

THE JOHANNESBURG CLINIC



**SOUTH AFRICAN
PSYCHOANALYTIC CLINIC
JOHANNESBURG**

A NEWSLETTER OF THE SOUTH AFRICAN PSYCHOANALYTIC CLINICS

SHARE OUR BIG NEWS AND SUPPORT US

We are thrilled to share with you our news of the official launch of the Johannesburg Clinic, the first branch of the South African Psychoanalytic Clinics, on Saturday 11 October 2025.

Our Clinic offers low-fee and pro bono psychoanalytic therapy to those who cannot afford private treatment. This work is urgent: South Africa is a traumatised society, scarred by violence, abuse and the enduring legacy of apartheid. For too many the possibility of healing has been out of reach.

Join us at the Clinic by donating one session per week. You will receive free weekly group supervision and access to wonderful learning opportunities.

We believe that every South African deserves access to quality mental health care. This is a right, not a privilege. Psychoanalysis provides a unique opportunity to explore not only the mind we know, but also the hidden, unconscious parts of ourselves that shape how we live and interact. Talking to someone skilled in listening can transform despair into possibility and pain into meaning.

The clinic provides such a space. We are currently 57 clinicians who treat more than 100 people. And, yet, we still need you as the referrals pour in.

To join the Clinic, please contact Tricias Maphosa on jhb@sapsyclinics.co.za

A DREAM REALISED

By Sue Levy and Heather Jones Petersen



The opening of the Johannesburg wing of the South African Psychoanalytic Clinics (the Johannesburg Clinic) is the realisation of a dream for us both.

Left: Sue Levy and Heather Jones Petersen

Despite our very different journeys we are both passionate about psychoanalysis and community work. The Johannesburg Clinic embodies these passions.

For Sue, her journey into community psychoanalysis began as a young anti-apartheid activist, as a founding member of the Organisation for Appropriate Social Services in South Africa (OASSSA), an anti-apartheid mental health organisation that offered counselling and training to traumatised young activists and their families in the anti-apartheid struggle. She further developed her work in London, at the Medical Foundation for the Care of Victims of Torture. Sue later began a trauma unit at Chelsea Westminster Hospital, where, together with Alessandra Lemma, she co-edited a book on trauma titled, *The Perversion of Loss - Psychoanalytic Reflections on Trauma* (2004).

In 2016 Sue began the SAPA/SAPI/Ububele Low Fee Service which has provided the foundation for the Johannesburg Clinic.

For Heather, her path into psychotherapy began in the Cape Flats where she lived and worked as an activist in the struggle years of the 1980s. The first trauma project she headed up was a community research group in Manenberg, exploring what form of psychological services would be appropriate for a community in trauma. This led to the birth of the Community Counselling and Training Centre, housed in the newly-built Manenberg Peoples' Centre. After completing graduate studies in Chicago, again focusing on community clinical psychotherapy, she returned to Cape Town and began a violence prevention clinic in Lavender Hills while also working for the Trauma Centre for the Survivors of Violence and Torture.

In our role at the Clinic we draw both on these histories of working psychoanalytically with trauma survivors, as well as on our identities as SAPA psychoanalysts. We aim to offer high-quality psychoanalytic treatment at low fee or pro bono rates, specifically to those in our communities unable to afford therapy rates.

We are grateful to be able to work with our growing community of dedicated therapists and analysts—beginners and seniors—as we face the challenging task of helping our patients overcome their difficulties. We deeply value the support from, and experience of, our colleagues in SAPA and SAPI and also those around the world who are involved in similar initiatives.

Our hope is that this ethic of commitment to community work will build the clinic into a vibrant and successful space. This is our aim and we believe we can lay the foundation for the next generation to take the baton and advance community psychoanalysis in Johannesburg.

- SAPA stands for South African Psychoanalytical Association and SAPI for South African Psychoanalytical Initiative.



Above: Clinic Leadership – (From left) Nosipho Sangweni, Sue Levy, Heather Jones Petersen, Robyn Travers, Vossie Goosen and Tricias Maphosa.

WEAVING A FABRIC OF HEALING

By Nozipho Sangweni



The cycle of politics, policy and life experience has been a constant refrain in my life struggle. Born black and female in mid-1970s South Africa, in the midst of political upheavals. Experiencing the brutality and terror of the 1980s with their *Mellow Yellow* and *Hippo* police vans.

