



Affiliated with

WORLD ASSOCIATION FOR

INFANT MENTAL HEALTH

ISSN 1449-9509

Vol. 26 No.1

March 2013

Guidelines for contributors

AAIMHI aims to publish three editions per year in March, July and November. Contributions to the newsletter are invited on any matter of interest to the members of AAIMHI.

Referenced works should follow the guidelines provided by the APA Publication Manual 4th Edition.

All submissions are sub-edited to newsletter standards.

Editorial inquiries: Shelley Reid. Articles are accepted preferably as Word documents sent electronically to the AAIMHI Secretary.

secretary@aaimhi.org

Opinions expressed in this newsletter are not necessarily those held by AAIMHI.

© AAIMHI 2013. Permission for reproduction of original newsletter items is granted on the conditions that appropriate citation of source is noted and that the item is fully reproduced.

Australia Day Honours 2013

Member (AM) of the Order of Australia awarded to:

Dr David Lonie, for significant service to psychiatry, particularly in the field of infant and adolescent mental health;

Dr Isla Lonie (deceased) for significant service to medicine in the field of psychiatry, and to professional associations.

ISLA ELLEN LONIE

It is a great privilege for me to have been asked by David and his family to speak about Isla and her work.

It was my very good fortune to meet Isla in 1981 – at the time I was writing about Peter the Pumpkin Eater and she about Humpty Dumpty and Rapunzel – so little surprise that we felt a common bond. From there developed a friendship that I have cherished and always shall.

We discovered that we had much in common.

Isla graduated in medicine from Otago University in Dunedin in 1960; like me she had already married so went on to postgraduate training in psychiatry whilst also having babies. Both of us had known the difficulties of combining career and family at a time – in the '60s and '70s – when women were very much interlopers in medicine and we were expected to make our way as best we could with little accommodation or indulgence from the systems in which we worked. To this Isla responded with far more forbearance and a good less complaining than I did.

In 1968 Isla was one of the first candidates awarded the College DPM. Strangely, at that time I was one of the first extramural candidates for the Otago DPM. But our ships had passed in the night: Isla and David had left Dunedin by now and were working at Morisset on the Central Coast of NSW.

David and Isla went on to become members of the College of Psychiatrists and then to establish themselves as leading psychotherapists in private practice in Sydney. They sustained over more than 50 years together a remarkable harmony in both their private and their professional lives; whether it was reading Winnicott or listening to Mozart, developing a training programme or a garden, they remained in tune with each other. They tended their trainees with the same skill and devotion they had for their children. They established psychotherapy itself in Australia and in New Zealand.

NSW Institute of Psychotherapy

In 1976 Isla and David helped form a small multidisciplinary group that established the NSW Institute of Psychotherapy – later to become Institute of Psychodynamic Psychotherapy and Isla served as President over six years in the '80s. Both gave generously of their time to develop the curriculum and the training programme and in 1999 were granted Honorary Life Membership in recognition of their work as foundation members. They are indeed the grandparents of the Institute.

Psychotherapy Association of Australasia

Similar groups had been forming in other states and Isla and David were again instrumental in bringing these organisations together to form a national body, the Psychotherapy Association of Australia (PAA) - later Isla was instrumental again in extending its reach to include New Zealand and it became the Psychotherapy Association of Australasia. In this organisation too, Isla served as a Federal Councillor, as chair of the Continuing Education Committee and from 1988 to 1990 as President.

Royal Australian and New Zealand College of Psychiatrists

David and Isla played prominent roles too in the development of the College and, particularly, in the establishment of training within the College. Through most of the 1990s Isla was either on the NSW Branch Committee or was serving as a Federal Councillor, as was on both the Clinical Practice Advisory Committee and the Workforce Committee.

Psychotherapy was her life's work and her passion and Isla wanted to ensure its place in mainstream psychiatry. To this end she provided supervision in psychotherapy for College trainees from 1987 until very recently; indeed while she retired from clinical practice some two years ago she continued to provide supervision until the last few weeks. Finally, and thanks in no small part to her efforts, a Section of Psychotherapy was established in the College and Isla was Chair of the section between 1998 – 2000. During that time also she pretty much single handedly developed a training programme for the Psychotherapies as part of the newly formed subspecialty Advanced Training programmes. Deservedly she was the first Director of Training of the NSW Section of Psychotherapy from 1999 – 2003.

Australian Association for infant Mental Health

But there was yet more to do. Isla and David were integral to yet another pioneering movement in Australia, helping to establish AAIMHI, the Australian Association for infant Mental Health. Isla served as Committee Member from 1993 and as Co-Editor of the Newsletter until '97; she was Chair of the NSW Branch and then President of AAIMHI from 1997 to 1999.

