

NEW HORIZONS IN FORENSIC PSYCHOTHERAPY

EXPLORING THE WORK OF ESTELA V. WELLDON



EDITED BY
BRETT KAHR

FORENSIC PSYCHOTHERAPY MONOGRAPH SERIES
SERIES EDITOR: BRETT KAHR



NEW HORIZONS
IN FORENSIC PSYCHOTHERAPY

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*In loving memory of
two brilliant and much cherished comrades:*

*Professor Gill McGauley, who died on 13 July 2016,
and
Dr Alan Corbett, who died on 22 December 2016.*

*Each contributed a chapter to this book.
Each left us far too soon.*

*“You do not need medicines to make people better . . .
You can heal them with your personality. Please remember this.”*

*A South African patient to Dr Ismond Rosen, circa mid-1940s,
quoted in his unpublished autobiography, Along the Way*



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SERIES EDITOR'S FOREWORD

The Karnac Books "Forensic Psychotherapy Monograph Series" owes its inspiration entirely to Dr Estela V. Welldon.

I first became Dr Welldon's student in 1987—fully thirty years ago—and I remain a student to this day.

Estela opened up enormous new horizons for me and for so many of my colleagues in the mental health field by having championed, if not created, the discipline of forensic psychotherapy. I shall never forget Estela's uplifting teaching, and her impassioned clarion call that we must endeavour to offer *treatment* for criminals, not *punishment*. Estela inspired us not only by her clinical brilliance but, above all, by her humanitarian posture.

In previous centuries, physicians referred to such violent patients as "Criminal Lunatics" (Anonymous, 1861, p. 31), many of whom would be incarcerated for life or even executed for their crimes. Dr Welldon never denied either the criminality or the lunacy of the forensic patient, but, by contrast, she championed the right of such offenders to be treated with respect, in spite of the fact that they had never treated their victims in such a manner.

Ten years after first having met Estela, I received a most kind invitation from Karnac Books to edit a monograph series devoted entirely to the field of forensic psychotherapy. I accepted this unique opportunity with gratitude, but I insisted that I would do so only if Dr Welldon could be appointed as Honorary Consultant to the series. This request met with no resistance whatsoever, and to my good fortune, Estela offered her benign and helpful support across the next twenty years, as we published titles on such diverse topics as murder, paedophilia, psychotherapy in prisons, violence as a public health epidemic, dangerous children, dangerous adolescents, and so much more.

As Estela has had to navigate a busy professional life of patients, lectures, conferences, organisational leadership, media appearances, and book projects of her own, I turned to her for guidance about the monograph series only sparingly. But whenever I required her counsel, she offered it with graciousness and with generosity. Somehow, since the publication of our first forensic monograph in 2001, we have now produced eighteen rather choice titles that have, I hope, helped the field of forensic psychoanalysis and forensic psychotherapy to grow just that bit bigger.

One editorial moment stands out above all others, and it conveys, I believe, something about the loving, embracing, independent mind and disposition of Estela Welldon.

Several years ago, we received a proposal from the very eminent American psychiatrist Dr Barry Maletzky, a long-standing leader in the treatment of serious sexual perversions, for a book about the understanding of paedophilia and other sexual offences. Although sympathetic to psychodynamic ideas, Dr Maletzky draws upon a very wide range of methods in his efforts to help those dangerous people who have perpetrated acts of gross abuse. As Karnac Books occupies a unique position as the world's most noted publisher of *psychoanalytic* books, and as we conceived our "Forensic Psychotherapy Monograph Series" as an exclusively *psychoanalytically* orientated venture, I became quite uncertain as to whether we should recommend Dr Maletzky's excellent book, in spite of my multi-decade admiration for his work.

I discussed the matter with Estela, who replied in straightforward Welldonian tones: "Don't be so ridiculous. Serious sexual offences are such difficult illnesses to treat. We must learn from *everybody*, whether they are psychoanalysts or not." The tremendous wisdom of Estela's immediate response encouraged me to recommend Dr Maletzky's (2016) book for publication, and I remain extremely pleased to have done so.

