SOUTH-WESTERN DIVISION

THE SPRING MEETING of the South-Western Division was held at Knowle Hospital, Fareham, Hampshire on 6 April, 1967, by kind invitation of the Hospital Management Committee and Dr. A. J. Galbraith, Physician Superintendent.

During the forenoon, members were shown round the hospital and visited the Wessex School of Psychiatry. Members and guests were welcomed by the Chairman, F. T. Tarry, Esq., C.B., C.B.E., and Dr. Galbraith, as Divisional Chairman, spoke in reply. The President of the Association, Professor E. Stengel, was a welcome visitor to the Division.

The following report of the Divisional Committee of Management was received and approved:

The Committee were informed that a Sub-Committee of the Parliamentary and Educational Committees had been set up to investigate difficulties in filling Medical Assistant Appointments.

The Memorandum on the amalgamation of psychiatric and general hospital Groups was discussed. It was hoped that the Ministry would take due note of the findings and recommendations.

With reference to Section 30(2) members were to be reminded that the General Secretary of the R.M.P.A. should be informed of any difficulties. It was suggested that the R.M.P.A. might undertake a study by asking Hospital Groups to supply information on procedure in each case in which Section 30(2) was applied over a period of a year, with comments on whether or not it had been feasible to comply with the regulations.

An additional list of names, for nomination to Appointments Committees, is being compiled for forwarding to the General Secretary.

The Lord Chief Justice's comments on the use of Sections 60 and 65 was discussed. We viewed with concern the possible misinterpretations that could arise and it was hoped that the subject would be discussed further by the Parliamentary Committee and that it would eventually lead to the provision of more beds in Special Hospitals.

The Report on Drug Addiction was discussed, and it was agreed that this important subject should receive further and more detailed study.

It was unanimously decided that Dr. A. J. Galbraith be invited to serve on the Divisional Committee of Management.

The Report of the Divisional Committee of Management was approved by the Meeting.

The following candidates were unanimously elected to Ordinary Membership:

BELAS, REGINALD JOHN, T.D., M.B., B.S., Trainee Psychiatrist, Royal Victoria Hospital, Netley, Hants.
Proposed by Mrs. A. C. Hamer, J. F. D. Murphy, P. E. Copus.

CAPDEVILA, ELENA, L.M.S., Registrar in Psychiatry, Littlemore Hospital, Oxford.
Proposed by Drs. F. J. J. Letemendia, A. D. Harris, D. H. C. Surridge.

D'ARCY, THERESA, M.B., B.Ch., B.A.O., Assistant in Psychiatry, Roundway Hospital, Devizes, Wilts.
Proposed by Drs. E. B. O. Smith, H. Neubauer, D. J. Ward.

FRANK, OTTO STEPHEN, M.B., B.S., Trainee Psychiatrist, Royal Victoria Hospital, Netley, Hants.
Proposed by Drs. R. A. D. Miller, C. H. Kelland, R. J. Wawman.

FRANKLIN, REGINALD THOMAS DINGLEY, M.B., Ch.B., D.P.M., Medical Officer, Bristol Prison.
Proposed by Drs. A. Leitch, P. K. G. Warren, I. G. W. Pickering.

LAURIE, DAVID WARING, M.B., Ch.B., M.R.C.S., L.R.C.P., D.Obst. R.C.O.G., Trainee Psychiatrist, Royal Victoria Hospital, Netley, Hants.
Proposed by Drs. R. A. D. Miller, H. C. Ferguson, P. E. Copus.

LEWIS, PETER SCOTT, M.A., M.B., B.Chir., D.A., L.M.C.C., Registrar in Psychiatry, Knowle Hospital, Fareham, Hants.
Proposed by Drs. R. A. Sandison, P. W. W. Leach, A. J. Galbraith.

MANNING, FRANCIS JAMES, T.D., L.R.C.P.I.&L.M., L.R.C.S.I.&L.M., Consultant Psychiatrist, Tone Vale Hospital, Taunton, Somerset.
Proposed by Drs. K. C. Bailey, A. W. Bradfield, R. W. F. Reeves.

MATTHEWS, MICHAEL BARRY, M.B., B.S., M.R.C.S., L.R.C.P., Trainee Psychiatrist, Royal Victoria Hospital, Netley, Hants.
Proposed by Drs. A. C. Hamer, F. C. Scott Pearson, R. J. Wawman.

MEASEY, LAURENCE GEORGE, M.B., B.S., M.R.C.S., L.R.C.P., Trainee Psychiatrist, Royal Victoria Hospital, Netley, Hants.
Proposed by Drs. A. C. Hamer, R. J. Wawman, F. C Scott Pearson.

