



## BSOPOGA NEWSLETTER NO 3

### Chairman's Report

It does not seem like a year since the last Newsletter. Time has passed quickly with all the work involved in organising the XIV Congress of the International Society of Psychosomatic Obstetrics and Gynaecology which was held in May in Edinburgh. My report is included elsewhere in this Newsletter. Personally I found the experience of arranging an international conference very interesting, exciting and exhausting. Without the support of Beth Alder and Mike Pawson, in particular, I doubt if I could have coped with the many meetings and floods of emails, which attempted to overwhelm my inbox.

The BSPOGA Annual Conference this year was confined to a symposium at the Marcé Society International Conference in September. There were about 35 delegates but regrettably few BSPOGA members, apart from members of the Executive Council. Next year we will resume our normal pattern of a full day meeting.

BSPOGA was invited to take part in a Careers Fair at the Royal College of Obstetricians and Gynaecologists on 6<sup>th</sup> November. We had a stand, with an excellent poster designed by Jayne Cockburn, as a backdrop and many leaflets, fliers and journals to distribute. Susan Carr ran a workshop, using the training video from the Institute of Psychosexual Medicine, and this was well attended. I was able to talk to an audience of junior doctors and medical students on two occasions and present the importance of dealing with the psyche and soma in all our patient contacts. Mira Lal and Martin Lupton helped to man the stand.

The Executive Council has been considering plans to raise the profile of BSPOGA and attract new active members. Suggestions have included establishing a prize for medical students, midwives/nurse and doctors for writing on psychosomatic obstetrics and gynaecology, further reductions to conference fees for members and a free subscription to the Journal of Psychosomatic Obstetrics and Gynaecology. These are under discussion at present. I am happy to listen to any ideas from members who can contact me directly by email or post.

Finally I should like to wish all members a Guid New Year.

**Ian C Allen**

## **BSPOGA Membership Directory**

The current Directory of Members is considerably out of date and the BSPOGA Executive Council has decided to send all members a shorter updated version. This will include name, address telephone number and email address of the preferred contact address of each member. There will also be an indication of each member's area of work, so that members can contact each other.

If any member does not wish their details published in this way, please notify me by email at [ian\\_c\\_allen@hotmail.com](mailto:ian_c_allen@hotmail.com) or by post to 11 Hagholm Road, Cleghorn, Lanark, ML11 7SG. No reply will be taken as agreement. BSPOGA is registered under the Data Protection Act 1998 and members can obtain a note of any information held on the BSPOGA database by contacting the above address. All replies must be received by 28 February 2005.

**Ian C Allen**  
Chairman/Executive Treasurer

### *Reminder - Journals at reduced rates for BSPOGA members*

#### **Journal of Psychosomatic Obstetrics and Gynaecology**

This is the official Journal of ISPOG and is published quarterly. Subscriptions for BSPOGA members £50 (reduced from individual member rate of £90). Write to

*Taylor & Francis Ltd,  
Customer Service Department, Rankine Road, Basingstoke, Hants, RG24 8PR – please note that this is a change of address from 2<sup>nd</sup> Newsletter.*

#### **Sexual and Relationship Therapy**

This is the official Journal of the British Association for Sexual and Relationship Therapy and is published quarterly. Subscriptions for BSPOGA members £35 (reduced from the individual members rate of £136). Write quoting reference CMST-BSPOGA to

*Louise Porter, Taylor & Francis Ltd,  
4, Mark Square, Milton Park, Abingdon, OX14 4RN*

#### **Subscriptions**

**Will all members please ensure that their current subscriptions are paid to the Executive Treasurer at the above address.**

**THE GROUP ANALYTIC PRACTICE AT  
THE ROYAL SOCIETY OF MEDICINE LONDON  
FRIDAY MAY 20<sup>th</sup> 2005: 9.30 – 5.30.**

**Inconceivable Conceptions: The Psychology of Fertility**

A one day conference looking at the psychological aspects of assisted reproductive technology (ART) through the experiences of the patient, the psychotherapist and the health care professional. A dynamic and interactive approach between contributors and delegates will be encouraged.