All of the chapters in this volume and, indeed, all of the books in this monograph series, endeavour to shed light on some of the ugliest aspects of human nature. And we trust that the current collection—a Festschrift for Dr Welldon—will be of use and of inspiration to forensic mental health professionals, irrespective of theoretical background, training, or accent.

Dr Welldon has not only inspired an entire book series and a professional training but, of greatest importance, a new branch of specialisation within world mental health. We hope that the volume under

consideration, *New Horizons in Forensic Psychotherapy: Exploring the Work of Estela V. Welldon*, will pay fitting tribute to the contributions of our unparalleled leader and muse, in the hope that future generations will benefit from her warmth and genius, as we have done.

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Professor Brett Kahr
Series Editor
London



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ACKNOWLEDGEMENTS

I wish to express my deepest thanks to Dan Welldon, son of Dr Estela Welldon, and to his wonderful partner Joanna Hall, and to their beautiful daughter Isabella Maria Welldon, for their long-standing support of this project. Dan not only approved the plan to organise a surprise Festschrift in his mother's honour and offered warm encouragement throughout the process, he also created the magnificent portrait for the front cover: one of the many precious moments captured by this masterful photographer. I thank Dan and Jo for years of much valued friendship and camaraderie.

Naturally, I extend my huge appreciation to the accomplished contributors to this volume. We have all grown up professionally in the Welldonian orbit, and our paths have overlapped pleasantly at so many conferences and meetings and social functions across the decades. As someone who has only ever worked part-time in forensic mental health, I have the utmost admiration for these consummate colleagues who, daily, make Great Britain a safer and saner country. I salute you all: Alan, Anna, Carine, David, Gill, Gwen, Paul, Richard, and Ronnie.

No author could function without the wonderful support of Karnac Books, who commissioned the "Forensic Psychotherapy Monograph Series" in 1997 and who have supported this library so lovingly since the appearance of the first volumes in 2001. Mr Oliver Rathbone—the very best of publishers—has long championed this monograph series, and with graciousness, he even agreed to keep this particular volume secret, so that we could all club together to give Estela Welldon a birthday surprise. I offer my deepest appreciation to Oliver for all that he has done to foster psychological publishing worldwide, and to his wonderful team, especially Ms Cecily Blench, Ms Constance Govindin, Mr Fernando Marques,

Mr Alex Massey, Ms Siobhan Mulcahy, Ms Kate Pearce, Mrs Rachel Rathbone, Ms Taneisha Smith, Mr Richard Szymczak, and Dr Rod Tweedy. It also gives me the greatest pleasure to convey my deepest thanks to Mr Eric King and Mrs Klara Majthényi King of Communication Crafts for their spectacular work as the most skilled and convivial of copy-editors.

As ever, I thank my family and, in particular, my wife Kim. I shall never forget the first time that she and Estela and I met for supper many years ago. Kim struggled, at first, to decipher Estela's wonderfully resonant Argentinean accent, but after the dinner, she whispered to me, "I could barely understand a word she said, but I had one of the very best evenings in my entire life!"

