



# 10 Windsor Walk

## **Annual Report - for the year ended 31st March 2023**

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Development Coordinator: Aymie Backler

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### **Contents**

About us	1
Our mission	2
Strategic aims	2
Achievements	2
Activities	3
Clinical work	3
Events and training	5
Outreach work	11
Financial summary	13
Future plans	13
Acknowledgements	14

### **About us**

10 Windsor Walk (10WW) is an independent Community Interest Company established by South London members of the British Psychoanalytical Society. The aim of 10WW is to offer a home for candidates and analysts in South London and to facilitate the development of interest in psychoanalytic ideas through links with NHS settings and the local community. The centre sits on the periphery of the South London & Maudsley NHS Foundation Trust (Maudsley) campus and is



adjacent to the Institute of Psychiatry, Psychology and Neuroscience (IoPPN) and King's College Hospital. In 2018, the board and clinical director refurbished the four-storey Georgian house into a centre with sound-proofed consulting rooms and an integrated intercom system. As of 2023, there are nine consulting rooms, which includes one room dedicated to child analysis and family therapy, and two rooms to comfortably fit groups of up to eight people. We also have a large space on our lower ground floor, congruent to the garden, which is used for internal events and hired out by similar organisations.

### **Our Mission**

Our mission is to provide accessible intensive psychoanalytic treatment to those in need locally, to enable more people to have access to training in psychoanalysis and to run psychoanalytic events. South London comprises of ethnically and culturally diverse communities and we hope to reflect this diversity through accessibility for those seeking analytic help and those interested in participating in events and training.

### **Strategic Aims**

- Provide low-fee, affordable therapy to those in need in the local community
- Establish ourselves as a space for creative thinking around the applications of psychoanalytic ideas
- Develop extensive collaboration with the NHS

### **Achievements**

The past twelve months have seen a number of developments to our activities and building. Thanks to a generous donation, 10 Windsor Walk received a collection of 10 prints commissioned by the Freud Museum in the late 1990's. These are now on display in our lower ground event space and include works by Cornelia Parker, Claes Oldenburg, and Peter Blake.

The last year also saw us launch our new website and logo. Many months of discussions, designs and testing have resulted in a complete rebrand that includes new contact forms for referrals and enquiries, an improved room hire page and improved events listings. Our new logo takes imagery from our front door, pictured slightly ajar to reflect the welcoming atmosphere we are proud to create.

In November 2022 the British Psychoanalytic Council presented 10 Windsor Walk with the 'Innovative Excellence' award. This celebrates ground-breaking projects within the psychoanalytic community and was given in recognition of our development and community projects including the Therapeutic Parent, Baby and Toddler Group for Refugee, Migrant and Asylum seeking families.



## **Activities during 2022-23**

The main activities undertaken at 10 Windsor Walk during the past year can be broken down into three categories:

1. Clinical work
2. Events and training
3. Outreach work

### Clinical work

The past year has seen a steady increase from local therapists looking to rent consulting rooms. As of March 2023, the current figures for clinical work taking place in the building are as follows:

#### Building users

- 08 x recently qualified or trainee psychoanalysts
- 14 x highly qualified adult and child psychoanalysts and psychoanalytic psychotherapists
- 06 x reflective practice supervision groups
- 03 x South London Health Trust services

#### Service users

- 24 individuals attending the refugee families group
- 65 individuals visiting independent therapists
- 15 diabetes therapeutic support recipients

10WW operates partially as a satellite site for the Institute of Psychoanalysis, where a licence agreement is in place to provide consulting rooms to candidates training with the London Clinic of Psychoanalysis and wishing to use the rooms for their training cases and other psychoanalytic work.

Our location has been a great asset: with our rear garden door opening directly onto the Maudsley campus including the Institute of Psychiatry, Psychology and Neuroscience and being adjacent to King's College Hospital. This has been particularly helpful for candidates who work at the Maudsley and otherwise would have had to use rooms in Maida Vale, North London, or pay rent on their own consulting rooms. Many candidates are not in a position to be able to afford their own consulting rooms at home, due to high property prices, and so having rooms that can be used in South London has been appreciated by current candidates. Furthermore, the knowledge of this setting has had an impact on those working or living in South London considering training.