Left: Nozipho Sangweni

Seeing the horror, and violence of *necklacings* and fires ablaze in our neighborhood. Riding daily the loud, ramshackle *green line* bus from the township to town where the smooth, humming *blue line* was the exclusive privilege of Madam and Sir.

It was only after the *Freedom* of 1994 that it all finally shattered me as a newly graduated medical doctor. A new and necessary policy required that all graduating medical doctors have, in addition to their internship year, a year of community service before being registered as ready to practice independently. That policy coalesced with the promotion of beetroot and garlic as treatment for a deadly virus.

The repeating pattern of politics, policy and life experience played out once more in my world. Now more amplified, more shrill, more discordant. Jagged edges. Sharp. Violent. Inescapable. Piercing through and tearing down all my walls of defense that had hardened through its past humiliations, dislocations and fractures. Demanding submission. Its reverberations were unceasing and unforgiving.

Wave after wave of black young lives extinguished by a disease that caused a slow death, preceded by immeasurable suffering, and shame. The indignity of overflowing wards and floor beds. Elders lining hospital corridors, holding tree branches to fetch the spirits of the young. Graveyards running out of burial ground. Children left in the wake to raise themselves and their siblings.

It was in the immediate eerie aftermath of struggling through this community service experience that the wider variables at play beyond the core cycle were laid bare. Leadership, institutional integrity, ethics versus morality, resources, evidence and the direct link to human emotions and my agency.

The Johannesburg Clinic is where people and their emotions are palpably felt. It is where we as patients and therapists find our agency by knitting and holding the fabric of human experiences. Where our sense of community and an intangible spirit serve to hold the shattered pieces of humans and their suffering. Our suffering. And as we sense our way through the pain, and create a space for expression and feeling, a fabric of healing weaves itself and holds us together so we all can remember what it means to be human again.

INTRODUCING KHULA CLINIC:

EXPANDING ACCESS TO QUALITY CHILD AND FAMILY MENTAL HEALTH CARE

By Safiya Bobat for Ububele

Khula Clinic is a project of the Ububele Educational and Psychotherapy Trust, an Alexandra township-based NPO, working to improve the mental health of marginalised South Africans. Ububele focuses on early childhood interventions, experiential group work and professional training, all with the vision of a future where every child grows up secure, nurtured and emotionally healthy.



Above: Safiya Bobat, head of Khula Clinic.

Like many NPOs, Ububele relies on external funding to provide its essential services to those most in need. In response to the ever-increasing need for sustainability, as well as the substantial need for affordable and accessible psychological services among middle-income families, also called the missing middle, Khula Clinic was born.

Khula, which means grow, is a symbolic and significant name for Khula Clinic which offers quality psychoanalytic psychological support to children and families at affordable rates, helping bridge the gap between free community services and costly private care.

Also, Khula Clinic was originally conceptualised as a well-supported entry-level space for newly qualified psychologists. It has since expanded to welcome clinicians with a passion for child and family work.

At Khula we assess and treat a wide range of emotional and behavioural difficulties in children and adolescents. We also offer a range of psycho-educational assessments.

In 2025 Khula Clinic proudly opened a second branch at the South African Psychoanalytic Clinics in Parktown. This new partnership reflects our shared commitment to accessible, high-quality, psychoanalytically informed care. We're excited about this new chapter and look forward to ongoing collaboration and building our referral network.



Left: Ububele executive director Esther Chunga

For more information about Khula Clinic, contact us on 082 338 1362 or 011 786 5085 or visit www.ububele.org or www.sapsyclinics.co.za/khula-clinic



Above: Directors of the South African Psychoanalytic Clinics – Mark Solms (Cape Town), Sue Levy (Johannesburg), Armien Abrahams (Cape Town) and Heather Jones Petersen (Johannesburg).



Above: Clinic Board Members – Nozipho Sangweni (chair), Allan Sweidan, Carol Richards and Lauren Segal.