ABOUT THE EDITOR AND CONTRIBUTORS

Gwen Adshead is a forensic psychiatrist and psychotherapist. She trained at St George's Hospital Medical School in the University of London, at the Institute of Psychiatry, and also at the Institute of Group Analysis. She is trained as a group therapist and as a mindfulness-based cognitive therapist, and she has also been trained in mentalization-based therapy. For nearly twenty years she worked as a Consultant Forensic Psychotherapist at Broadmoor Hospital, running psychotherapeutic groups for offenders and working with staff around relational security and organisational dynamics. She now works in a medium secure unit in Hampshire. She also holds a master's degree in Medical Law and Ethics, and she maintains a research interest in moral reasoning and how this links with "bad" behaviour. Gwen Adshead has published a number of books, including *Ethical Issues in Forensic Mental Health Research* (with Dr Chris Brown) and *A Matter of Security: The Application of Attachment Theory to Forensic Psychiatry and Psychotherapy* (with Professor Friedemann Pfäfflin), as well as over one hundred papers, book chapters, and commissioned articles on forensic psychotherapy, ethics in psychiatry, and attachment theory as applied to medicine and to forensic psychiatry. She was honoured with the President's Medal from the Royal College of Psychiatrists in July 2013, for services to psychiatry. And she is the Visiting Gresham Professor of Psychiatry for 2014–2017.

Alan Corbett began his career in social work and then trained in psychoanalytic psychotherapy with adults at the Guild of Psychotherapists, and in forensic psychotherapy at the Portman Clinic in London. He received his doctoral degree in clinical science from the University of Kent. Corbett co-founded the unique charity Respond, which became the first organisation in Great Britain devoted exclusively to the provision of psychotherapeutic treatment for men,

women, and children who struggle with learning disabilities and intellectual disabilities. His many publications include *Witnessing Nurturing Protesting: Therapeutic Responses to Sexual Abuse of People with Learning Disabilities*, co-authored by Tamsin Cottis and Stephen Morris, followed by two solo-authored books, *Disabling Perversions: Forensic Psychotherapy with People with Intellectual Disabilities* and, ultimately, *Psychotherapy with Male Survivors of Sexual Abuse: The Invisible Men*. Corbett devoted a great deal of creative energy to many psychotherapeutic institutions in Great Britain and Ireland and served, *inter alia*, as a member of the Board of the International Association for Forensic Psychotherapy and as a Trustee of the Institute of Psychotherapy and Disability. Shortly before his death, Respond established an Alan Corbett award in his honour, and the Institute of Psychotherapy and Disability appointed him a Fellow. Sadly, Dr Corbett died in 2016 after a long illness. He will be much mourned by his many friends and colleagues.

Richard Curen is Consultant Forensic Psychotherapist at Respond in London, where he has worked since 2002. At Respond, he leads the forensic service for young people and adults with intellectual disabilities or autism, providing risk analysis and risk assessment, forensic psychotherapy treatment, as well as training, supervision, and consultancy. He trained at the Gestalt Centre in London and at the Portman Clinic, and he holds qualifications from Birkbeck, University of London, in management, as well as qualifications in Strategic Leadership and Management from the Tavistock and Portman NHS Trust. Richard Curen also works in private practice as a psychotherapist and as a consultant and clinical supervisor in statutory, private, and third sector organisations. He runs reflective practice groups and supervises teams of individual clinicians across the United Kingdom. Previously, he held a post as Honorary Psychotherapist in the Fitzjohn's Unit at the Tavistock and Portman NHS Trust, working with personality-disordered, severely ill, and complex patients. He is a Board Member of the International Association for Forensic Psychotherapy and a member of the Institute of Psychotherapy and Disability and of the National Organisation for the Treatment of Offenders. He is a Registered Member of the British Association for Counselling and Psychotherapy, and he has published widely and spoken at international conferences. He has also trained other professionals throughout Europe.

