



# NSWIPP

NSW Institute of  
Psychoanalytic  
Psychotherapy

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## MARCH 2020 NEWSLETTER

Editor: Anne-Marie Swan

### Calendar of Meetings:

#### Monday 16 March 2020

**\*\*ATAB MEETING** -7:45pm (via Zoom)

#### Monday 23 March 2020

**\*CONTINUING PROFESSIONAL  
DEVELOPMENT MEETING -Celia  
Conolly**  
7:45pm

#### Monday 30 March 2020

**PRESENTATION FOR ASSOCIATE  
MEMBERSHIP- Brad Freeman**  
7.45pm

#### Saturday 4 April 2020

**EC MEETING** – 2:00pm

*\*Open to trainees provided there are no boundary issues.*

*\*\*ATAB meetings are normally held on the 3<sup>rd</sup> Monday of every month. If you would like to attend, please contact Lyndall.*

#### Monday 23 March 2020, 7:45pm

**\*Continuing Professional  
Development Meeting: Celia  
Connolly presenting**  
**Projective Identification: From  
Parent & Child Work to Adult  
Therapy**

NSWIPP members, guest members, associates, affiliates and trainees are warmly invited to attend.

RSVP online:

<https://nswipp.org/events/scientific-meeting-5/>

If zooming in, RSVP to Lyndall:  
[nswipp4@bigpond.com](mailto:nswipp4@bigpond.com)

#### Monday 30 March 2020, 2.00 pm

**Brad Freeman presenting for  
Associate Membership**

Members, Guest Members & Associates are invited and welcome to attend

RSVP:<https://nswipp.org/events/presentation-for-associate-membership-3/>

If zooming in, RSVP to Lyndall:  
[nswipp4@bigpond.com](mailto:nswipp4@bigpond.com)

### Future Events:

#### Monday 27 April 2020, 7:45pm

**\*Continuing Professional  
Development Meeting:  
Julian Zanelli presenting EMDR as  
an Adjunctive Therapy for Complex  
PTSD**

Details to follow

## MESSAGE FROM ANNE- MARIE SWAN

The year seems to have got off to a flying start with our first CPD Meeting introducing a series on the use of adjunctive therapies. Elana Cohen gave an excellent presentation on the use of Heart Rate Variability Biofeedback- HRVB, for high levels of arousal in PTSD patients.

We have had also two excellent presentations at our Monthly Clinical Meetings with Belinda Keatinge presenting in February and Clare Pattison in March. Both meetings have been well attended with a great atmosphere of reflective listening and

thoughtful discussion on the part of all. This was also evident at the first of our Supervisors' Meetings.

I would encourage all Members to embrace the concept of Membership with participation at these regular meetings including the PPAA Conference, which give us all a chance to get to know one another and build community. I would like to thank especially Donna Jacobs and Julie Fletcher who are doing a great job of filling in for Natasha Bonnin in making these meetings run smoothly.

Many Members also attended the Inaugural Conference of the Australasian Confederation of Psychoanalytic Psychotherapies- the ACP- incorporating psychoanalysts from APAS, group psychotherapists from AAGP, Jungian analysts from ANZSJA and psychoanalytic psychotherapists from the PPAA, our own binational body. Michael Moore gave an excellent clinical presentation on behalf of the PPAA with a response by Louise Hird, a member of both APAS and NSWIPP, showing the differences in technique between the two approaches. This Conference was an exciting and welcome development in the continuing dialogue and movement towards convergence of understanding within psychoanalytic psychotherapy as a method of treatment, as well as providing a united voice to external bodies.

Membership is thriving currently. Kate Stewart, from Canberra is our newest trainee to be accepted for Membership having given a lively, honest, moving and thoughtful presentation with unanimous endorsement by all present. Welcome and congratulations Kate. Good to have you on board. Another of our trainees, Robert Eidus, will be presenting in July.

Brad Freeman from Tasmania has been accepted for Associate Membership and will be presenting in April. Brendan McPhillips, a former President of ANZAP, has also been

accepted and will be presenting later in the year. We have also received a further two applications for Associate Membership which are currently under consideration.

A very special vote of thanks to Belinda Keatinge, as Chair of the MAB, Donna Jacobs and Jo Barnes for all the hard work involved in creating a safe passage to Membership through both channels.