WE ARE 57 JOHANNESBURG CLINIC MEMBERS

Hayley Berman
Siham Boda
Yumna Rojan Braam
Jenny Button
Irene Chait
Sarah Cohen-Schwartz
Jayleen Davies
Mandy Davison
Maxine Dennis (UK)
Zahrah Essop
Catherine Ferreira
Robyn Gibson
Vossie Goosen
Ntokozo Gqweta
Zarius Grové

Hasmita Hardudh-Dass
Sarah Hathorn
Ann Hofmeyr
Heather Jones Petersen
Christianne Jones-Sibanda
Gregory Jonsson
Yael Kadish
Jane Kapelus Lack (UK)
Tumi Khumalo
Alessandra Lemma (UK)
Sue Levy
Carol Long
Gladys Manamela
Dikonelo Matsoso
Saneli Mavundla

Kerry Meyer
Linda Mkhize
Charity Mkone
Sindi Mlotshwa
Nonhlanhla Mngomezulu
Maureen Mongale
Teboho Monyamane-Clifton
Maredi Mothapo
Noma Mthombeni
Ntombi Ndaba
Lesego Ndhlovu
Amo Ngoepe
Sue Phillips (UK)
Theresa Quin
Megan Redgard

Diego Rex
Carol Richards
Nozipho Sangweni
Amanda Snipelisky
Belinda Spalding-Jones
Jo Stubly (UK)
Allan Sweidan
Mary-Anne Tandy
Robyn Travers
Esther van der Walt
Hilary Vice
Reshmi Wilson

IT'S A SPIRIT WORLD OUT THERE,
IT'S A SPIRIT WORLD WITHIN

By Roxanne Jordaan and the Johannesburg Clinic

We're not all religious and neither do we all relate to a higher being or power. Yet, in some way there is a power that connects us to other people and to our environments, to life itself.

In African spirituality it is the convergence of life in the here and now and the beyond, both past and present, that signals the essence of being: Ubuntu. In psychoanalysis, which is increasingly acknowledging the importance of a spiritual dimension, there is the internal world, full of the power and magic of our objects, both dead and living.

Engaging in these types of realities forms the basis of life. Human beings are not angels, not pure spirits. So, we cannot speak of a spiritual life that ignores our humanity and everything that goes with it.

Spirituality is simply human life as we experience it. In fact, we could say that the only spiritual life to hold onto is life itself, in all its ambiguity and pain, in all its hopes and dreams, in all its brokenness and yearning for integration.

“But this life can, nevertheless, be lived by the light of a guiding Spirit.”

This Spirit may be manifested in different religions. Amongst others as Gaia, the Holy Spirit, Ruach ha-Kodesh, Ruh al-Qudus, Paramatma, Spenta Mainyu, Vishnu, Kami.

This is one way of understanding things. That our internal worlds, our internal spirit whose true creation is beyond our full understanding, moulds and shapes us into our truth, our goodness and our beauty as human beings.

May we always be able to acknowledge this in whatever way it is meaningful for each of us in our lives.

Roxanne Jordaan is a liberation theologian.

FROM MAXINE DENNIS,
PSYCHOANALYST BRITISH
PSYCHOANALYTIC SOCIETY:

I am very pleased to be a part of the Johannesburg Clinic Supervision body.

The work of the clinic promotes psychoanalysis at the community level.

Every month I join a range of clinicians grappling with psychoanalysis and its application, in settings that demand a deeper understanding of context and social history. It is indeed a pleasure to be part of this new venture.



Above, artwork at the clinic: Reflecting Elephant by Bronwen Findlay

FROM MARY-ANNE TANDY,
SOUTH AFRICAN
PSYCHOANALYST:

The work the Clinic does is extraordinary – offering a community service that has at its foundation a psychoanalytic approach. It is not only patients, however, who benefit. I have watched with pleasure and respect how colleagues at the Clinic have grown and developed into psychoanalytic practitioners of quality. Well done!



Above: Maxine Dennis



Above: Sue Phillips, Tavistock Clinic psychotherapist, supervises us from earlier this year.



Above: Mary-Anne Tandy helps us out with supervision regularly.

THE CLINIC AND SAWID

By Nozipho Sangweni

The Clinic is working with South African Women in Dialogue (SAWID) which was established to represent and empower women to be agents of their own development. Former first lady Zanele Mbeki and the former chairperson of the Independent Electoral Commission (IEC), Brigalia Bam, are only two of the powerhouses who inspired and sustain SAWID.