Ronald Doctor trained as a psychiatric register on the University College London Psychiatric Training Scheme and then became Senior Registrar at the Tavistock and Portman NHS Trust, where he had the good fortune to be tutored by Dr Estela Welldon. At the same time, he trained at the Institute of Psycho-Analysis in London. He now works as Consultant Psychiatrist in Medical Psychotherapy at the West London Mental Health NHS Trust and as a psychoanalyst in private practice. He has held a number of roles in both undergraduate and postgraduate medical education, which have included that of College Tutor for the Charing Cross Core Psychiatric Training, as well as that of Training Programme Director of the West London Higher Training in Medical and Forensic Psychotherapy, and as Site Coordinator of undergraduate medical education at Imperial College in the University of London, where he has also held the post of Honorary Clinical Lecturer. He has also held positions in the Psychotherapy Faculty of the Royal College of Psychiatrists, including that of Academic Secretary, during which time he and Estela Welldon organised a successful joint conference on "Terror in the Mind" in Venice, Italy, sponsored by the Royal College of Psychiatrists and the International Association for Forensic Psychotherapy. He has also served as Chair of the Association for Psychoanalytic Psychotherapy in the NHS, which spearheaded the inauguration of the Savoy Conference; and he has served as Treasurer of the International Association for Forensic Psychotherapy. Additionally, he has been the Chair of the NHS Liaison Committee of the British Psychoanalytical Society. He has edited two books: *Dangerous Patients: A Psychodynamic Approach to Risk Assessment and Management*, and *Murder: A Psychotherapeutic Investigation*, both published in the Karnac Books "Forensic Psychotherapy Monograph Series".

Brett Kahr has worked in the mental health field for over thirty-years, during which time he had the privilege of being one of Dr Estela Welldon's students in the late 1980s and early 1990s. He is Senior Fellow at Tavistock Relationships at the Tavistock Institute of Medical Psychology in London and also Senior Clinical Research Fellow at the Centre for Child Mental Health, in London. He is Consultant Psychotherapist to The Balint Consultancy and, additionally, Consultant in Psychology to The Bowlby Centre. Trained in psychology, psychotherapy, and also in medical history, he is Trustee of the Freud Museum London and also of Freud Museum Publications. In 2009,

he received an appointment as Honorary Visiting Professor in the Department of Media, Culture and Language in the School of Arts at the University of Roehampton, attached to the Arts and Humanities Research Council network "Media and the Inner World", in recognition of his contributions to psychoanalysis and the media, having previously served as Consultant Psychotherapist to BBC Radio 2 and as Spokesperson for the BBC mental health campaign "Life 2 Live". In 2017, he became Visiting Professor in the Faculty of Media and Communication at Bournemouth University. Author or editor of nine books, his study *D. W. Winnicott: A Biographical Portrait* won the Gradiva Award for Biography, and his book *Sex and the Psyche* became a Waterstone's Non-Fiction Bestseller and a *Sunday Times* Book Club selection. His book *Tea with Winnicott* was chosen as one of the "Books of the Year" by *The Guardian* newspaper. He serves as Series Editor of the Karnac Books "Forensic Psychotherapy Monograph Series" and as Series Co-Editor of "The History of Psychoanalysis Series" and also of "The Library of Couple and Family Psychoanalysis". His most recent book, *Coffee with Freud*, appeared in early 2017 and will be followed by an historical study, *Winnicott's Anni Horribiles: The Creation of 'Hate in the Counter-Transference'*. A registrant of both the British Psychoanalytic Council and the United Kingdom Council for Psychotherapy, he maintains a private practice for individuals and couples in Hampstead, North London.

Paul Kassman is the Director of Changing the Game CiC [Community Interest Company], a community sector organisation that develops and delivers therapeutically orientated interventions for gang members within the criminal justice system. Since 1989 he has worked in the community in London as a youth worker as well as a worker with drug users and offenders in the youth offending and probation services. Before setting up Changing the Game, Paul Kassman held policy roles within local government authorities and, latterly, at the office of the Mayor of London. Here he led on work designed to tackle gangs and youth violence, coordinating funding across local authorities, as well as working with criminal justice sector partners in the Police, Probation and Youth Justice Board to develop strategic approaches to address the impact of gangs in London. The programme Changing the Game, developed alongside Dr Carine Minne of the Portman Clinic, represents a new approach to gang members and their specific narratives.

