

# Philadelphia Association

## ***Annual Report***

*April 2007 - March 2008*

Philadelphia Association  
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## **Legal and administrative information**

The Philadelphia Association Ltd was registered in 1965 as a charity (no 242475) and incorporated as a limited company (company registration no 845037). It is governed by its Memorandum and Articles of Association.

### *Bankers*

Unity Trust Bank, 9 Brindley Place, 4 Oozells Square, Birmingham B1 2HE  
High interest deposit accounts continue at COIF Charities Deposit Fund, St.  
Alphage House, 2 Fore Street, London EC2Y AQ

### *Legal Advisors*

NCVO, Regents Wharf, 8 All Saints Street, London N1 RL

### *Reporting Accountant*

Sargent & Co, 194B Addington Road, Selsdon, South Croydon, Surrey CR2 8LD

## **Organisational structure**

The structure of the Philadelphia Association was first set out in 1965 in its Memorandum and Articles of Association. Since the AGM of November 2000 the running of the PA is in hands of a Council of Management, elected by the Members at the AGM, which meets monthly. Items which require the attention of the Trustees are referred to the Trustees meetings.

The Trustees, who now include non-members of the Association who make up a majority, have continued to meet quarterly, monitoring the ongoing activities of the Association, approving the budget and ensuring that it is duly met, and seeing that the charitable aims of the association are followed. The Trustees have provided valuable guidance to the Council of Management over a number of issues, particularly the management structure of the PA as it faces increasing demands from outside regulatory bodies.

## **Office administration**

The day to day business of the Association during the year was ably managed by the Office Administrator, Pat Blackett, to whom we are indebted for her excellent work.

## **Trustees**

At the start of the year under review the Trustees of the PA were:

Dr Miles Clapham (psychiatrist/psychotherapist) Chair  
Steven Bluestone (accountant)  
Hugo Hodge (solicitor)

Three new Trustees were co-opted in January 2008:

Helen Dunford (health service administrator)  
Mark Elmer (counsellor)  
Danny Sofer (project manager and consultant).

Trustees' meetings were also attended by Trudy Thomson in her capacity as Honorary Treasurer and Paul Gordon as Chair of the Council of Management.

## **Council of Management**

The following served as members of the Council of Management during the year:

Paul Gordon (Chair)  
Hilary Cooper (resigned October 2007)  
Dr James Low (Chair of Training)  
Ian McMillan  
Christina Moutsou (resigned October 2007)  
Rosalind Mayo (elected Chair of the Ethics Committee October 2007)  
Pamela Stewart (elected October 2007)

The Council of Management agreed at its meeting in November to meet bi-monthly instead of monthly.

## **Membership**

The members of the Association, entitled to elect Trustees and Officers at the October 2007 AGM were:

Kevin Ball, Onel Brooks, Marie-Laure Bromley-Davenport, Dr Paul Caviston, Dr Miles Clapham, Noel Cobb, Hilary Cooper, Sonja Esterhuyse-Falck, Dr Michael Fielder, Joe Friedman, Dr Steven Gans, Kate Gilbert, Douglas Gill, Miranda Glossop, Paul Gordon, Prue Green, Paul Gurney, Liz Hardy, Dr John Heaton, Carol Holland, Theo Itten, Dr Lucy King, Barbara Latham, Dr Del Loewenthal, Dr James Low, Ian McGregor, Ian McMillan, Rosalind Mayo, Dr Christina Moutsou, James O'Neill, Dr Leon Redler, Pamela Stewart, Dr Mike Thompson and Patricia Touton-Victor.

No new members of the Association were elected during the year. No new associate members were elected during the year

At the end of the year under review there were 33 Members plus 5 external Trustees, and 27 Associate Members.

### *Remuneration*

Details of Members' earnings from the PA, as house therapists or for teaching, are given in the Appendix to this report.

## **Committees**

Much of the work of the Association is carried out by a number of committees. These are: Training Committee, Introductory Lectures Course Committee, Ethics Committee.

Brief reports from the Training Committee and Introductory Course Committee are presented to the Trustees at their meetings, together with the quarterly report from the Honorary Treasurer. Reports on their activities are given below. All work for PA Committees is carried out on a voluntary, unpaid basis.