The Clinic is contributing to SAWID's women empowerment by providing mental health support to employed and unemployed social workers.

The Clinic wants to focus on two projects:

- Providing debriefing support to employed social workers.
- Enabling unemployed social workers to participate in a community support network.



We have already created a database of unemployed social workers and launched a survey to identify their key needs, qualifications, skills levels and locations. The answers to the survey will inform the intervention design.

A RARE AND VITAL OFFERING

By Charity Mkone – Past and now current member



As someone who has been fortunate enough to receive long-term, high-quality psychoanalytic treatment I know intimately the transformative power of deep therapeutic work.

It changed my life.

Left: Charity Mkone

Not in sudden, dramatic strokes, but in slow, steady ripples that continue to reach into how I relate, love, work and take up space in the world. This kind of change goes beyond surface-level tweaks. It strikes at the very core of one's foundation.

The Johannesburg low-fee psychoanalytic Clinic is built on a belief that I hold close – every person deserves the dignity of being deeply understood in a country like South Africa, where inequality is sharp and enduring, meaningful mental health care must be more than just accessible. The clinic's commitment to providing thoughtful, ongoing psychotherapeutic care – not brief fixes, but real depth work – is a rare and vital offering.



To know and understand one's own mind is a form of power.

To be accompanied in that knowing by someone trained to listen deeply is a form of justice. The clinic's outreach is not just therapeutic. It is political. It is about restoring agency, one session, one soul, at a time. I am proud to have been part of its journey.



Left: Simon Workwear donated the branded tops Clinic manager Tricias Maphosa (far left) and housekeeper Sine Nzima (left) are wearing here.

SAWID held a National Dialogue at Unisa, in Pretoria, on 20 August 2025. The theme of the session was *The Role of Arts, Technology and Mental Health in Social Transformation*.

Charity Mkone, who is a member of our Clinic, was a panellist at the event. She highlighted the importance of emotional awareness and acknowledging trauma as part of bringing about social justice.

Charity spoke about the need to destigmatise mental health in communities and ensure access to mental healthcare services. "Secrecy, silence and silos lead to societal destruction," she said.



Right: Thoko Mpulwana, SAWID chair since 2011, is the keynote speaker at our official opening.

If you are interested to participate in this exciting project, please contact Tricias Maphosa on jhb@sapsyclinics.co.za



Above: Meeting room at the clinic.

A CLINIC WITH SOUL

By Teboho Monyamane-Clifton – Long-time member and SAPA candidate



It is a clinic with humanity at its core.

I was drawn to the clinic, a place where clinicians in independent practice could come together to offer psychoanalytic services pro bono to people who may otherwise not have this access.

To borrow from the premise of Shirley's poem, "Death the Leveller", it is not only death that is universal and inevitable, so too is human suffering. Suffering happens irrespective of social status, power and brilliance. We all have a psyche. We can all experience pain. However, access to psychological services is not universal.

The clinic has been a place of great learning through the group supervision offered to us clinicians. The come-as-you-are-and-be-prepared-to-learn-and-work environment is both warm and professional.

At the heart of the clinic, I believe, lies generosity of spirit, determination and great dedication to provide the best quality service to patients whilst nurturing the continued development of the clinic and its clinicians.

The clinic has grown over the years, building on its foundation of generosity, dedication, professionalism, creativity and love. Above all, it is a clinic with humanity at its core, a clinic with a soul.

Right: Teboho Monyamane-Clifton



MUCH-NEEDED MENTAL HEALTH CARE

By Noma Mthombeni – New member



It was a cloudy October evening in 2024 when I walked into a place that has now become my professional home.

Left: Noma Mthombeni

Walking in that day, seeing the rubble and all the construction that was still underway, I couldn't envision the final product. However, I was excited to be part of such an amazing dream.

A dream that would enable the marginalized of our society to access much-needed mental health care.

Fast forward to February 2025 and the construction site had now been transformed into what we now all call the Johannesburg Clinic.

As the months progressed, colleagues began to take up space, the rooms started to fill up, and the engagements became more interesting as we all shared about our different journeys and learnt from each other's patients.

Monday lunches became a time to connect and think with colleagues at the Clinic and Friday supervision became an opportunity to learn and develop professionally.

Watching the clinic grow in various ways has been a marvel to behold.

