*”: **Dr John McClean (Australia)**

In addition to these Papers, the programme included clinical presentations in small groups as well as the screening of the film ‘*Devi*’ by the acclaimed filmmaker Satyajit Ray. Mrs Zarine D’Monte presented a psychoanalytic interpretation of the film and this was followed by a discussion.

15th January 2017: PTRC, supported by friends and well-wishers, participated in the Mumbai Marathon to raise funds.

4th February 2017: The first Introductory lecture on *Psychoanalytic Understanding* was held by Ms. Nu-zhat Khan at the new Study Centre at Bandra. These talks are specially designed for people who are not aspiring to become clinicians but are interested in a better understanding of human behaviour. Ms Khan has conducted these talks regularly since then and the response has been extremely encouraging.

19th March 2017: A Study Seminar for students with Mrs. Rustin was held remotely on Zoom. Ms Amrita Ganguly, a senior student, presented her clinical case which was followed by a very enriching discussion led

by Mrs Rustin. These Study Seminars continue to be held each month since, as an integral part of Continued Professional Development (CPD).

22nd April 2017: PTRC organised the screening of the film ‘*The Hours*’ at the MIG Cricket Club in Bandra. The film, which dealt with the subject of depression was open to public and the screening was followed by a lively discussion.

12th August 2017: A screening and discussion of the film ‘*Ahalya*’ — a short Bengali film by Sujoy Ghosh — was held at the Bandra Study Centre. Dr Amit Kulkarni presented a psychoanalytic interpretation of the film which was followed by a lively discussion.

2016 onwards: Over the course of two years, and under the auspices of the Melanie Klein Trust, members and students of PTRC have been extremely fortunate to receive group supervisions by Zoom from two renowned British psychoanalysts. Mrs Irma Brenman Pick and Mrs Francesca Hume have conducted fortnightly supervisions for groups of qualified psychoanalysts and child psychotherapists in Mumbai. We are deeply grateful to both of them for having given so much of their time and attention to guide us in our work.

Inner Wheel Extends its Support

Inner Wheel — an organisation which is involved in a wide range of work for charities and causes — came to India with the formation of Inner Wheel Club of Ahmedabad in 1955. The Inner Wheel movement spread by leaps and bounds in India resulting in the formation of 10 districts, making it imperative to form an Association. On 1st July 1976, the Association of Inner Wheel Clubs in India and Sri Lanka came into existence replacing the National Council of India and Sri Lanka. Today it is known as the Association of Inner Wheel Clubs in India.

Ms. Falguni Mehta who is the current district chairperson of the Inner Wheel Foundation, during her tenure has taken the initiative to chose Mental Health as her Urban project theme. During this year, several awareness programmes were held to promote psychoanalytic



Members of Inner Wheel and PTRC at the Seminar on 'Emotional Health' in Mumbai.

understanding and reach out to people in need of emotional health from different socio-economic strata.

PTRC's faculty and members met with various club members and gave talks on psychoanalysis as a form of treatment, addressing various mental health issues affecting people of all age groups. During these meetings topics like social stigma attached to mental health and its treatment, etc. were addressed.

The Inner Wheel team has been immensely supportive and has raised a substantial amount as donation for PTRC towards our various outreach projects and scholarships for students. PTRC deeply appreciates their efforts and thanks them for all the support extended.

Work with NGOs and Other Outreach Work

- » **TISS:** Work Discussion workshops were conducted by Ms Banu Ismail with the Psychology students of the Masters programme at the Tata Institute of Social Science (TISS).
- » **Angan:** Miss Banu Ismail and Mrs Micky Bhatia conducted regular work discussion sessions with field workers at the Angan Institute to facilitate psychoanalytic thinking which helps the workers broaden their own perspective and deepens their understanding of their own responses and the families they work with.

School Work Continues to Expand

PTRC'S work in schools is going from strength to strength. With the numbers of therapists who are offering their services increasing steadily and under the committed and able supervision of Ms Manju Mukhi, school work has certainly grown

- » At **Alexandra Girls High School**, currently 24 children are seen per week for psychoanalytic psychotherapy and 21 parents are met for supportive parent work. The therapists who work here are Ms Manju Mukhi, Ms Amrita Ganguly, Ms Riddhi Chheda and Ms Abha Shah.
- » In addition to this, Ms Manju Mukhi meets with the teachers and the principal on a regular basis to discuss ongoing cases. She also holds two school work seminars each month with the team of therapists in order to keep abreast of the work.
- » At the **Cowasjee Jehangir High School** in Tardeo, Mumbai, 8 children and 2 parents per week are being offered PTRC's services. The therapists working here are Ms Manju Mukhi, Ms Abha Shah, Ms Purvi Patel and Ms Anshu Jaiswal. Ms Mukhi also holds regular meetings with the team of therapists to discuss the ongoing work.
- » Ms Banu Ismail continues her work with students and parents at the **Cardinal Gracias School**. Ms Ismail also does consultative work with the school teachers
- » The **Students Literary and Scientific Society's Girls High School** is a Municipal school catering to the education of girls from very low income groups through the support of the Inner Wheel Foundation. Ms. Banu Ismail conducted a seminar with the school teachers in November 2016 on understanding learning problems in children and their link to emotional health. Following that Ms Ismail has been seeing children between ages 12-14 years for individual counselling once a month.
- » Ms Banu Ismail gave talks to two different groups on *Good Touch and Bad Touch* at the **Alexandra Girls School** to help children understand their

body sensations and their sexuality and to help them protect themselves better.