Gill McGauley trained as a physician at St Bartholomew's Hospital Medical School in London and as a psychiatrist at St Thomas's Hospital in London. She then trained in medical psychotherapy at St George's Hospital in London, where she also worked as a Senior Registrar in Forensic Psychiatry. In addition to her work in psychotherapy, with a special interest in forensics, she also developed research expertise in attachment theory as applied to offending behaviour, and she obtained a major grant to study attachment representations in personality-disordered offender patients, which became the basis of her MD degree, completed under the supervision of Professor Peter Fonagy at University College London. She spent much of her professional life working and teaching at St George's Hospital Medical School in London, and, owing to her interest in medical education, she rose to the post as Head of the Centre for Clinical Education; she also held the position of Chair of the National Reference Group for Training and Education in Forensic Psychotherapy. Gill McGauley also served as Consultant Forensic Psychotherapist at Broadmoor Hospital, developing and chairing its first Department of Forensic Psychotherapy. After she left Broadmoor Hospital, she worked in two women's prisons—HM Prison Holloway and HM Prison Bronzefield—where she set up psychotherapy groups as well as a special project for high-risk female offenders. In 2016, she became Professor of Forensic Psychotherapy and Medical Education in the Central and North West London Foundation NHS Trust. Additionally, she held the post as Chair of the National Reference Group for Training and Education in Forensic Psychotherapy. She is also a past President of the International Association for Forensic Psychotherapy and, additionally, a recipient of the National Teaching Fellowship award from the Higher Education Academy. Her many publications include *Forensic Mental Health: Concepts, Systems, and Practice*, co-edited by Dr Annie Bartlett. Shortly before her death, she co-edited a textbook on *Forensic Psychotherapy* with Dr Jessica Yakeley. Sadly, Professor McGauley died in 2016, after a short illness, only weeks after having delivered her inaugural professorial lecture. Professor McGauley will be much missed by her many friends and colleagues in the field of forensic psychotherapy, which she developed over so many years.

David Millar is a retired Child and Adolescent Psychotherapist. He worked in the National Health Service in Essex for over thirty-five years in both out-patient and in-patient services. He undertook

his child psychotherapy training and, later, his adult psychotherapy training at the Tavistock Clinic, in London, and he also trained in forensic psychotherapy at the Portman Clinic. Previously, he had worked in Tottenham, North London, for many years, as a teacher and a social worker. He is a founding member of the Centre for Psychoanalytic Studies at the University of Essex and a founding member of the International Association for Forensic Psychotherapy. David Millar has lectured widely in the United Kingdom and overseas. He is currently preparing a volume of his collected papers on the theme of hate.

Carine Minne is Consultant Psychiatrist in Forensic Psychotherapy at the Portman Clinic, Tavistock and Portman NHS Trust, in London and also at Broadmoor Hospital, West London Mental Health Trust. She trained as a psychoanalyst at the Institute of Psycho-Analysis, and she is a member of the British Psychoanalytical Society. In her work, she brings together the disciplines of forensic psychiatry and psychoanalysis to work both directly with offender patients in different settings and also, indirectly, through teaching, training, and lecturing to professionals from various disciplines, nationally and internationally. She is the Vice-President of the International Association for Forensic Psychotherapy. With Paul Kassman, she has developed “Changing the Game”, a project designed to provide a therapeutic intervention specifically for gang members in prisons, in which group members have engaged one hundred per cent. Minne and Kassman will be adapting this project for delivery to gang members in the community.

Anna Motz is a psychoanalytic psychotherapist and Consultant Clinical and Forensic Psychologist with over twenty-five years of clinical experience with violent patients and the staff teams who work with them. She has a particular expertise in working with female offenders with histories of violence and trauma. She is Consultant for the Institute of Mental Health, for whom she has developed and delivered MSc, BSc, and in-house training programmes for staff working with women with personality disorders within the criminal justice and mental health services as part of the Knowing and Understanding Framework, and she delivers these trainings within clinics and prison settings. Anna Motz is the author of *The Psychology of Female Violence: Crimes Against the Body*, now in its second edition, as well as *Managing Self-Harm*, and also *Toxic Couples: The Psychology of Domestic Violence*. Her forthcoming book is entitled *Trauma: Women, Difference and the*