**Keynote speakers:**

**Joan Raphael-Leff.** Professor of Psychoanalysis. University of Essex.

**Eric Jauniaux.** FRCOG. Professor of Foetal Medicine. University College Hospital.

**Other contributors will include:**

**Jane Knowles.** FRCPsych. Consultant Psychotherapist. West Berkshire Psychotherapy Services.

**Dickinson Cowan.** FRCS, FRCOG. Consultant Obstetrician. The Portland Hospital.

**Hilary Mantel.** Writer and Critic.

**Robert Hancock.** FRCS. Member Royal College of General Practitioners.

**Nicola Glucksmann.** Psychotherapist. The Society of Analytical Psychology.

**Chair: Jane Haynes.** Psychotherapist and Co-editor: *Inconceivable Conceptions*.

REGISTRATION DETAILS: PLEASE APPLY TO MRS. JUNE ANSELL PRACTICE  
MANAGER 88 MONTAGU MANSIONS W1U6LF.

TELEPHONE: 020 7935 3103.

Email: [members@gapractice.org.uk](mailto:members@gapractice.org.uk) [www.gapractice.org.uk](http://www.gapractice.org.uk)

**Accredited by the Royal College of Obstetricians and Gynaecologists,  
The Royal College of Psychiatrists and the Royal College of General  
Practitioners for Continuing Professional Development (CPD).**

## **XIV ISPOG Congress in Edinburgh 16-19<sup>th</sup> May 2004**

The Congress was held at the Edinburgh Conference Centre at Heriot-Watt University and was attended by over 350 delegates from 41 countries. There was a large contingent from the UK, including many BSPOGA members. The standard of the lectures and presentations was very good. The social side of the Congress was provided by a Welcome Reception at the Conference Centre, a reception at Edinburgh Castle with a pipe band and a Ceilidh in the Assembly Rooms in the historic centre of the city.

It was over five years ago that Mike Pawson suggested that BSPOGA could host this event and latterly time seemed to be accelerating as the Local Organising and Scientific Committees worked to ensure that everything would be in place. I should like to express my gratitude to the members of both committees for all their work. Thanks are also due to the exhibitors who contributed stands at the Conference centre. However especial thanks are due to Mike Pawson who raised much of the funding for the Congress. Without his efforts the congress would not have happened. We are also aware that we would never have succeeded without the support of our conference organisers, Meeting Makers who guided us through the many issues that we had to address. The final financial position is not known yet, as accounts are still outstanding but it looks as though we will be able to repay the loan from ISPOG and still not make a loss.

Some copies of the Book of Abstracts remain and I shall be happy to send these to any member who would like a copy. Please email or write to me at the addresses printed in the Newsletter. The copies will be distributed on a first come first served basis.

**Ian C Allen**  
**Chairman, Local Organising Committee**

**X1V International Congress of ISPOG (International Society of Psychosomatic Obstetrics and Gynaecology)  
Edinburgh May 16 – 19<sup>th</sup> 2004.**

*Meeting Report by Catherine Coulson , Centre for Reproductive Medicine, University of Bristol. Member IPM*

Any report of a conference is a personal view and this is no exception. There were so many sessions to attend that to give a rounded view would be impossible. The British Society of Psychosomatic Obstetrics, Gynaecology and Andrology hosted the ISPOG conference this year. For a small society to arrange such a large conference was quite a task and congratulations are due to the main convenors, Beth Alder, Ian Allen and Mike Pawson.

The conference was held at Heriot Watt University in Edinburgh. This is a pleasant venue with on campus accommodation and hotel accommodation in the city itself. The main auditorium was big and spacious but some of the break out rooms were small. Audiovisual equipment seemed to work well. There were 350 delegates from 41 countries. The delegates were doctors, psychologists, midwives, sex therapists amongst others.

The 5 plenary speakers gave useful discourse around their topics. They were all thought provoking and professional in their speaking.

Tom Kirkwood, Professor of Medicine, Institute of Ageing, University of Newcastle talked about ageing and argued that it is not a necessary part of getting old, that we are not programmed to age. At the time, I understood the logic but cannot recall it now!

Professor Germaine Greer from the University of Warwick talked about "The Epidemiology of Fear" and argued that it is pervasive and used to frighten women unnecessarily. As usual she was provocative in her lecturing.

Professor Ken Daniels, Associate Professor of Social Work, University of Canterbury, New Zealand talked about "Is blood really thicker than water?" He has extensive experience of families founded through donor insemination and put forward the view that the nuclear family of two parents and children is now outdated and there are many complex families these days.