TRAUMA INTERVENTION AT THE PARKLANE CLINIC

The Parklane Clinic has asked the Johannesburg Clinic to offer group and individual support to their neonatal intensive care unit (Nicu) staff. This is a pilot project which we hope will expand over time.

The Clinic is also thrilled to share our first formal collaboration with Ububele's Khula Clinic. Khula Clinic will be offering parent-infant psychotherapy (Pip) to parents of ICU babies at the Parklane Clinic. They will also offer an in-hospital support service to mothers and ICU babies. The trauma in the Nicu environment is exceptionally high, impacting staff, parents and, of course, the infants themselves.

Our joint interventions are part of the clinic's commitment to engaging with trauma and its impact on attachment at the earliest level.

Below: Mother and newborn in the ICU



Below: An ICU nurse



A MOST MEANINGFUL EXPERIENCE

By Amanda Snipelisky – Long-time member

Working at the Clinic has been one of the most meaningful experiences in my working life. I remember coming to Ububele, a small community centre, where we used to meet. The people referred to us often carried unbearable life stories.

Some took three taxis to get their therapy. In one instance I saw someone at a coffee shop in Eastgate because she couldn't afford the taxi fare. We sat at a secluded table and sipped our drinks. It was awkward, but we learnt to switch off from the rest of the world.

The people we saw came because this was a service they needed and because they were not required to pay any more than they could manage. Their stories were about grief, deprivation, abuse and also resilience. They taught me about courage and the determination to survive, no matter the odds.

I wasn't sure what to expect when I first joined, but the thoughtful and sensitive words of our founding analyst Sue Levy and the group, helped me to help my patients in a way that no text could have done. Being with someone when in pain can be profoundly healing. The safe therapeutic space provides some relief from an often unsafe reality.

Finally, I appreciate being part of this Clinic because we are all committed to bringing psychological support to those who would otherwise not have access to such care.

Right: Amanda Snipelisky



Above: A therapy room at the clinic.

FROM HILARY VICE, GROUP ANALYST

Below: Hilary Vice

It is with great pleasure that I have joined the Johannesburg Clinic as a group analyst. We have already started the group programme and I have no doubt we will go from strength to strength offering low fee and pro bono group therapy to those unable to afford private rates. The Clinic is a vision realised, not just for the leaders but for all of us.



A BEACON OF HOPE

By Nonhlanhla Mngomezulu – Long-time member

It is an immense honour to witness, and be part of, the tangible manifestation of Sue Levy's dream of taking the psychoanalytic way of working into the community, making a two-year therapy conceivable here also.



Psychology is known to be an elitist discipline.

Our service serves as a beacon of hope for community members who previously had no access to psychological services, nor the means to engage in longer-term psychoanalytic therapy.

The weekly supervision provided by SAPA and international psychoanalysts is the most valuable experience and offers us therapists a rich learning opportunity.

It is an absolute pleasure to be part of the team and a heartfelt gratitude to the leadership and therapists who selflessly dedicate their time to serve the less fortunate.

Here's to a future where less privileged members of our society have access to vital and much-needed mental health services.

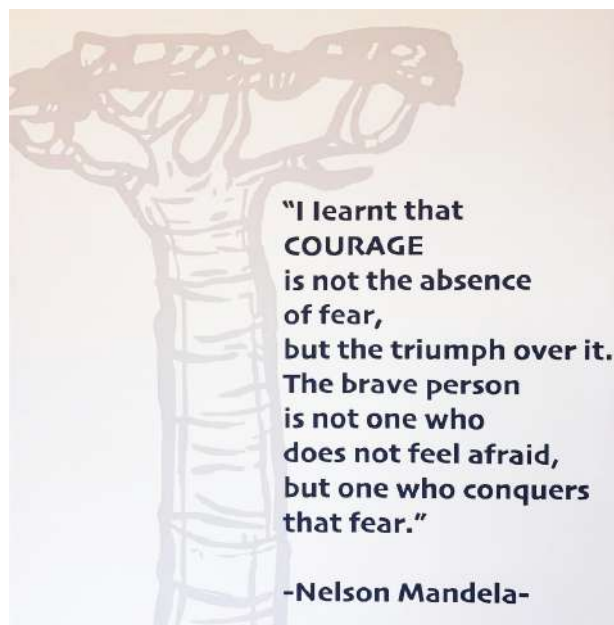
Below:
Nonhlanhla Mngomezulu



Above: A view from the stoep at the clinic.