PERCIVAL, CHRISTOPHER JOHN, B.Sc., M.B., B.S., Registrar, Exe Vale Hospital, Exminster, Devon.
Proposed by Drs. G. E. Langley, A. Jack, G. O. Dubourg.

The following were elected:

Chairman .. .. .. Dr. R. Wallace Simpson
Divisional Secretary .. Dr. E. B. McDowall

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Assistant Secretary .. .. Dr. H. J. Crow

Junior Representative on Council .. .. .. Dr. T. C. Waters

Dr. Galbraith, the retiring Chairman, congratulated Dr. Simpson on assuming the office of Chairman, and invested him with the Chairman's badge. Dr. Simpson thanked the Division for their confidence in him, and Dr. Galbraith for his welcoming remarks.

Papers and Discussion

(a) "*Reflections on Group Therapy*"

Dr. R. A. Sandison opened his paper with a survey of the historical background of group therapy. The organization of groups was developed, largely in post-war years, from observations of the state of the individual man and of the small group; both inside and outside the hospital groups were observed in various situations. Observations on the fantasies of members of groups undergoing deep insulin therapy led to the more formal therapy of a group with the use of lysergic acid as a therapeutic agent. Ego defences were broken down; often severe regression and disintegration took place, with consequent fear, apprehension and intense need for human contact.

Dr. Sandison observed that all therapies were based upon situations associated with primitive cultural patterns, and developed the thesis that a parallel could be drawn with the initiation rites to be found in all cultures. All had the common idea of the goal of rebirth and independence. Independence and maturity were gained only through group activity after stripping the individual of his previous companionship and his possessions and reducing him to a state of dependency.

This introduction led to a detailed survey of group work with L.S.D. over a considerable period carried out by the speaker; and to the consideration of the relation of group therapy to the concept of the therapeutic community in the light of the published observations of other psychiatrists. The field of family psychiatry offered a considerable future both for the skills of nurses and for group therapy in general. The implications of this approach in the hospital setting were considered in detail.

In conclusion, the advantages and goals of group therapy were defined and described—(i) companionship and acceptance (ii) therapeutic analysis (iii) sharing problems. A plea was made for more training in group therapy work, and in particular that Balint-type groups should be set up in all regions.

The talk was illustrated by three tape recordings of different group situations.

(b) "*The Wessex Regional Scheme for Postgraduate Education in Psychiatry*"

Dr. J. S. Grimshaw presented a paper on this subject, prepared jointly with Dr. Stephen MacKeith. A brief historical review was followed by an account of the present state of postgraduate psychiatric training. An account of the growth of the Wessex Scheme from its inception in 1963 was given. The appointment of a Regional Tutor in Psychiatry facilitated its prompt subsequent development. The Scheme serves the needs of psychiatrists, general practitioners and others.

For psychiatrists, training for the D.P.M. is based on teaching within individual hospitals and courses of study days at the Regional School of Psychiatry. For general practitioners, the theme is orientated towards community psychiatry.

Following attenuated beginnings, the first full-length courses started in October, 1965. They consisted of 23 study days for Part 1 and 26 study days for Part 2, arranged in three terms. The courses were not intended to be comprehensive, but to cover basic instruction, to provide a firm grounding and to encourage students to think for themselves. The results of recent D.P.M. examinations had been much better than the national average. At present, 19 students were attending the Part 1 courses and 9 students were receiving instruction for Part 2.

Training in psychiatry for general practitioners was being given to trainees on a whole-time basis, and to established general practitioners as part of the Vocational Course in General Practice. Education for psychiatrists was continued after the attainment of the D.P.M. by selective extramural experience in specialized branches of psychiatry and its ancillary subjects.

In conclusion a description of the Wessex Regional School of Psychiatry building at Knowle Hospital was given.

Discussion was opened by the President, Professor E. Stengel, who considered the scheme particularly appropriate to the conditions in Wessex; but also thought that the University should not monopolize any teaching, and pointed out that undergraduate teaching must be the main emphasis at any University while postgraduate teaching must take a back seat. Perhaps such a Regional Scheme as this was suitable to other Regional Boards, so that the postgraduate could also receive appropriate teaching. A comprehensive curriculum was clearly impossible.

Dr. MacKeith and Dr. Christie contributed to the discussion, and Dr. Shackleton expressed the thanks of the meeting to the speakers both for their interesting papers and for the work which they had so ably described.

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