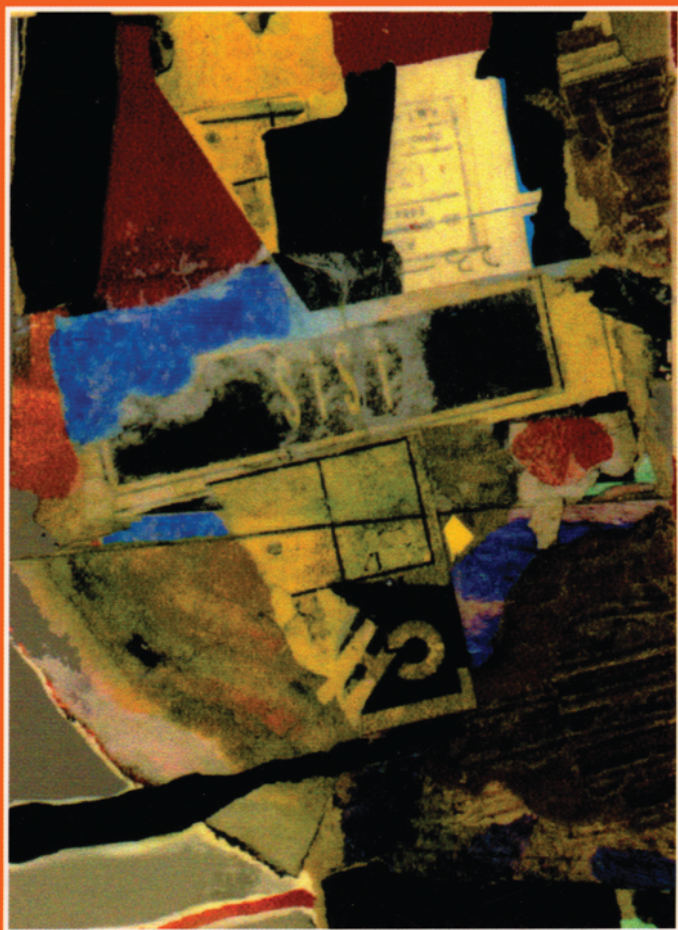


# IDEAS IN PRACTICE

PRACTICE OF PSYCHOTHERAPY SERIES: BOOK TWO



EDITED BY

BERNARDINE BISHOP, ANGELA FOSTER,  
JOSEPHINE KLEIN AND VICTORIA O'CONNELL



# IDEAS IN PRACTICE

THE LONDON CENTRE FOR PSYCHOTHERAPY

**PRACTICE OF PSYCHOTHERAPY SERIES**

Series Editors

*Bernardine Bishop, Angela Foster,  
Josephine Klein, Victoria O'Connell*

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on behalf of

The London Centre for Psychotherapy

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### **The London Centre for Psychotherapy**

The London Centre for Psychotherapy has its origins in the 1950s and became a registered charity in 1974. Its activities are threefold:

- To offer training in psychoanalytic psychotherapy (including analytical psychology) in which the leading schools of analytic thought and practice are represented.
- To organise post-graduate professional activities and;
- To provide a psychotherapy service to the community through its clinic.

The Centre is the professional association of around 200 practising psychotherapists who are registered, through the Centre, with the British Confederation of Psychotherapists.

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# Introduction

**T**his is the second volume in the series *The Practice of Psychotherapy* by members of the London Centre for Psychotherapy.

We have brought these six contributions together under the title *Ideas in Practice*. This needs a little explanation. We believe that in each of these papers there is the spark of an original idea, an idea very much of the author's own, grounded indeed in psychoanalytic theory, but influenced by individual experience and observation in the consulting room. This could be a description of any clinical paper. But, without making special claims, in the juxtaposition of the words "ideas" and "practice", we have found a common resonance in these very different papers. All show working psychotherapists trying to learn from their patients and from themselves, and arriving at a formulation that seems to offer a rather personal perspective and a little bit of light.

Vivienne Lewin and Prophecy Coles have as their focus the importance in psychic reality for some patients of early relationships with siblings. Vivienne Lewin presents experiences from working with twins, and thinks about the particular character that twin-ship is likely to stamp on later struggles for separateness.

Prophecy Coles considers how relationships with siblings, rather than with parents, may be the decisive factor in the internal worlds of some patients. Both authors have discovered the hard way that unless these complexities are firmly grasped by the therapist the nature of the transference and countertransference may be misunderstood.

Lorraine Colledge and Robert Royston describe cases where pathological structures cause stalemate in the movement of transference and countertransference until the therapist's radical shift of mind and heart creates a new situation, and, for the patients, establishes the therapist as a new experience. When the therapist is able to become more conscious of and at more ease with how he/she is enlisted as an archaic object, he/she can become a volunteer rather than a conscript, and can begin to create a benign environment for radical change.

Bernardine Bishop and Jennifer Silverstone are concerned with the dire effects on personality development of maternal absence. In Bernardine Bishop's paper the mother's absence is physical, and what is being described is the effect of this sort of disruption on the growth of the very capacity to think. In Jennifer Silverstone's paper the absence is mostly of mind, and she links consequent narcissistic problems to confusion about the real meaning of the body within a self. The patients under discussion in these two papers have an urgent need to be reclaimed and harboured in a maternal mind. But they have adapted parts of the immature self to substitute for the unavailable objects and containers. The effects of this profound but often well-disguised damage can make the transference difficult to decipher.

We hope these ideas may be useful in practice.