Tom Shakespeare, Director of Outreach, Policy, Ethics and Life Sciences at University talked about "What is normal". His view on the spectrum that constitutes normality and slips into abnormality was refreshing to hear.

Professor Phil Steer from Chelsea and Westminster London talked about "Is the fear of childbirth justified?" His talk covered anthropology, changes in obstetric practice and changes in life expectancy in woman in the developed world. I enjoyed his talk and the discussion afterwards was impassioned to say the least. Even professional Obstetricians seem to become very emotional when the subject of Caesarean section is raised!

There were 2 lunchtime sessions on a lighter note and many workshops and free communication sessions. There were 142 contributions to symposia and workshops, 51 free communications and 54 posters submitted from many countries. Topics were diverse and ranged from support for the professional (very well attended), to education in obstetrics and gynaecology, to health needs of migrants, HRT, Vulvodynia, HIV, contraception, labour and delivery, ethics complementary and alternative medicine to name but a few. The topics were all subjects that cause emotional pain for patients and a lot of attention was given to this pain. There was also considerable attention given to the physical process itself but there were not many times when I heard about the drawing together of the mind and the body. There are cultural differences to be explored. For example, during discussion with a Japanese midwife, I learnt that during a vaginal examination in Japan, the patient is arranged behind a screen and the doctor calls through the screen to ascertain the identity of the patient. This is a practice that I have also heard was used in this country at the turn of the last century. The midwife was interested and perplexed by our more intimate examination and I was interested and perplexed by what she told me.

Socially the conference was very successful. There was opportunity to network during the breaks and at the opening ceremony at Heriot Watt. There were drinks and canapés at Edinburgh castle, complete with pipers and the crown jewels and the ceilidh at the assembly rooms was a convivial affair although the standard of dancing left something to be desired! Overall, a good conference. The next one will be in Japan in 2008.

# **BSPOGA**

## **BRITISH SOCIETY OF PSYCHOSOMATIC OBSTETRICS, GYNAECOLOGY AND ANDROLOGY**

MINUTES OF ANNUAL GENERAL MEETING HELD ON 23 SEPTEMBER 2004 AT 1700  
HRS AT ST CATHERINE'S COLLEGE, OXFORD

PRESENT:

**Dr Ian Allen, Professor Beth Alder, Miss Jayne Cockburn, Miss Ann McQueen, Dr Cathy Coulson, Dr Mira Lal, Dr Kevan Wylie, Dr Mike Pawson.**

1. APOLOGIES:

**Dr Myra Hunter, Mr Vic Robinson and Ms Arlene Raeburn,**

2. MINUTES OF LAST  
AGM:

**The Minutes of the previous AGM were circulated and agreed.**

3. CHAIRMAN'S REPORT:

**Dr Ian Allen reported a successful ISPOG Congress. 350 delegates attended the Edinburgh Conference. These were from 41 countries. Thanks were extended to the Local Organising and Scientific Committees for their input. Mike Pawson was also thanked for his efforts at fundraising which were so vital.**

**The finances are still to be sorted as there is still money to be collected as well as paid out. There may be a £10,000 to £20,000 positive balance. If anyone still has expenses to claim, Meeting Makers should be contacted.**

1). Next Annual Meeting:

**Mr Vic Robinson has volunteered to plan this meeting and hold it at Hillingdon Hospital. The RCOG had been approached for a joint meeting in March 2005.**

2). Careers Fair:

**The RCOG has invited BSPOGA to their Careers Fair on 6 November 2004. It is hoped to provide a stall, workshop and speakers.**

3). Membership:

**The membership is steady. We have had 10 new members and approximately an equivalent retired. We now have a total of 117 members.**

**The Committee were thanked for their work and support over the last year.**

4. SECRETARY'S REPORT:

**The partnership with Hazel has been going well. Hazel has been very helpful compiling an email list and doing prompt mailings. People will be asked in the Newsletter to let us know their up-to-date email addresses. ACTION (Jayne Cockburn to ask Hazel to search on the internet websites for email addresses). Some members will have email addresses**

**via work. It will be alright for us to have these as it shows that they have agreed to have emails as public access.**

1). Newsletter

**Newsletter 3 is planned for the autumn to contain the AGM Minutes and news from the autumn meeting as well at the ISPOG Congress news. This will hopefully be ready soon.**