**Please note that the recent Executive Committee meeting approved increases in fees for Seminar leaders (\$120 plus GST per hour) and Infant Observation Supervisors (\$180 plus GST per hour).**

Finally, I have appended some notes regarding the Corona Virus- a current issue it is impossible to ignore.

We are certainly living in interesting times- a time of rapid technological change with threats from both without and within. Reflective space, thoughtfulness and careful analysis have never been more relevant or needed.

My very warmest wishes,

Anne-Marie

Ph: 0418 647 273

### **Corona Virus:**

Corona Virus (COVID-19) is a novel virus for which a vaccine has not yet been developed and is probably at least 9 months to a year away from being freely available.

We do need to take sensible precautions while trying to avoid needless panic in both ourselves and our patients. This gives new meaning to the concept of containment.

We do need to take measures to protect our patients as well as ourselves.

1. The most effective and simplest measure is more frequent handwashing with simple soap

and water which needs to be more than perfunctory. If you are not sure what this means look it up on the Internet.

A useful rule of thumb (courtesy of Belinda) is to imagine that you have been using your hands to peel jalapenos (chilli peppers) and then want to rub or wipe your eyes!

2. If patients don't have access to a bathroom for this purpose place hand sanitisers outside the door to your room. These should preferably be alcohol based- at least 60%.
3. Suggest the use of tissues or clothing to open door handles or touch surfaces such as escalators, stair rails or face. Especially try to avoid touching your face without cleansing or sanitising.
4. Cough or sneeze into a tissue or your elbow.
5. Advise patients to either cancel or use Skype, Zoom or phone contact for sessions if they develop cold or flu symptoms.
6. Cancel patients if you become unwell yourself. If you develop flu like symptoms request virology testing.
7. Enquire whether patients have recently returned from or transited through high risk or moderate risk countries: Mainland China, Italy, Iran or South Korea (high risk) Cambodia, Hong Kong, Indonesia, Japan, Singapore, Thailand (moderate risk) and advise to seek medical advice regarding need for monitoring.
8. Avoid travel, including transit through, the countries listed above.
9. Testing is recommended under the following circumstances:
  - i) Symptoms: fever, runny nose, shortness of breath, cough.
  - ii) Contact: close contact with a person who has confirmed Corona virus, or you have come back from overseas or

you are a front line health care provider.

You need to have both i) and ii)

10. Use Zoom to avoid close contact at meetings when feeling unwell.
11. Don't panic! As the British said during the War "Keep Calm and Carry On" 😊

Anne-Marie Swan

President, NSWIPP

10<sup>th</sup> March 2020

### **Contact details:**

#### **Secretariat:**

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#### **Committees:**

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and

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## ROOMS FOR LEASE

### **ROOMS FOR RENT NSWIPP – Mitchell St, GLEBE**

Professional Consulting room/s available for rent  
on sessional or weekly basis.

Suitable for psychiatrist/ psychologist/  
psychotherapist.

Ideally located off Glebe Point Road.  
Parking on site.

Furnished, light, air-conditioned and with its  
own private access.

There is access to a large meeting/group  
room and shared  
kitchen facilities with our association.

Contact Jan Williams: 0425 288 916  
or Lyndall Rees on:  
[nswipp4@bigpond.com](mailto:nswipp4@bigpond.com)

### **PYMBLE PROFESSIONAL CONSULTING ROOM**

Professional room available for rent  
available on sessional or weekly basis.  
Suitable for psychiatrist, psychologist or  
psychotherapist to join well established  
group psychological practice in the Upper  
North Shore.

Ideally located, opposite railway station,  
next to major bus stop and on street  
parking.

Modern air-conditioned with large  
reception area serving 5 furnished rooms,  
kitchenette and filing/photocopying  
facilities.

Regular peer review group.

Secretarial and reception services, billing,  
appointments and reminders.

Under cover staff car parking.

#### **For enquiries please contact:**

Swee Tan, practice manageress, Metta  
Clinic on 0411 88 38 39

### **ROOM FOR RENT ROSEVILLE**

Spacious room [in fact two adjoining  
rooms] available for lease in small  
psychoanalytic psychotherapy practice  
(two full time clinicians).

Pleasant and quiet location in heritage  
building, close to train station.  
Rent approximately \$1600/month.

Another room is available for sessional  
work. Rent \$90/day or \$50/half day

All enquiries to Dr Paul Schimmel  
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