



Summer Newsletter - June 2017

Chair's Report from the 2017 AGM

It's fair to say that losing Alan Corbett, a dear friend, founder member of IPD and a leading thinker in disability Psychotherapy, is at the forefront of my mind when I think about what has happened in the past year or so. A real loss to our community. He was the chair of the training committee for many years and led on developing a top up training for general psychotherapists. More recently he wrote and published two books and was editing the IPD monograph series. He is greatly missed.

It's 18 months since our last AGM

As in other fields government cuts to funding of social care have led to difficulties for people with learning disabilities. Dr Valerie Sinason ran an evening seminar called "The Unkindest Cuts" in July 2016 at the Freud museum for the IPD.

Reducing length of hospital stay remains a priority in NHS services and recently a drive to reduce antipsychotic prescribing. These initiatives might still result in more funding for psychotherapy although positive behavior support (PBS) is the favoured approach being pushed into services by various initiatives. This is essentially using a behavioural model and a care plan used to modify behaviour. It is an indirect approach through care home staff, changing their responses. Psychoanalytic and dynamic therapy approaches are still essentially undervalued in the NHS.

David O Driscoll has written several articles and opinion pieces over the year in Learning Disability Practice, I have also published an opinion piece in 'Learning Disability Practice' aimed mainly at nurses on 'The Value of Psychodynamic Psychotherapy'.

I have also been asked to collaborate on a chapter on psychotherapies for the upcoming 'Oxford textbook of the Psychiatry of Learning Disability'. There will certainly be a section on psychoanalytic psychotherapy.

The Institute of Psychotherapy and Disability has been working on a monograph series of books through Karnac as many of you will know. The first book is called Being Human around the influence of the work of Valerie Sinason and Tamsin Cottis has taken over Alan's sterling work as editor.

We have discussed our plans to honour Alan who was made a fellow of the IPD, in a one day event celebrating this first book early next year. This will be a low cost event sponsored by the IPD in his memory so keep watching for news around that.

New structure of IPD

At the recent AGM a new streamlined structure was agreed, a management committee made up of chair secretary and treasurer and 3 committee members.

All current officers and trustees stood down and a new Chair David O'Driscoll was voted in, Secretary Georgina Parkes, Treasurer Angelina Veiga. We will now have an annual meeting rather than an AGM.

Welcome to our new Chair David O'Driscoll

A Good Read!

The BJP Special Issue on Disability Psychotherapy is now out. Edited by Ann Scott, this issue was eighteen months in gestation and contains compelling papers by Valerie Sinason, Tamsin Cottis and Brett Kahr. In her introduction Scott notes that the idea was proposed by Alan Corbett who suggested 'looking at the birth and development of psychotherapy with patients with intellectual disabilities', and proposing specific authors and topics, around the question of whether the theme of disability constituted an orientation (as such), or an approach to clinical phenomena. It was both, for him, as he said in an email: 'It evolved as a response, but has at its heart a certain clinical approach that marks it out.'

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Professor Nigel Beail (and IPD fonder member) has a new important paper in the journal 'Psychoanalytic Psychotherapy.' *'A Systematic Review of Psychoanalysis, Psychoanalytic and Psychodynamic Psychotherapy with adults with intellectual and developmental disabilities progress and challenges.'*

Beail explores the evidence base for psychotherapy with his colleague, Caroline Shepherd in this wide ranging paper.

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IPD founder member Professor Brett Kahr has a wonderful new book on Sigmund Freud as part of the 'Interviews with Icons' series; this is a series of 'posthumous interviews' and in the future will include John Bowlby and Melanie Klein. The

Freud book is the second book after 'Tea with Winnicott' and is a particular historical tour de force, focusing on Freud early period up to 1900.

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David O'Driscoll has a two 'opinion' pieces published in 'Learning Disability Practice', one on 'pity', the other on 'humiliation'. He also published a history paper with Jan Walmsley on 'Familiarity and strangeness: a case study of one woman with learning disabilities in the 1940s–1950s.' For further details look at the website

Read <http://journals.rcni.com/doi/abs/10.7748/ldp.2017.e1821>

He has also published a piece on loss and bereavement and the importance of history of learning disability in 'Community Living.'