Right: Canvas print at the clinic.

Left: Kgomoiso Malope's art installation at the clinic.



**"I learnt that
COURAGE
is not the absence
of fear,
but the triumph over it.
The brave person
is not one who
does not feel afraid,
but one who conquers
that fear."**

-Nelson Mandela-

NOURISHING AND UNSETTLING

By Megan Redgard – New member



At the beginning the clinic felt unfamiliar, intense and, at times, overwhelming.

I didn't know yet how to find my place in it.

The voices around me were not familiar.

Left: Megan Redgard

Like an infant bombarded by unprocessed stimuli I flailed.

At times I hated it and wanted to leave.

I questioned whether I could survive. Whether I was even meant to.

Was I being attacked or was I defending against something internal?

And yet the clinic held out.

There was a symbolic mother. Not one person. The coming together of many.

The softness of some, the robustness of others. The bluntness too.



Something about the walls and in the people contained, digested and returned my experience in a way that felt both nourishing and unsettling.

The small group, the Monday lunches, the Friday scheme. These became places to think not only about my patients, but also about myself.

I began to realise how a certain itch is so much more than something observed in the transference. It lives in me. It reaches into my own processes. It demands something (I'm sure my analyst is very happy).

Working with a mentally unfed population demanded even more. How does one adapt without abandoning core technique? How does one stay soft enough to feel, firm enough to contain? And through it all – the doubts, the small victories – the clinic continued to hold.

We think together. We wonder. We itch at what doesn't make sense. This process is the most generous kind of education.

It's strange. Amidst all the intensity, there are also the rituals: The lunch table, hallway laughter, moaning and groaning and coffee refills.

We bring food. We bring stories. We bring versions of ourselves.

Against this backdrop, something quiet, something monumental happens in our patients, our rooms, in me and in us.

FROM BARE AND GREY TO AN OASIS

By Lesego Ndhlovu – New member

I joined the clinic when the physical structure was still under construction. The space was bare and grey. It was difficult to picture the vision as it was shared with me. Never mind buying into it.



Right: Lesego Ndhlovu

In this time I was undergoing some personal reconstructions of my own. Feeling unclear, exposed.

I surrendered to the offerings of the universe.

Then I witnessed the vision come to life, turning into an oasis that has come to consistently replenish and nourish its members intellectually and emotionally (as well as with actual food!).

Even while I was hesitant in the beginning, the Friday group supervision offered the safe landing that inspired my leap.

In its completion, now, there is so much colour, vibrance and life at the clinic. It's made complete by the scent of freshly baking scones in the oven as we await group supervision Friday mornings.

Being a part of this clinic has offered me an opportunity to be a student again. To be held and contained as I grow and learn. To hold firmly and steadily to my seat withstanding the whirlwinds of the complex dynamics that exist in therapeutic relationships.

The leadership has done a great job in positioning the clinic as a place of safety, truth, vulnerability and creativity.

There's a mutual meeting of needs in offering pro bono psychotherapy sessions and getting to work in a setting that seeks to close the inequality that exists with regards to access to mental health in South Africa.

“There's a mutual alignment between the clinic's vision and mine.

I am excited about my future in this space as we continue to creatively construct a reality where more people have the opportunity to engage deeply with their internal worlds to shape healthier external realities.

KEYNOTE SPEAKERS FOR OUR JOINT TRAUMA CONFERENCE WITH THE TAVISTOCK TRAUMA SERVICE

The Tavistock Trauma Service, in collaboration with the Johannesburg Clinic, is hosting this inaugural conference to bring together practitioners from all over the world who apply psychoanalytic ideas to their work with adults affected by severe and complex trauma.

The keynote speakers at the 14 and 15 November 2025 online event are Alessandra Lemma and Gail Lewis. Alessandra is a British psychoanalyst and internationally renowned author on trauma, as well as a range of other areas, including ethics and gender identity issues. Gail Lewis is a Tavistock trained psychotherapist and internationally renowned author on race, gender and sexuality.

Find the contact details for the conference on page 8.