PTRC's new Study Centre

The new PTRC Study Centre is a space that was long needed for us to expand our training and outreach efforts. We launched a series of programmes here with lectures by Ms Nuzhat Khan in February this year. Ms Khan has already conducted 15 teaching seminars designed for people interested in psychoanalytic theory. She plans to conduct these once a month at least.

The just concluded Lecture Series by Ms Khan was attended by a number of participants who came from varied backgrounds. The highly interactive and intensely discussed sessions were not only insightful for the participants' own lives (as understood by the feedback received) but were also informative about fundamental issues that affect society at large.

PTRC aims to introduce many more programmes that are aimed to reach as many people and groups as possible. Already a 3 month programme with *Aseema* has been held, where PTRC faculty conducted training seminars with groups of teachers, counsellors and social workers from this NGO.

Classes were held for *Aseema* by Ms Nuzhat Khan (for a teachers' group from Igatpuri), Mrs Micky Bhatia, (for a social workers' group) Ms Banu Ismail (for a counsellor's group) Ms. Manju Mukhi (for a teachers group) and Mrs. Zarine De Monte (for a teacher's group).


The new Study Centre is also being used for PTRC's own internal study events. Mrs Margaret Rustin's monthly seminars remotely through Zoom are conducted here. Mrs Rustin very generously offered these clinical seminars (free of any cost) to our students, in memory of Dr Manek Bharucha. Mrs Rustin presented a paper titled—*Shame in Childhood- Being Ashamed of Oneself, Feeling Ashamed and the Burden of the Shame of Others*. This was followed by a discussion.

Among the students who presented their clinical work were: Amrita Ganguly, Riddhi Chedda and Malika

PTRC Study Centre
Presents lectures on

PSYCHOANALYTIC THERAPY & RESEARCH CENTER
REGISTERED PUBLIC CHARITABLE TRUST - REGD. NO. 4811
India's Premier Training Centre for Child & Adult Therapy

- **Introduction to Psychoanalysis**
A basic orientation to psychoanalytic thinking and to the various aspects of daily life.
- **Basic Freud**
Introducing the ground breaking work of Sigmund Freud and the application of his most important concepts to daily life.



**Modules facilitated by
trained and experienced psychoanalysts from PTRC**

Dates	Sept 10 th	Sept 17 th	Oct 8 th	Oct 29 th	Nov 5 th	Nov 26 th
Introduction 11 am to 1 pm	Introduction	Dreams and their Significance	Relationships	Destructive behaviour in relationships	Depression and hostility	Parents and their Anxieties
Basic Freud 2 pm to 4 pm	Introduction and the unconscious mind	Psychosexual Development and the Oedipus Complex	Anxiety, Defense Mechanisms and Guilt	The Repetition Compulsion	Grief and Mourning	Transference and Conclusion

Fees: Attractive Prices for a combination of modules!

- * Any 1 lecture – Rs. 1,500 each, any 2-8 lectures – Rs. 1,100 each, 9-12 lectures – Rs. 1,000 each
- * The course price includes tea/ snack when signing up for one module and a working lunch if signing up for both
- * Payment by cash or cheque (written in favour of "Psychoanalytic Therapy & Research Centre")

Certificates for all modules will be given

Venue: Psychoanalytic Therapy & Research Centre, Building, No 61, Ground Floor, Gandhi Nagar, Bandra East, Mumbai 400051 Opp. MIG Cricket Club, and opp. Bank of Maharashtra Tel. No.: 26510311 (call for directions)

For more details contact Dinaz on ptrc.studycentre@gmail.com or 022-2281-3735 (between 10 am - 5 pm) | Certificates for all modules

Poster announcing PTRC's Lecture Series at the new Study Centre Sikander.

In addition to these seminars, other short-term courses and lectures by various PTRC faculty members are also being held at the Study Centre. The Centre has the potential for students to meet, study, and organise their own discussion groups.

All of us at PTRC would like to express our deepest gratitude to Mrs Margaret Rustin for her generosity in finding the time to hold the seminars for our students.

PTRC would also like to express special appreciation to Sunu and Zarir Aibara for donating a computer to our Study Centre in Bandra.

[PTRC Study Centre; Bldg No 61; Ground Floor; Gandhi Nagar; Bandra East; Mumbai- 400051. Telephone No: 022-26510311]

Our Clinics are Growing

The Horniman Circle Therapy Centre

The work at the Horniman Circle Therapy Centre continues with great vigour and under the able guidance and supervision of its Director, Ms Banu Ismail.

Currently, the therapist working here are Ms Banu Ismail, Ms Manju Mukhi, Ms Amrita Ganguly and Ms Riddhi Chheda and Ms Sara Rouhzad.