## **Infant Observation Seminars: Antje Netzer-Stein**



Antje Netzer-Stein has run one of the Infant Observation Seminars for candidates at 10WW. In the group there are currently three candidates and one member who is already an adult analyst and plans to train as a child analyst at the Institute. The benefits of having an Infant Observation Seminar in person at 10WW were reported last year: where members of the group were “pleased to be in a comfortable and spacious room together for sharing and thinking about the intimate observations. It saved commuting for two candidates and the seminar leader who are based in South London and one of the group members who works in South London.” The seminars were held from October 2021-December 2022, with the aim to return back to South London when a new group is more South-London based.

### **Clinic Consultation Workshop: Dr Kate Pugh**

A new London Clinic of Psychoanalysis consultation workshop was started at 10WW in 2021 in the format of fortnightly hybrid meetings. Consultations undertaken by psychoanalysts working as consultants for the London Clinic of Psychoanalysis are discussed. An important element of this is the link with the training needs of the growing number of candidates in South London, many of whom are seeing their training patients at 10WW.

### **Clinic Consultations: Elke Mund Amos**

Clinic consultations are now being carried out for potential patients from South London at 10 Windsor Walk, with a protected time slot for this to take place on Tuesday afternoons.

### **The T1DE Project: Diane Turner**

The T1DE Project - Type 1 Diabetes and Disordered Eating - is funded by NHS England. It is a hub and spoke model, linking with diabetes services across the Pan-London catchment area. The patients seen have been diagnosed with diabulimia (Type 1 diabetes and disordered eating) and the service has pioneered a fully integrated model with diabetologists, psychiatrists, a psychoanalyst (Diane Turner), CBT Therapist and Diabetes specialist nurses providing consultation, assessment and treatment to this high-risk group of patients. Collaboration with 10WW is on-going, and provides the therapeutic home for the service.

### **Psychosomatics Workshop: Dr Simon Harrison and Dr Kate Pugh**

The Psychosomatics Workshop continues to meet monthly, as it has done since October 2020, using the 10WW events space for hybrid meetings for those attending both in person and online. Members include psychoanalysts, psychosomaticians trained in the Paris School of Psychosomatics, and colleagues working with patients who come to discuss their clinical work at the Maudsley, King's and other hospitals. These include psychotherapy and psychiatric trainees. The workshop has directly supported the Autumn 2022 series of Maudsley



Lectures with presentations in the series and attracting new participants to the lectures.

### Events and training

#### **Meet the analysts: organised by 10WW board members Dr Kate Pugh and Fatima del Solar**

A collaboration between IOPA Outreach and the Recruitment committee

An informal discussion about the experience of what it's like to be a psychoanalyst: from a trainee, newly qualified, and experienced analyst.

#### **The Maudsley Lectures Summer Term 2022: Psychoanalysis and the Arts**

Once more the summer term of Maudsley Lectures was curated by Dr Anne Patterson, focused on Psychoanalysis and the Arts. The speakers were in dialogue with psychoanalysts Dr Anne Patterson and Dr Emma Staples Hotopf.

Since Summer 2022 this programme of lectures has been held in hybrid form for an audience in the room at 10 Windsor Walk and online.

Programme:

9th May | Hope and its vicissitudes: a dialogue between film and psychoanalysis - Anne Patterson and Katalin Lanczi

16th May | The Singing Detective: A place in the mind - David Bell

23rd May | Women in the shadows of psychoanalysis: Lou Andreas-Salomé, Sabina Spielrein, and Joan Riviere - Catherine Humble

6th June | Picturing Oedipus: Ingres, Bacon, Freud - Adele Tutter

13th June | 'Mourning terminable and interminable: Loss, mourning and creativity in Virginia Woolf's work' - Liz Allison

20th June | How many children had Lady Macbeth?: Putting the documentary-film protagonist on the analytic couch - Bruce Eadie

27th June | Mourning processes and the theme of loyalty and infidelity in The Divine Comedy and in a clinical illustration. - Giovanna Di Ceglie

4th July | Dante's Allegorical Vision and the Structure of Ethics - David Black



11th July | The poetic dynamics of the enactment of trauma in the work of Charles Simic: Non-linear temporality and conceptual enactment. - Susanne Lansman

Finale event at St Giles' Church, Camberwell:

18th July | Composition at a critical time: Debussy, Chopin and Rachmaninov Piano and cello recital - with psychoanalytic perspectives. - Ann Sloboda

Feedback was positive:

"Each lecture was stimulating and intriguing in its own right. I learned so much and really enjoyed participating."