Below: Alessandra Lemma



Below: Gail Lewis



CONTEXTUAL APPLICATION OF PSYCHOANALYTIC THEORY

By Ntokozo Gqweta – New member



I first learned about The Clinic in 2020/2021, during the peak of the Covid-19 pandemic and strict lockdown regulations. A colleague informed me about a clinic that offered high-quality interventions at a low cost for frontline healthcare workers.

Left: Ntokozo Gqweta

At the time I was employed at a public psychiatric hospital where I was required to be on-site. Unfortunately, I couldn't accept the invitation to join the Clinic then as I was also a frontline worker, feeling as if I was in the trenches, navigating through challenging circumstances.

Nevertheless, the Clinic became a valuable referral resource. It took me another two years to join as one of its clinicians. I was pleasantly

surprised by its level of contextual application of psychoanalytic theory and practice in response to the needs of the people in the region whilst at the same time, maintaining its theoretical integrity.

“I was, and still am, impressed by the level of support that each clinician receives from the executives and supervisors.

There is a level of connectedness and warmth that makes one feel-at-home-away-from-home.

I would recommend the low-fee service to other psychologists and counsellors as a resource that is responsive to contextual needs. It provides an intervention for a segment of the population that would otherwise never have access to it.

I wish I had joined the clinic earlier, but I also recognise that I may have needed to be ready first to receive the full experience.

I FEEL BOTH PROUD AND PRIVILEGED

By Tina Mendelsohn - Past member

It has been an incredible experience watching the Johannesburg Low Fee Scheme grow from a handful of people when I joined in 2018 to the big organisation that it is today.



It is an inspirational example of a vision becoming reality.

Through determined, committed and versatile leadership the clinic was able to grow despite Covid, moving online and facilitating access to the internet for patients within an underprivileged community.

Today it has opened its doors as the Johannesburg Psychoanalytic Clinic, including numerous psychotherapists extending their services through the community. A true illustration of what passion and commitment can achieve.

I found it both meaningful and nourishing to work within a setting of dedicated clinicians and patients who are motivated to make whatever small shifts they can.

Not only did I benefit and learn from weekly meetings with supervision from senior analysts, but to be held and supported by colleagues with their thoughtful and attentive consideration of cases. To hear these insights allowed me the experience of being part of a very special community.



I feel both proud and privileged to have been a part of the journey of the clinic. My wish is that this organisation grows stronger and extends farther, with many more clinicians and patients being afforded the benefit of being a part of it.

Left: Tina Mendelsohn

EXTRAORDINARY ENERGY AND DETERMINATION

By Richard Parry - Past member



When I joined the LFS, as it was then called, in 2018 it was a very small group of therapists offering their services pro bono, under the stewardship of Sue Levy and Vossie Goosen.

Left: Richard Parry

In addition to the weekly supervision space we met once a month to discuss a journal article or think through a case together. Sue very generously hosted us in her home back then, literally feeding us! But also nourishing us with her thoughts on case material and her breadth of knowledge of psychoanalytic literature.

Sue brought extraordinary amounts of energy and determination to building the LFS and it seemed to expand and take on more therapists willing to offer their services almost on a monthly basis.

My sense of what has made the development of this service possible is Sue's ability to empower and motivate those around her, not only in their work with patients but in taking ownership of the project as a whole.

I wish the Clinic further growth and success in its task of providing psychoanalytic therapy to the broader South African community.



Left: Artwork at the clinic – Ducks and Flowers by Bronwen Findlay

International conference on psychoanalysis and complex trauma

Collaborations and connections in uncertain times

Sign up now →

Date	Location	Cost
14 November	Online	£150

Sign up now →

The Tavistock Trauma Service, in collaboration with the South African Psychoanalytic Clinics Johannesburg (JHB), is hosting this inaugural conference to bring together global practitioners involved in applying psychoanalytic ideas to their work with adults affected by severe and complex trauma.

This unique, online event will take place over two days and feature presentations from across the world to highlight different psychoanalytic approaches to working with traumatised individuals. The core focus of the event is collaboration and there will be various opportunities for attendees to develop new international connections, including through small group work. Our hope is that this conference will sustain and build a new psychoanalytic trauma community.

Please note that this conference will not be recorded.

Sign up using this link: tavistockandportman.ac.uk