Criminal Justice System. She is Clinical Lead for the Family Assessment and Safeguarding Service, Oxford Health NHS Foundation Trust, where she evaluates and treats parents whose children are at risk of harm, and she acts as expert witness to the courts and presents evidence in both care proceedings and in criminal cases. A former President of the International Association for Forensic Psychotherapy, she is a supervisor for the Anna Freud Centre's mentalization-based treatment groups for men with antisocial personality disorder, as part of a randomised control trial. She is also a Visiting Lecturer at the Tavistock Centre as well as for the Clinical Psychology Doctoral Programme at the University of Oxford.



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Introduction

Estela at La Scala

Brett Kahr

A healthy star

Estela Valentina Welldon certainly knows how to make an impression.

I cannot be certain as to the reason quite why, back in 1936, her parents christened her “Estela Valentina”, but she has undoubtedly come to live up to both of her forenames.

“Estela”, derives from the Latin “stella”, and subsequently from the Spanish “estrella”, which translate as “star” or “heavenly body”. We do not know the particular resonances associated with the moniker “Estela” in her birthplace, Mendoza, in Argentina, but nowadays, at least according to the “Urban Dictionary”, the name “Estela” “only belongs to an attractive, outgoing, girl with a great smile who just wants to have a good time”.¹ In modern Spanish-speaking countries, “estrella” also refers to celebrities and film stars.

Her second title, “Valentina”, comes to us from the Latin “valens”, which translates as “healthy” and “strong”.

Anyone who has ever spent more than thirty seconds with Dr Estela Valentina Welldon will appreciate how our much-loved and much-cherished teacher, mentor, friend, and *inspiratrice* has come to embody these names, for we know of no stronger or more glittering star.

To those of us who have known Estela for nearly the whole of our professional lifetimes, as I have had the good fortune to do, it seems both extraordinary and shocking that on 3 November 2016, this remarkable woman celebrated her eightieth birthday. Apart from a few intimates, none of her colleagues had quite realised that she would soon be entering her *ninth* decade, because she still possesses all the vigour that we associate—perhaps unfairly—with youths in their twenties and thirties. In spite of her age, Estela still attends far more lectures, conferences, committee meetings, book launches, parties, and family gatherings than anyone else . . . and does so with unparalleled style, panache, humour, and joy.

Estela among the opera divas

How does one best describe Estela Welldon to those who have never had the privilege of meeting her? Although I have many wonderful tales to tell, none better captures the essence of Estela than our evening in Milan.

Roughly ten years ago, my wife—a professional singer—performed at La Scala, one of the world's most spectacular opera houses. To our delight, the management offered her some box seats for the opening gala. Having had the privilege of attending many of my wife's débuts, I invariably receive one or two complimentary tickets, but rarely a box, and rarely one at La Scala! As my wife and I discussed whom we might invite to share these special seats, she and I immediately blurted out "Estela!" simultaneously, because we knew of no one who would relish the experience more.

Over the decades, Estela and I have attended many operas and classical concerts in London, whether at the Royal Opera House, the London Coliseum, or the Barbican Centre; but I had never had the pleasure of inviting her to one of my wife's performances outside Great Britain before, and certainly not to Italy—Estela's spiritual home. Estela accepted the invitation with her typical enthusiasm, far more excited by the prospect that my wife had received an invitation to perform at La Scala than for her own pleasure at being our honoured guest in the grand, curtained box.

On the appointed evening, Estela arrived at La Scala looking absolutely stunning. Had I a better knowledge of female fashions, I could, perhaps, offer a fuller description of her clothes. Alas, I cannot tell you exactly what she wore, but she looked truly beautiful: elegant, stylish,

and tasteful, and in no way grand or upstaging the women singing that night. Estela had, as always, judged her wardrobe perfectly.