"It is just lovely to listen to intelligent discussion of cultural matters and integrating these with psychoanalysis."

### **The Maudsley Lectures Autumn Term 2022: Dialogues between Body and Mind**

Clinical work has remained central to the presentations for the Autumn Maudsley Lectures. The series has generally been orientated to particularly appeal to clinicians: psychiatrists, psychologists, psychotherapists, psychoanalysts, mental health nurses and allied professionals working in mental health. However, the lectures are open to anyone interested in psychoanalytic ideas and participants have come from a wide range of professional backgrounds. The content of the lectures have covered all schools of thought and there has been diversity within the audience as well as in the lecturers and themes. Special thanks to all the lecturers who so generously give their time for free so that we can present such a rich programme. This has resulted in an engaged audience and appreciative feedback.

The series focused on understanding the work that goes on in medical and surgical settings, through a series of dialogues between psychoanalysts and medical, surgical, and mental health colleagues. This term took shape as a series of dialogues that brought a psychoanalytic perspective to a range of clinical settings, chaired by Dr Simon Harrison and Dr Emma Staples Hotopf.

Programme:

3rd October | From the Brain Injury Clinic - John Ling and Kathy Taylor

10th October | From the Perinatal Clinic - Dr Anne Ward and Dr Livia Martucci



17th October | From the Diabetes Clinic - Diane Turner, Prof Khalida Ismail and Dr Marietta Stadler

31st October | From the Epilepsy Clinic - Dr Giovanni Polizzi and Dr Bridget MacDonald

7th November | From the Functional Neurological Disorder Clinic - Dr Tim Nicholson and Dr Anastasia Apostolou

14th November | From the Haematology Clinic - Maxine Dennis and Maria Goridari

21st November | From the Hospice - Dr Anne Patterson and Prof Matthew Hotopf

28th November | From the Renal Transplant Clinic - Dr Alastair Santhouse and Dr Kate Pugh

5th December | From the Bariatric Clinic - Dr Anuradha Menon and Prof Lisa Baraitser

12th December | Psychosis and premature mortality: Closing gaps - Dr Ed Beveridge and Dr Rob Harland

Feedback was positive:

"I left so many of the sessions feeling inspired... how brilliantly the speakers highlighted the effect of attention to internal physiological processes on well being. Brilliant."

"Fascinating insightful dialogues on important topics that can be neglected. Hugely enjoyed these."

### **The Maudsley Seminars 2022-2023: Child Analysis**

The Spring 2022 programme comprised a series of monthly Child Analysis Clinical Seminars led by Fatima Martinez Del Solar and Dr Kate Pugh. The presentation settings have varied from a service for children with Sickle Cell Anaemia, to the therapeutic play group for refugees held at 10WW, and a case of four times a week intensive psychoanalysis with a four-year-old child.

For 2023 the Child Analysis Clinical Seminars will continue on a monthly basis, held at 10 Windsor Walk and on Zoom. The focus is on the Application of Psychoanalytic Concepts to Clinical Work with Children and Adolescents. All professionals and clinicians working in child and adult psychiatry, psychology,



psychoanalysis, child and adult psychotherapy, nursing and other areas of mental health are invited. Attendees will have the opportunity to present a case, with joint contributions from a child expert and the wider audience.

Presentations have included:

- Dr Jay Dillon, London-based child psychotherapist discussing developmental psychotherapy of a four-year-old, who suffered from relational trauma and is presenting as having a neurological condition
- A clinical presentation of ongoing work by Dr Joe Wise, New York-based child psychotherapist
- An early years art psychotherapy group for families that is run weekly in the area of North Kensington
- A masterclass from Child psychotherapist Inge-Martine Pretorius on psychotherapy with under fives.