## **Objects of the Association**

The Philadelphia Association was registered as a charity in 1965 with the aim of relieving mental disturbance of all descriptions, the promotion of training for the treatment of such disturbance, holding seminars and conferences, releasing publications, and providing financial assistance for students for research and poor patients for expenses arising from their treatment. Current activities of the organisation include:

- residential therapeutic communities, for adults suffering mental distress, affordable to most irrespective of their financial status;
- a psychotherapy referral service with low-fee and intermediate fee availability for people with restricted incomes;
- an introductory study course, for those with a general interest in the field and for those who may wish to take up formal training in psychotherapy;
- a training programme in psychotherapy (accredited through the Analytical Psychology, Psychoanalytic and Psychodynamic Section of the UK Council for Psychotherapy);
- a series of 'Conversations in the Community'

- occasional lectures and discussion days on matters of interest to the Association's members.

### ***The Work of the Charity***

#### **Introductory Course** (October 2006 - June 2007)

The running of this course of introductory lectures in psychotherapy and philosophy was carried out by Miranda Glossop and Kate Gilbert. It provides a year-long general introduction to the PA, its thinking, styles and approaches. The course is a prerequisite for those subsequently applying for the training but also attracts candidates with a general interest only. This makes the course group creative and diverse. 2006-07 was another successful year. 10 students attended the lectures and the experiential group run by Paul Gurney. The teaching was again very well-received. All the students felt that they had had a stimulating, sometimes challenging but worthwhile, experience and it was anticipated that several would elect to apply for training. We are very grateful to Kate Gilbert and Miranda Glossop for their excellent work in this respect.

#### **Training in psychotherapy** (October 2006 - July 2007)

The training is the responsibility of the Training Committee comprised of senior members of the PA. During the year under review they were Dr James Low (Chair), Dr Miles Clapham (resigned February 2007), Paul Gordon, Dr Lucy King, Rosalind Mayo and Patricia Touton-Victor.

Training seminars and clinical discussions were led by members of the Training Committee along with Douglas Gill, Paul Gurney, Dr John Heaton, Barbara Latham, James O'Neill and Dr Leon Redler.

One new trainee, Bernard Wilson, joined the training group in January 2007, bringing the number of trainees to eight.

#### **Clinical practice discussions**

The clinical practice discussion mornings begun in September 2003 continued once each term. These are confidential meetings at which PA therapists can talk with colleagues about their work. The meetings are open to associates and to trainees who are expected to attend as part of their training. The discussions are greatly valued by all those who attend them.

#### **Members' conversations**

A new series of conversations for members began in October with Kate Gilbert presenting some 'Fragmentary thoughts' on issues raised by her clinical work. It is hoped to have one such meeting each term.

#### **Conference**

A successful conference was held on 10 June in association with the Society for Existential Analysis on the subject of 'The (im)possibilities of language'. Dr Miles Clapham and Paul Gordon gave papers from the PA.

#### **RD Laing conference**

The fourth RD Laing conference, organised by the PA with the Philosophy Group of the Royal College of Psychiatrists, took place in October at the Brunei Gallery,

SOAS, University of London. The subject was 'Madness and philosophy: the legacy of Michel Foucault' and speakers included Jean Khalifa, translator of the new edition of Foucault's *History of Madness*, and Louis Sass, author of *Madness and Modernism*. The event was well-supported.

### **Conversations in the community**

The current series of 'Conversations in the community', launched in the autumn of 2004, continued during the year. In November, Margaret Heffernan spoke about the entrenched obstacles to women's professional success and at some of the strategies women are devising to create a world of work in their own image. In February, the renowned Islamic scholar Dr Tariq Ramadan spoke about faith, hope and suffering. (Thanks to Salma Bhatti for organising this event.)

### **Website**

The PA website was extensively revised during the year. It provides detailed information about all aspects of the PA's activities. It attracts a great number of 'hits' and it is clear that it is being increasingly used by people as a source of information about the Association and a first point of contact.

### **Open Day**

The second PA Open Day held in July was very successful, although attended by fewer people than in the previous year. People heard brief presentations about the different activities of the PA, including the community households, the psychotherapy training and the introductory course. Special thanks are due to Pamela Stewart whose idea it was and to her and to Kate Gilbert and Pat Blackett for organising it.

### **Internal communications**

The *PA Newsletter*, published three times a year, and distributed mainly electronically, keeps the PA network - members, associates, house residents, students, friends - informed of significant developments in the Association's work, including forthcoming events, new publications and dates of all committee meetings. Vacancies on committees are also publicised. Council of Management minutes are circulated to Members also.

### **UKCP**

The PA is a Member Organisation of the United Kingdom Council for Psychotherapy - Analytical Psychology, Psychoanalytic and Psychodynamic Section. Jake Osborne represented the PA at this. We are indebted to him for his work in this regard making sure our views were heard in this forum.

During the year the PA joined The Consortium, a group of organisations in the psychoanalytic psychotherapy field concerned that the specific nature of our approaches is not being sufficiently articulated, especially in a time of increased regulation. The PA was represented at these meetings by Paul Gordon and Rosalind Mayo.