Bandra Clinic

For a long time there was a felt need to expand our clinic space in Bandra East, as referrals in the suburbs were increasing and the waiting list was growing. In December 2016, we were fortunate to acquire one more room on rent as an addition to our existing clinic space. We are now able to offer our psychotherapeutic services to many more children, adults and families. The therapist working here are Ms Banu Ismail, Dr Amit Kulkarni, Ms

Malika Sikander and Mrs Manjari Keswani.

With expanded clinic space, PTRC is now able to provide a total of 80 sessions a month (for 60 patients).

Participation at International Conferences

- » Mrs Minnie Dastur was invited to the *3rd Chinese Psychoanalytic Congress* in Wuhan on April 20-22, 2017 where she gave a Keynote Address. She also conducted a Pre-Conference one-day workshop on *Countertransference*.
- » Mrs Minnie Dastur was also invited to give a Keynote Address at the *IPA Asia-Pacific Conference* in Taipei on May 4-6, 2017. In addition, she, along with Dr. Clara Nemas, organised the Small Groups Discussions at this Conference.
- » Three members of the Bombay Chapter of the Indi-

IPA Recognition Validates Our Work

It gives all of us at PTRC and the Bombay Chapter of the Indian Psychoanalytical Society (IPS) immense pleasure to share this recent bit of good news:

The Board of the International Psychoanalytical Association (IPA) voted to recognise the following psychoanalysts and child psychotherapists from Mumbai as Child and Adolescent Psychoanalysts of the IPA:

Mr Sarosh Forbes

Mrs Aiveen Bharucha

Mrs Minnie Dastur

Mrs Micky Bhatia

Ms Banu Ismail

Mrs Gouri Salvi

In a message addressed to Mrs Minnie Dastur, congratulating the child psychoanalysts, the IPA Committee on Child and Adolescent Psychoanalysis (COCAP) Chair said:

“... there are many places around the world where child analysis flourishes without official recognition by the IPA. This seems a loss to both those communities and the IPA. COCAP members have appreciated learning about the very accomplished and dedicated colleagues in Mumbai ... who train new candidates in child and adolescent psychoanalysis, write and present for publications and conferences all over Asia and beyond, offer outreach consultations and education to their communities in multiple settings, and thereby contribute to the spread and vigour of psychoanalytic knowledge....”

This formal recognition from the IPA motivates us to further the cause of Psychoanalysis — and particularly Child Psychoanalysis — through our training programme in Mumbai.



Mrs Minnie Dastur gives the Keynote Address at Taipei

an Psychoanalytical Society — Mrs Micky Bhatia, Ms Banu Ismail and Mrs Gouri Salvi — participated in the *IPA Asia-Pacific Conference* in Taipei and presented their clinical work.

- » Mrs Minnie Dastur travelled to Shanghai to conduct a study event from June 16-18, 2017, on the topic: *From Body to Mind to Body—The Role of Early Development in Ego Formation*.

In the Months Ahead

January 6-7, 2018: A two-day study event where two renowned and senior psychoanalysts visiting from UK — Mrs Irma Brenman Pick and Mrs Francesca Hume — will present papers and offer group supervisions to members and students of PTRC.

March 8-10, 2018: A Committee on Women and Psychoanalysis (COWAP) Conference in Kolkata where Mrs Minnie Dastur who has been invited as a guest speaker will present a paper.

April 27–29: Mrs Minnie Dastur will visit Beijing where she will hold study events for psychoanalytic students.

May 3–6, 2018: The 2nd International Psychoanalytical Association's *Asia Pacific Conference* will be held in Tokyo. The Theme of this Conference is '*On Dependence*'. Mrs Minnie Dastur will be one of the Keynote Speakers at this Conference. She is also on the



Ms Banu Ismail presents a clinical paper in a smaller group at the Taipei Conference

Programme Committee of this Conference. Ms Banu Ismail, Mrs Micky Bhatia and Mrs Gouri Salvi will also participate in this Conference, presenting clinical papers at panel discussions. The Conference will provide a forum for exchange of ideas and experiences in psychoanalytic practice among Asian and Western countries.

September 14-16, 2018: India-Australia-Israel Psychoanalytic Conference in Mumbai. The Conference theme is: '*Unintegration, Integration and Disintegration in Clinical Work*'

From January 2018 onwards: PTRC's Mrs Gouri Salvi will join the 8-member Editorial Team of *Psychoanalysis Today*, a worldwide online journal. This E-journal which was launched at the International Psychoanalytical Association (IPA) Congress in 2015, is the result of a collaboration between the IPA and the three regional Federations (EPF, FEPAL and NAP-saC+APsaA). Mrs Salvi is an IPA appointee and will be responsible for writings from the Asia Pacific region.

Beginning in 2018: PTRC plans to initiate a series of regular programmes for the public in Mumbai, using different forms of the Arts and Culture to spread the awareness of psychoanalysis in the community.

Our Thanks

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

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The PTRC is a registered Charitable Trust (No:E-4971) under Section 80g of the Income Tax (Exemptions).

For any further details on PTRC's Training Programme and activities, please visit our website www.pschoanalysis-mumbai.org