This journal has a new editor in Andrew Jarrett, who is interested in publishing more psychodynamic pieces. He can be contact via their website

<http://www.cl-initiatives.co.uk>

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For these who missed two interesting titles, by our European colleagues, 'The Clinic of Disability', 'Psychoanalytical Approaches' edited by Simone Korff Sausse and Regine Scelles. Both editors are psychologists and psychoanalysts with large number of papers published in France. It is welcome to see their work finalty published here.

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There is 'Psychoanalysis and Severe Handicap' 'Cap in Hand' by Italian psychoanalyst, Angelo Villa. Villa is a member of the Lacanian School of Psychoanalysis and the European School of Psychoanalysis.

Both published by Karnac books.

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SEMINAR REPORT

Georgina Parkes attended the seminar "Creative communication. A Neurobiologically informed approach to trauma treatment in Learning disability".

I recently attended the above named seminar given by Dr Eimir McGrath, PhD, an Irish Play therapist in private practise, who works with severely traumatised individuals with disabilities in Ireland. This was a free event sponsored by the Institute of psychotherapy and disability (IPD).

Dr McGrath spoke about the current neurobiological approaches and understanding of emotion, arousal, trauma and regulation of arousal. She quoted Allan Schore, Jaak Pankas, Antonio Damasio. I confess that even at this point, as I write, I am still trying to digest and understand some of these concepts. The brain is designed to relate to people. We are designed to move along the levels of arousal, fight or flight. Patients can become stuck in the hyperaroused state and only when they move into a window of tolerance can we access some of the material that needs to be processed. This can be for brief periods of time only, and can take a long time to develop a sufficiently trusting relationship.

She quoted Bessel Van der Kolk that "trauma is locked in the body and that it must be accessed and healed in the body. Trauma responses are fundamentally highly activated, incomplete biological responses to threat, frozen in time."

This certainly resonated with my experience of traumatised patients who often seem frozen in time, both developmentally at the age when the trauma occurred and frozen in the moment, replaying and recreating the trauma around them. This is particularly difficult in individuals where trauma has occurred before speech has developed which is often the case in Dr McGrath's work.

Dr McGrath used some moving examples of her work to illustrate her points. She

was sent by the Irish government to learn how to work with traumatised individuals, to Turkey. Here she was taught with therapists from every war zone in the world, by an Israeli therapist. They used pictures as tools to describe whole events and meanings which might be difficult to verbalise for the patient. She continues to use this technique and described to us how she uses it to good effect in sessions.

Dr McGrath's seminar could have taken a few days rather than an hour and the discussion was intense and interesting, ending by thinking about how we could do this over a longer time, considering both a book on trauma and disability as part of the Institute of Psychotherapy Monograph series and a possible one day event in the future.

Upcoming Event - 24th June

Dissociation and Disability

As a result of the impact of trauma on people with an intellectual disability we are witnessing an increase in the awareness of Dissociative identity disorder as a condition in our population.

The emotional generosity of workers in the field and their acceptance of behaviours that would not be managed in the mainstream population means that behavioural expression of altered states or personalities was not recognised. Valerie Sinason in the second edition of Attachment, Trauma and Disability specially included a chapter on dissociation and disability.

On Sat. June 24th at the London Voluntary Resource Centre the Clinic for Dissociative Studies, which she founded, is holding a one-day conference where Valerie will speak on dissociation and disability.

Other speakers include Professor Howard Steele on attachment and dissociation, Professor JOHN Morton on memory and dissociation and Dr Rachel Thomas, the new Clinic Director, on justice and dissociation. Please ring the clinic 0207 794 1655 for details or email info@clinicds.com.

Also included at this event will be the book launch for *Holistic Therapy for People with Dissociative Identity Disorder* by Pat Frankish and Valerie Sinason

MORE EVENTS

[Social History of Learning Disability Conference](#)

Doing Research on the social history of learning disability: learning lessons.
20th and 21st July The Open University, Milton Keynes

Respond Training Days:

Attachment Based Responses: practical solutions to working with people with learning disabilities or autism - Thursday 29th June 2017 with Noelle Blackman

An introduction to working therapeutically with people with learning difficulties - Friday 14th July 2017 with Jamie Kelly

For further details email: training@respond.org.uk or visit the website <http://www.respond.org.uk/>



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