## **Psychotherapy services**

Promotion of the PA's **clinical services** to interested parties continued during the year. Ian McMillan, who had been asked to do this by the Council of Management the previous year, contacted many GP practices, hospital departments and counselling services at universities and colleges, as well as voluntary bodies in the mental health field. The work is continuing and is crucial in making what we offer better known to those who might need it

A **psychotherapy referral service** continues to be offered to people who are interested in individual, couple or group therapy. The service includes the option of low-cost therapy with one of the PA's trainees, all of whom are in supervision. People seeking therapy are referred to the referrals coordinator for a consultation. They are then referred to an appropriate PA therapist or trainee in the case of low-cost therapy. The consultation process and referral are usually accomplished within two weeks. The number of actual consultations is not high but is steady and virtually all of those who have a consultation go on to see the therapist he or she was referred to.

Marie-Laure Bromley-Davenport continued the **therapy group** at Marty's Yard, begun the previous year.

The PA dedicates £1,000 in **therapy aid** each year to help people seeing PA therapists pay for their therapy when it is difficult for them to do so, or to help them increase the frequency of their sessions for a particular period when this is needed. The Council of Management decides on the individual payments in response to requests and makes a maximum payment of £300 to any individual.

## **Marty's Yard**

The centre provides the venue for all meetings of the PA, as well as the training and the introductory lectures course. Two meeting rooms are hired out on an occasional basis to outside groups related to health and therapy concerns. The three consulting rooms in the building are rented to psychotherapists on a permanent or sessional basis; the third is also used by trainees at a low rent, in particular to help them in providing therapy at a low fee.

## **Community houses**

Since its inception, the PA has been involved in running residential communities for those suffering mental distress. These communities are open to those who feel they would benefit from a community household environment, and who can take increasing responsibility for their personal and social difficulties.

As there are no residential staff, the people in the communities are responsible for the day-to-day upkeep of the house, for dealing with housing associations over repairs, for cooking, cleaning and purchasing food.

House therapists come to the houses between three and four times a week for house meetings. These meetings involve addressing support issues, user involvement and risk assessment, through the medium of working through issues and problems which emerge from the shared living situation. Inevitably, the individual's personal issues become part of these discussions, and the meetings are characterised by much give and take between the residents and the house therapists. No individual therapy or treatment is provided within the houses, but individuals are encouraged to seek their own psychotherapy outside.

At present there are two communities:

- Freegrove Road in Islington has 7 places and is owned by the Philadelphia Association
- The Grove in Finsbury Park has 7 places and is owned by the Philadelphia Association

### *Freegrove Road*

Freegrove Road was almost full for most of the year with six residents. The house hosted an Open House for the PA in September which was attended by many people from the PA network..

Christina Moutsou, who had been a house therapist since the house reopened in 2003, decided to step down during the year. She was replaced by Ian McMillan who started work in October. We were pleased to have Salma Bhatti as our placement student at the house for much of the year.

The house remains in urgent need of re-carpeting and other repairs. While we successfully raised some money from some local sources this is not sufficient to meet the cost of the work necessary. We hope that this work can be carried out soon.

We are very grateful to The Morris Charitable Trust and Richard Cloudesley's Charity for their help during the year.

### *The Grove*

Over the year The Grove, run by Hilary Cooper and Jake Osborne, maintained a high level of occupancy and had been full for several months at the end of the year under review. We continue to give priority to Haringey residents whilst we are still receiving our grant from Haringey Council. Although we improved our grade when we were reviewed, we are anticipating that we will lose our grant when Haringey complete the tendering process, as the Council want one or two larger organisations to manage the Supporting People provision. With Nigel Duerdoth's help as our manager we have kept the grant much longer than we might otherwise have been able to do.

During the year we said goodbye to Bruce Scott who finished his trainee placement. and we were pleased to have Maya Rawal as our placement student from January 2008. Having a trainee come to The Grove has become an accepted and valued addition to the house, keeping some contact between the house and the training programme. We are very grateful to Bruce and Maya for their contributions to the house.

Overall it has been a good year at The Grove and we hope that the future of the house can be secured as there is clearly a need for the PA houses.

### *Finances*

The finances of the houses were dealt with by a part-time book-keeper Martine Capp. Martine decided to leave us at the end of the financial year. We are indebted to her for her patient and excellent work and we wish her well for her future.

*Houses fund*

A Community Houses Support Fund was launched in January inviting support for the work of the houses from individuals and organisations. We are very grateful to those who responded to the initial appeal.

Paul Gordon, Chair  
August 2008