### **The Maudsley Lectures Summer Term 2023: Psychoanalysis and the Arts (upcoming)**

This Summer we will explore creativity in the interplay between the external and internal world. The series has three themes of Psychoanalysis and Architecture, Psychoanalysis and Literature, and Psychoanalysis and Art. Following the success of the Autumn 2022 lectures, this series will feature a dialogue between the speaker and co-chairs Dr Anne Patterson and Dr Emma Staples Hotopf. Susan White will join as co-chair for the two Psychoanalysis and Architecture lectures. Architects, philosophers, artists, filmmakers, academics and psychoanalysts will be in dialogue with our audience. This series is open to everyone and will be of particular interest to clinicians working in psychiatry, psychology, psychoanalysis, psychotherapy, nursing and other areas of mental health and to those working in the arts and academia.

Programme:

Part one: Psychoanalysis and Architecture

17th April | How do I know where I live? - Simon Hudspith

24th April | The relationship between the building and its surroundings - Prof Níall McLaughlin

Part two: Psychoanalysis and Literature

15th May | Consciousness and Unconsciousness in Jane Austen - Prof John Mullan





22nd May | The lure of the North in stories for children: Philip Pullman, Hans Anderson and others - Margaret Rustin

5th June | Psychoanalysis and fairy tales - Dr Gearoid Fitzgerald

Part three: Psychoanalysis and Art

12th June | On groundlessness, uncertainty and the 'possibility of the impossible'. The notion of the creative transformation in Lev Shestov's philosophy - Dr Marina Ogden in conversation with Dr Alla Rubitel

19th June | Freud's Coat and other stories - Prof Paul Coldwell

26th June | The Hope (film screening) - Susan Steinberg

3rd July | Premature withdrawal: on the problem of early leave-taking in artists' work and lives (Fragonard, Rachmaninoff, Garbo) - Dr Satish Padiyar

10th July | Drawn, Cut and Pasted: Charlotte Hodes' creative practice and process - Prof Charlotte Hodes

Finale even at 10 Windsor Walk only:

17th July | Psychoanalysis and Wine: a tasting with Heppington Vineyard - Gill Ingall

### **The Foundation and Post Foundation Course**

The South London Foundation course of 2020-2021, run by Kate Pugh, developed into a South London Post-Foundation group, held in a hybrid format at 10 Windsor Walk.

Participants appreciated the lectures and used the clinical discussion seminar to bring their varied experiences of relevant work. There were lively discussions and the settings described included; a volunteer counselling service for people who have attempted suicide, a homeless persons project, an Art College and a co-counselling group in France. The understanding of psychoanalytic concepts developed as the group progressed. The group have expressed how meeting at 10 Windsor Walk creates a shared sense of community in South London. There are now plans for a Post-Post Foundation for those who have completed the Foundation and Post Foundation Course.

### **Psychoanalytic Film Club: Katalin Lanczi and Dr Anne Patterson**



As a response to the enthusiasm from the London members to return to the room, a hybrid model was adapted for 10 Windsor Walk's Psychoanalytic Film Club from 2022. We have thoroughly enjoyed being back in the room and from 2023 have decided to change the programme structure from thrice termly to three events a year, followed by a mini Film Festival in the winter. Each programme is given a theme and we continue to have lively discussions after watching the film, often chaired by a guest with a particular interest in the film's themes. The audience continues to include psychoanalytic colleagues, trainee and consultant psychiatrists, psychologists, psychotherapists and artists. It is open to all psychoanalysts, and we would like to encourage more members of the Society to join us!

#### Programmes:

##### Summer Term 2022 - Identity

10th June | Mogul Mowgli (2020) directed by Bassam Tariq. Introduced by Dr Anne Patterson.

8th July | The Worst Person in the World (2021) directed by Joachim Trier.

Discussion chaired by Susan Cockett, psychoanalyst.

##### Autumn Term 2022 - Films about Filmmaking

10th December | Cinema Paradiso (1988) directed by Giuseppe Tornatore.

Discussion chaired by Fatima Del Solar, psychoanalyst.

