

## SOMA AND BODY IN THE CLINICAL LANDSCAPE

Friday May 15<sup>th</sup> 2020

6.30 – 7      *Registration and welcome drinks*

7 – 7.15      Chair's Introduction

7.15 – 8.45      ***Donald Campbell "I notice you removed the ashtray." A patient's impact on the analyst's body.***

Patients threaten clinicians in various ways. This paper will focus on a patient who created anxieties in the analyst about the safety of his body in the consulting room. The analyst's body through physicality, illness, and aging also contributes to his or her vulnerability to the patient's exercise of aggression. Bion's concept of protomental functioning in which physical and mental activity is undifferentiated, and Winnicott's view of the consequence of disturbance in the continuity of being will be used to understand the analyst's experience of bodily threat and the process of recovering a capacity to think analytically.

*Donald Campbell is a Training Analyst, Distinguished Fellow, past President of the British Psychoanalytical Society, and former Secretary General of the International Psychoanalytical Society. He also served as Chair of the Portman Clinic in London, where he worked in outpatient psychoanalytical psychotherapy as a child, adolescent and adult analyst for 30 years with violent and delinquent individuals and patients suffering from a perversion. He has published papers and chapters on adolescence, doubt, shame, violence, perversion, child sexual abuse, and horror film monsters. Lately, he co-authored with Rob Hale, Working in the Dark: Understanding the pre-suicide state of mind, (Routledge)*

Chair: Rachel Chaplin

8.45 – 9.30      *Drinks reception*

Saturday May 16<sup>th</sup> 2020

9.00 – 9.30      *Tea and coffee*

9.30 – 11.00      ***Marina Perris-Myttas The clamour of life and the echo of silence: the work of the countertransference***

The patient's *libidinal body* is always present in analysis, actively and noisily soliciting the participation of the analyst's own body. During physical illness, the *suffering soma*, permeated by 'disqualified excitation', also joins in the analytic exchange. In this paper, through a detailed reading of clinical material from two patients, I will discuss how these two distinct presentations make for distinct experiences in the countertransference. I will

focus on the occasions when the echoes of the inaudible are able to enter the analysis, acquire meaning and partake in the elaborative process.

*Dr Marina Perris-Myttas is a training and supervising analyst of the British Psychoanalytical Society, full member of the Paris School of Psychosomatics P-Marty and a corresponding member of the Hellenic Society. She has worked in private practice since 1992. From 1998-2012, she worked as a Consultant Clinical Psychologist in Psychotherapy in an in-patient NHS Eating Disorders Service and was co-lead on a psychoanalytically-oriented Personality Disorders Service. She has presented and published many papers in the UK and internationally. She is co-author of "Experiencing the Body: a Psychoanalytic Dialogue on Psychosomatics" (Routledge 2019)*

Chair: Marilia Aisenstein

**11.00 – 11.30** *Morning coffee*

**11.30 – 1.00** ***Francois Louw 'on the frontier between the mental and the somatic...'***

In this paper, I will ask the audience to join me in exploring the conceptual and clinical frontier between the mental and the somatic with patients who suffer chronic pain. Freud's concept of *drive* will act as a beacon for navigating this hinterland.

*Francois Louw is a consultant clinical psychologist, psychoanalyst and psychosomatician. He leads the psychological therapies team for Pain Management Services at the Royal Free London NHS Foundation Trust. He works in private practice and teaches at the Institute of Psychoanalysis, on the Tavistock Adult Psychotherapy training, at the Anna Freud National Centre for Child and Families and at University College London.*

Chair: Marilia Aisenstein

**1.00 – 2.15** *Lunch*

**2.15 – 3.45** ***Sara Flanders No safety in the body ego: the fault-lines of an adolescent break with the changed embodied reality, and the struggle to recover or establish a new psychosomatic equilibrium***

Moses Laufer insisted that the primary adolescent task is the integration of the adult sexual body, all other adolescent development deriving from this embodied fact. Anna Freud noted the plight of the normal adolescent, faced with intensified drives which place acute demands on the mind to "work," just as the ego is shaken to its core by the experienced discontinuities of the body. Most adolescents survive this overwhelming upheaval: the psychosomatic foundations of the self, the relation to reality, to desire, to the objects of intimacy, all products of libidinal experiences laid down in infancy, support the recovery of the loved and loving body, now a changed body.

But trauma in infancy and childhood can incite the establishment of defences which block this development. Adolescence cannot be negotiated. The therapeutic task then is to retrieve the adolescent process, and to facilitate the recovery of a psychosomatic unity too poorly established or too aggressively divided. Within the psychoanalytic relationship and setting, the symbolic capacities supporting integration can grow, or break down again, along the fault-lines of these early defences, etched deeply into the ego's experience of embodied living.

*Sara Flanders is a Training and Supervising Psychoanalyst of the British Psychoanalytic Society, and has worked since 1989 at Brent Adolescent Centre. She is the Editor of the Dream Discourse Today and with Dana Birksted Breen and Alain Gibeault, edited Reading French Psychoanalysis. Both books were published by the New Library of Psychoanalysis. She has published and presented at conferences a number of papers pertaining to dreams and to adolescence. Currently she is joint chair of the Forum on Adolescence of the EPF. Having received a Ph.D in English prior to training as a psychoanalyst, she retains an interest in the reciprocal illumination of psychoanalysis and literature.*

Chair: Megan Virtue

**3.45 – 4.00**    *Afternoon tea*

**4.00 – 5.15**    **Plenary - Introduced by Joan Schacter, chaired by Rosine Perelberg**

**5.15 – 6.30**    **Celebration of new publications by speakers and chairs**