

## Caring for the Wounded Healer

by Alf McFarland

**Saturday 11<sup>th</sup> June 2022**

**10:30am to 1:00pm**

**Venue: tbc**

The relationship to oneself is, as we know, the basis for one's own well-being and an essential foundation for our work as psychotherapists. Using the story 'Godfather Death' from the Grimms' collection, I will consider some of the vulnerabilities many of us carry, which undoubtedly led us into the work we do, and which remain a source of vulnerability and potential danger to ourselves and our patients. I will go on to describe how playing tennis has been, for me, a vital means by which I have been able to work at developing a more healthy and enjoyable relationship with myself.

**About the Speaker:** Alf McFarland trained initially as a Clinical Psychologist and worked in a CMHT and later in Student Counselling. He completed a training in Jungian Psychotherapy in Birmingham in the 1990's and has worked in private practice in Leicester ever since. He has taught, supervised and delivered several papers to colleagues at the West Midlands Institute of Psychotherapy over the years.

Free to FiP Members - booking via website

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## The unanalysed race complex

by Frank Lowe

**Saturday 16th October 2021**

**10:30am to 1:00pm**

**Zoom webinar**

Racism has played a major role in the development of western societies, and although there has been progress towards racial equality, it remains a repressed organising principle in our culture and forms an unconscious part of our psyches, identities and relationships. This paper contends that as a result of this history there exists within the psyche a complex about race that is usually hidden and largely unanalysed.

Although psychotherapy has tools that can develop our understanding of this complex, psychotherapy has historically failed to think deeply about race and racism in the training of therapists. Consequently, a therapy culture has been inherited, in which race within the psyche is a largely unthinkable subject and an unanalysed part of most therapists' minds.

In this paper, I will draw on clinical material to illustrate the race complex and propose that our profession needs to create a non-judgemental environment where resistance towards thinking about race and racism in oneself is better worked with in order that understanding and practice regarding race can be improved in our therapeutic work.

**About the Speaker:** Frank Lowe is a psychoanalytic psychotherapist at the Tavistock Clinic. He has written several papers on race and edited the book 'Thinking Space: Promoting thinking about race, culture and diversity in Psychotherapy and beyond'.

Eventbrite: [https://www.eventbrite.co.uk/e/the-unanalysed-race-complex-by-frank-lowe-tickets-168248402501?keep\\_tld=1](https://www.eventbrite.co.uk/e/the-unanalysed-race-complex-by-frank-lowe-tickets-168248402501?keep_tld=1)

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## Title to be announced

Professor Joy Schaverein

**Saturday 5<sup>th</sup> March 2022**

**10:30am to 1:00pm**

**Venue: tbc**

**Professor Joy Schaverein:** will speak on her most recent work on aspects of Boarding School Syndrome.

More details of this presentation will be available soon.

**About the Speaker:** Professor Schaverein PhD is a Jungian psychoanalyst, a Training Analyst of the Society of Analytical Psychology (London). Formerly a member of the editorial board of the Journal of Analytical Psychology. She lectures and publishes widely in Britain and internationally on topics related to Boarding School Syndrome, art and psychoanalysis and the erotic transference. Her recent books include: 'The Dying Patient in Psychotherapy: Erotic Transference and Boarding School Syndrome' (a second edition was published in 2020) and 'Boarding School Syndrome: The Psychological Trauma of the Privileged Child', which was a Routledge and Amazon best seller.

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The unanalysed race complex	Frank Lowe	16 <sup>th</sup> October 2021	<input type="checkbox"/>
Title to be announced	Prof. Joy Schaverein	5 <sup>th</sup> March 2022	<input type="checkbox"/>
Caring for the wounded healer	Alf McFarland	11 <sup>th</sup> June 2022	<input type="checkbox"/>

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