##### Whole year programme 2023 - Illusion

10th March | La Grande Illusion (1937) directed by Jean Renoir. Discussion chaired by Katalin Lanczi and Anne Patterson, psychoanalysts.

21st April | C'mon C'mon (2021) directed by Mike Mills. Discussion chaired by Peter Mark, group psychoanalyst.

The remaining dates and titles are TBC

##### Winter 2023 - 10 Windsor Walk Film Festival (upcoming)

In lieu of a European Psychoanalytic Film Festival this year, there are plans for a 10 Windsor Walk mini film festival - screening three works by filmmaker Jane Campion. Taking place on the weekend of the 17th-19th November, save the date.

#### **Marooned: a new play about suicide**

'Four souls of different ages, from different walks of life are Marooned in a waiting room in the afterlife. They have no connection other than they have all tried to take their own lives. What drove them to take this drastic measure? Have they succeeded? Do they wish they hadn't?'



Marooned, is a play on the theme of suicide written by Michael Gray Griffith. It has been performed several times for the Australian Army as they prepare to roll the play out to several of their mainland bases where it will soon be made mandatory viewing. In a collaboration between 10WW, IoPA Outreach, the National Institute for Health Research (NIHR) Biomedical Research Centre at the Maudsley and the South London and Maudsley NHS Foundation Trust, a filmed reading of the play was produced to be used in discussions and training. Filming took place in a local school and the premiere was held at the Ortus, Maudsley campus on 7th May 2022. Since filming, there has been a screening to Maudsley Psychiatry Trainees and at Surrey and Borders NHS Trust. There is a further screening being planned at the Institute of Psychiatry, Psychology and Neuroscience.

Starring Laurence Belcher, Niamh Cusack, Robert Glenister, Nigel Lindsay.  
Directed by Lindsay Posner  
Produced by Natasha Harvey  
Associate producers Emma Hotopf and Kate Pugh

### **Webinars with the Melanie Klein Trust**

During the past year, 10 Windsor Walk has enjoyed hosting a series of webinars in collaboration with the Melanie Klein Trust.

This included:

- Conversations About Authors: David Bell & Dr Emma Staples Hotopf on Hanna Segal
- Conversations About Authors: Carine Minne and Lydia Chambers on Leslie Sohn
- A lifelong need: can psychoanalytic ideas help the personal challenges of Type 1 diabetes?: David Taylor and Diane Turner on Herbert Rosenfeld

### Outreach work

#### **Asylum Seeking and Refugee's Psychoanalytic Playgroup: Fatima Del Solar**

The Playgroup was established in September 2021 to make psychoanalytic interventions available in a community setting. Since opening, the group has continued to offer psychotherapeutic support to the most in need and the most vulnerable families. We ran a Pilot Group from September 2019 until July 2020 which was attended by 6 children and their parent(s). The group is based on the Anna Freud Model. Encouraged by the feedback from the pilot, we began networking in November 2020 with local mental health professionals to ascertain what services were most needed in the area. It became apparent that asylum



seeking, and refugee families were especially impacted by the Covid Pandemic and in most need.

We continue to work with local asylum seekers and refugee organisations, General Practitioner practices, Midwifery and Perinatal services and women's shelters etc, who refer families with children under 3 years of age. When we receive referrals, we contact the families, make an initial assessment and (if appropriate) to invite them to join the Playgroup. Once they have joined and settled, we start our evaluation (more details below). The reasons for referrals included the effects of temporary permission to stay in the UK, temporary housing, social isolation and maternal mental health following traumatic experiences of becoming refugees or seeking asylum. Some mothers had been sex trafficked, some saw family members murdered and others fled abusive relationships and thus became homeless.

Some mothers had mental health issues including depression, PTSD and anxiety. Most of the mothers have had some questions and concerns about their children's development and how to manage the usual stages of life such as weaning, encouraging increased independence, speech and walking. They have found the ideas and experience of being in the group helpful and supportive and seeing other children start to walk, talk, eat and interact with others as informative and reassuring. We have also been part of discussions with mothers about their hopes and ambitions around work and study and have been able to signpost them to relevant services and information.