During the performance, Estela sipped champagne and enjoyed the evening thoroughly, as did I; and afterwards, we went backstage, past the fearsome security guards, and collected my wife from her dressing room, before proceeding to a post-opening-night party organised by the management.

Although Estela now speaks fluent Italian, at that point she had not yet mastered the language and still took lessons, so I did worry as to how she would fare at the party: a boisterous, boozy affair packed with opera singers, musicians, managers, Italian financiers, and assorted spouses from all over the world.

But I had worried in vain. Within a matter of minutes, Estela sat down at one of the large tables, with a delicate, fluted champagne glass in hand, and before long a throng of some of the most glamorous, well-attired opera divas encircled her, asking her questions about *her* dress! One of my wife's co-stars, a gorgeous young Japanese singer, whispered in my ear, "Who *is* that woman? She's *so* amazing!"

Over the course of the evening, everyone came to pay homage to Dr Wellton, the Argentinean-born, London-based, Italian-speaking forensic psychiatrist whose thick accent proved no barrier towards either comprehension or enchantment.

My wife and I smiled. I certainly did not need to look after Estela at this post-show party. She managed superbly well on her own.

These talented singers had, only hours before, kept the large, packed audience of some three thousand people at the Teatro alla Scala completely enraptured. And now Estela, who has never sung a note in her life, kept the entertainers entertained—indeed, enthralled. I know of no other mental health professional who possesses such an extraordinary capacity to engage and to enliven. I watched in awe. And Estela did very little, other than tell a story or two in a calm, quiet voice . . . but with a musicianship of delivery that would rival the best conductors and composers.

The next morning we rang Estela at her hotel and asked whether she would like to join us for lunch. To our regret, she had to refuse, as she had only just received a similar invitation from the director of the opera—one of the busiest men in the world, and one who does not socialise lightly. A sceptic might wonder why on earth he would wish to have lunch with a foreign psychiatrist, whom he had only just met the night before, when he could have spent time planning his next ten productions with the management of La Scala? And yet, he chose

Estela as his dining companion, and the two remained in contact for years to come. I must confess that the news of Estela's midday plans hardly came as a surprise: we knew only too well that she emits such an aura that even those with no free time in their diaries always create a space for her!

At St. Bartholomew's Hospital

Estela Welldon's remarkable capacity to relate to people, to debate with people, and to inspire people reached its professional apotheosis when, in 1992, she hosted the first conference of the International Association for Forensic Psychotherapy (IAFP). With great organisational genius, Estela founded the IAFP by gathering together all of her friends, colleagues, and students with whom she had worked over the decades; and she managed, without much difficulty, to entice us all together, to explore whether psychoanalytic thinking could inform mental health work with dangerous offender patients, in the hope of providing a more humane, less punitive approach to care and rehabilitation. Naturally, we responded with alacrity and filled the large lecture theatre at St. Bartholomew's Hospital in London to capacity.

As this inaugural conference unfolded, those of us in the audience sat enraptured as we listened to a stellar cast of psychotherapists, psychiatrists, psychoanalysts, and police officers speak about their work in high-security hospitals, prisons, and courtrooms. With a characteristic eye on the future, Estela had extended invitations not only to forensic celebrities of the day, such as the pre-eminent Dr Murray Cox, but also to students in training, several of whom served as speakers on the platform.

In many respects this landmark conference mirrored the now legendary parties that Estela hosts regularly at her home.

Often, when attending dinners at the houses of fellow mental health professionals, one arrives with a certain amount of trepidation, often wishing that one had refused the invitation in advance. One then spends two hours engaged in somewhat pretentious conversation about the failings of the Labour Party while eating perfectly decent, but not very inspiring, food, and while drinking perfectly adequate, but not very special, wines. The other guests will invariably be members from one's own training organisation, with very few "outsiders" in attendance.