



# Institute of Psychotherapy and Social Studies

Contextualising psychoanalytic psychotherapy within contemporary cultures, languages and social identities

## Welcome to the IPSS newsletter

Each month, we'll be giving you an insight into our programme and how it might relate to you and your life.

Please feel free to forward this newsletter on in its entirety to anyone with an interest in psychotherapy training. Especially if they're interested in psychoanalytic psychotherapy training.

IPSS offers an MA in Psychoanalytic Psychotherapy and Social Studies. Studying psychoanalytic psychotherapy at IPSS means looking at the internal world as well as the world we live in.

This IPSS psychotherapy training leads to UKCP accreditation.

Please also feel free to forward this on to members of the public who are interested in personal development, psychotherapy and social studies.

This month, Sue Sunkel, our Director of Studies, talks about how the current economic climate is affecting psychotherapy.

## Psychotherapy and Finance

Next term we are going to have 10 seminars on economics and psychotherapy.

This fits with our wider curriculum which includes social issues. What happens in society affects our clients and it also affects us.

I have found more and more credit crunch issues have come up in therapy with people fearing the loss of jobs, incomes and homes.

It tugs at our deepest fears of losing our sense of safety in the world. It also feels as if we are walking into the unknown.

In these seminars, we will look at greed amongst other things. What is greed? As children we might get told "Don't be so greedy!" But this is not what I mean.

There is a dark all consuming feeling of "I must have it and I must have all of it!" It can be about food, or drink, or anything else really.

The point is, it never satisfies. Once the dress hangs in our wardrobe, it's just another dress. Sometimes shopping bags don't even get emptied.

What we often call 'retail therapy' or 'shop-till-you-drop' is a manufactured need that actually has nothing to do with our real needs.

Karl Marx said, "The less we eat, drink, buy books, go to the theatre, go dancing, go drinking, think, love, theorize, sing, paint, fence etc., the more we save, and the greater will become that treasure which neither moths nor maggots can consume - our capital."

It now turns out that even capital is not so safe. I like this quote because it describes what I would call a quality life.

Don't get me wrong, I love to go shopping as much as most. In fact, everything we address here affects psychotherapists as much as anybody else. We are not above it all.

The topic of economics and psychotherapy will probably bring up more questions than answers. And some of it may be uncomfortable: We don't like to talk about money or question our ways of managing our finances.

One benefit is that, since the financial crisis, talking about money has become more acceptable.

Our Social Critique seminars in particular are all about reflecting and thinking in a way that is not flat and linear. Life isn't so simple that one can find simple solutions.

Much of psychotherapy involves just staying with the feelings and thoughts.

Mental health often gets subsumed under the medical model or under a model that looks at how we function or don't function.

But functioning in society is not a clear enough indicator for mental health. This brings us back to how society defines our personal values.

People suffer from a huge sense of failure when they lose on the stock market or when they get made redundant because we internalise the notion that to be successful is to fit into the marketplace.

The actual word 'redundant' means no longer being needed.

Money is an important topic for therapy anyway, even without the financial crisis. In private practice we charge fees. Training costs money and there are many ramifications as to who can afford therapy and who can afford to become a therapist.

I would like to think that the IPSS has an inclusive way of recruiting people for the training, but the problem remains that some really good people just can't afford the cost.

**Are you feeling anxious about money? The IPSS can help you:**

Our trained IPSS psychotherapists all offer psychoanalytic psychotherapy on a sliding scale and are open to offering therapy at low fees.

Low cost therapy is also available from students doing our UKCP accredited psychoanalytic psychotherapy and social studies training.

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