Staff consists of Group Analyst Merryn Jones, Parent-Infant Psychotherapist Teresa Sarmiento, Assistant Psychologist Sophie Dunn, Clinical Psychologist Andres Cueto, Consultant Child and Adolescent Psychotherapist Inge-Martine Pretorius and Clinical Lead Psychoanalyst Fátima Martínez del Solar.

Since establishing the Playgroup in September 2021, a total of 25 families have attended the group with a total of 32 babies and toddlers. The families originate from Benin, Colombia, Ivory Coast, Nigeria, Albania, Eritrea, Honduras, Irak, Afghanistan, Pakistan and Iran. The parents are aged between 21 and 45 years. The children are from newborn to 3 ½ years old. Six mothers have older school-aged children. One child attending the Playgroup has Cerebral Palsy, one child has Down's Syndrome, two have hearing impairments and one has a Developmental Delay. Two are under specialist medical teams and another has been referred for a neurodevelopmental assessment.

We have a set of measures to evaluate the group members at entry, 6-month intervals and exit.



These include:

- A semi-structured interview based on the Parent Development Interview (Slade, Aber, Berger, Bresgi & Kaplan, 2003/2005a and b),
- Goals Based Outcomes (GBOs) (Law, 2013),
- Depression Screening Questionnaire (Patient Health Questionnaire/9, Spitzer, Williams, Kroenke & colleagues, 1999)
- Termly verbal feedback from parents
- Tracking change in the longitudinal observations of the children's play and behaviour.

Feedback has been overwhelmingly positive. One mother valued that all the children attending the Playgroup received more individual attention from staff than in other groups they attend. She appreciated that staff always spent time talking with each parent to find out how they were doing. Another said she attended two local Children's Centers close to her home. However, she had to book in advance to attend or might be turned away. Those groups are very popular, well attended and very busy and noisy. She appreciated that our Playgroup is small, calmer and less busy and that she knows all the members.

We are committed to community outreach work and are hoping to reach a wider population over time but within the limits of our small staff team and funds.

We are extremely grateful to The Anna Freud Foundation, The Winnicott Trust, 10 Windsor Walk Community Interest Company, The Institute of Psychoanalysis and various individual donors who have supported the Playgroup financially or with expertise.

### **Financial summary**

Since the inception of 10 Windsor Walk in 2018, our net operating result has reached a state of steady increase. During this time, 10WW has introduced several new ventures and programmes. In turn, this has seen an increase in our operating expenses including salaried staff.

### **Future plans**

An MSc in Clinical Psychotherapy, at the Institute of Psychiatry, Psychology and Neuroscience, King's College London has now been approved and will start in September 2024. The MSc programme will deliver a clinically based approach to psychoanalytic theory, bringing together the clinical application of theory to common mental disorders and to the interface between mental and physical health. The programme will provide a foundation in psychoanalytic theory, with an



emphasis on clinical applications. It will include evidence-based research in psychotherapy and the application of psychoanalytic approaches in psychiatry and medicine. The clinical component of the Master's programme will enable us to increase our offer of low-fee psychotherapy to the local community in conjunction with psychotherapy services of the South London and Maudsley NHS Trust. The BPC has been helping with the accreditation process.

In the year 2023-2024, we hope to build two level-access consulting rooms in our garden (an essential addition to our facilities). We will also continue to develop our outreach and partnership programmes with a focus on local groups in South London and our neighbours the Maudsley Hospital, Kings College London, Kings College Hospital, Ronald MacDonald House and the Pears Maudsley Centre for Children and Young People (opening in 2023).

### **Acknowledgements**

10 Windsor Walk has received sponsorship from the Winnicott Trust, Anna Freud Foundation New York, Paul Hamlyn Foundation, Melanie Klein Trust, Maudsley Charity and a number of individuals.

We are grateful to all of those who have come to give talks, help promote activities and encourage supervisees and colleagues to participate. Thanks to the members of the sub-committee, 10WWCIC Board, finance sub-committee and Advisory Group of South London analysts. Special thanks to the administrative team at 10WW: Centre Manager Rebecca Thomson has made a tremendous contribution since joining alongside the invaluable input from Aymie Backler and Matthew Kolakowski.