5. TREASURER'S REPORT:

**Dr Ian Allen provided us with the Financial Report over the year 1 August 2003 to 31 July 2004. There has been a working loss of £5,000. This is due to support for ISPOG. We sponsored 10 of the forums and seminars. We do however have a bank balance of about £18,000 which we are not really spending. Current expenditure is on secretarial support and on our website.**

**Discussions were then held as to whether we would like to spend some of this money on either subsidising the JPOG to all our members, providing a subscription to JPOG to appropriate Colleges, reducing conference fees for our members or have a "Bring a Friend Free". All ideas are welcome. Other suggestions were to have prizes to encourage wider participation. ACTION (The Executive Committee were asked to take these ideas forward).**

6. REPORT ON ISPOG CONGRESS:

**General comments on the Congress were that Edinburgh was an ideal site and put on a good show on behalf of the UK and the evening meeting at the Castle was particularly successful.**

7. ISPOG:

**There are new officers of ISPOG. ACTION (Professor Beth Alder to let us know the email addresses). Beth Alder expressed sadness at the deaths of Carlos Garucharri, Marianne Ringler and Berit Sjogren. Professor Alder informed the meeting that ISPOG was to improve support for the national societies and to increase communication and possibly also persuade the USA and Australia to rejoin.**

8. ELECTIONS:

**Susan Carr, a member of the Local Organising Committee for ISPOG was nominated by Professor Alder and Ian Allen. Gilly Andrews had resigned and Arlene Raeburn has completed two years and is unable to continue due to ill health. Thanks were extended to them. Cathy Coulson has completed four years on the Committee. Thanks were extended to her for her continued hard work. Susan Carr was voted on to the Committee unopposed. Cathy Coulson was co-opted and Mike Pawson was nominated by Beth Alder and seconded by Cathy Coulson and Vic Robinson was also nominated by Mike Pawson and seconded by Mira Lal and both were voted on to the Committee. ACTION (Jayne Cockburn will write to John Studd to ask if he is willing to be co-opted for a further term).**

9. ANY OTHER BUSINESS:

A Rose by any other name would smell as sweet  
**Myra Hunter had emailed concerns about inclusion of psychosomatic in the name of the Society; she felt that this may be viewed as a rather old fashioned term and that this might be putting people off. After considerable discussion it was felt that there was no better way of describing putting body and mind together in the discipline of obstetrics and gynaecology. Dr Ian Allen pointed out that there would be serious implications for our charity status if we decided to change our name. The consensus was that we should continue with our current title. However, a qualifier in smaller writing after the title might help explain us more. The Committee were asked to take on this idea and look at it further.**

Collaboration with Marcé Society

**The Marcé Society was thanked for allowing us to be part of their International Meeting. It was felt that the combined BSPOGA/Marcé audience worked well and there was a lot to learn from each other.**

1). European Federation  
Of Sexologists (EFS):

**Kevan Wylie thanked Mike Pawson for arranging and chairing the ISPOG Section Meeting - this was very well received.**

10. DATE OF NEXT  
MEETING:

**The date of the next Annual General Meeting will be Friday 16 September 2005.**

**BSPOGA**  
BRITISH SOCIETY OF PSYCHOSOMATIC OBSTETRICS, GYNAECOLOGY  
AND ANDROLOGY

**9<sup>th</sup> Annual Conference**

**Friday 16 September 2005**

**Hillingdon Hospital  
Field Heath Road  
Uxbridge  
Middlesex  
UB8 3NN**

**Organiser – Dr Vic Robinson, Consultant Gynaecologist**

Book your study leave now! Get a friend or co-worker interested.

## BSPOGA Executive Council 2004 2005

Hon President  
Chairman (2003-2005)  
Chairman (2005-2007)  
Past Chairman  
Secretary General  
Executive Treasurer

Norman Morris  
Ian Allen  
Kevan Wylie  
Beth Alder  
Jayne Cockburn  
Ian Allen

Council Members

Susan Carr  
Mira Lal  
Martin Lupton  
Myra Hunter  
Mike Pawson  
Vic Robinson

Co-opted Members

Catherine Coulson  
John Studd

Updated 24/09/04