Publications

The depth and breadth of Isla's mastery of psychoanalytic theory was matched by a similar compass in literature, music and the arts. While others have taken a psychoanalytic view of the arts, Isla's unique talent was in creating a reciprocal relationship, in also bringing the arts into psychotherapy, as evident in the titles of her many publications and conference presentations:

During 1985 Isla published a series of four articles that explored borderline personality disorder from an object relations and a self-psychology perspective. Going to pieces and falling forever, Humpty-Dumpty was invoked to

illustrate the fragility of the self; Enthralldom and Rapunzel represented the imprisoned self and then, from Buddhist philosophy, Isla borrowed Indra's Net to represent its emptiness. A year later it was surrealist art and Magritte's Hunters on the Edge of the Night.

Isla's talents and interests were as diverse as they were remarkable and during the 1990s she became interested in chaos theory and began to apply this new paradigm to psychotherapy, asking, 'Is the baby's Gaze a Strange Attractor?' Even whilst working with such complex mathematics, Isla continued the use of literature and music to bring life to her writing with references as seemingly disparate as: Benjamin Britten and *The Burning Fiery Furnace* and Hans Christian Anderson's *Swineherd*.

While we shared many of the ideas that Isla developed in her work, on the psychology of women, on early trauma and attachment and on borderline personality disorder, I confess that with chaos theory, she left me way behind.

Generativity

Isla was just as concerned and passionate about the future of the environment as she was about the future of psychiatry and psychotherapy. She truly negotiated Erikson's 7th stage, Generativity:

The ability to care and guide the next generation to be concerned with the future of the environment, what kind of world we leave the next generation.

Isla did that. She achieved what Erikson described:

'A person does best at this time to put aside thoughts of death and balance its certainty with the only happiness that is lasting: to increase, by whatever is yours to give, the goodwill and higher order in your sector of the world.'

I am sure you will agree that Isla did that.

In her final days it was clear that Isla was prepared to take her leave of us. She did so with the courage and integrity that characterised the woman and her deeds. She completed the final stage, as Erikson describes it:

'with a sense of fulfilment about life and the acceptance of death as an unavoidable reality'.

If Isla could have the final word here, she would have expressed Erikson in the terms of chaos theory:

Our lives are systems of chaos and complexity; the closure of a system indicates that chaos has ceased, and the system is at rest.

Vale dear friend.

Assoc. Professor Carolyn Quadrio

Publications by Isla Lonie

1. From Humpty-Dumpty to Rapunzel: Theoretical formulations concerning borderline personality disorder. Australian and New Zealand Journal of Psychiatry, (1985b), 19: 372-381.
2. Enthraldom. Australian Journal of Psychotherapy, (1985c), 4:2: 36-42.
3. Indra's Net: Somatic and Sociological Implications of Intensive Psychotherapy. Australian Journal of Psychotherapy, (1985a) 4:1: 36-42.
4. The Hunters on the Edge of the Night. In Art and Infatuation. (Ed.) Harry Heseltine. (1986b). Occasional paper No. 6, Canberra, Australian Defence Force Academy.
5. The pirate's chest: a wealth of theory and some uses of chaos. Australian Journal of Psychotherapy, (1991a), 10:1.35-51.
6. Is the baby's Gaze a Strange Attractor? Chaos Theory: A New Paradigm in Biological Research. Australian Association of Infant Mental Health Newsletter, (1994), 6:2.
7. The Burning Fiery Furnace: Scientific Method or Scientistic Trial?. Australian Journal of Psychotherapy, (1991b), 10:2, 114-128.
8. The princess and the swineherd: some applications of chaos theory to psychodynamics. Australian Journal of Psychotherapy, (1992), 11:1, 47-59.
9. Six Shirts of Starwort. Australian Journal of Psychotherapy, (1983), 2:1, 43-66.
10. Woman as Object. Australian Journal of Psychotherapy, (1987) 6:2, 141-157.
11. The Winnicott Baby. Australian and New Zealand Journal of Psychotherapy, (1992a), 11:2, 11-18.
12. Borderline Disorder and Post Traumatic Stress Disorder: An Equivalence? Australian and New Zealand Journal of Psychiatry, (1993), 27: 233-245.
13. Chaos theory: a new paradigm for psychotherapy? Australian and New Zealand Journal of Psychiatry, (1991d), 25: 548-560.
14. Erikson, E. H., & Erikson, J. M. (1998). The life cycle completed. WW Norton & Company.

AAIMHI and ARACY proudly present

Infant and Early Childhood Social and Emotional Wellbeing conference 2013

Canberra | Australia
30 October to 02 November 2013

www.iecsewc2013.net.au



Call for abstracts and registration now open