

of training needed in terms of quantity of exposure to different methods and experiences. But more important, and not so easily laid down, the trainee needs two particular but related things: firstly, a tough but resilient personal acquaintance with the philosophy and *raison d'être* of psychotherapy and its world view, as well as an awareness of its place in the broader context of the scientific and medical community. Secondly, a group of colleagues whose relationships embody a flexible, humanistic ability to tolerate, understand and help with sometimes very difficult personal feelings in themselves and others. Irrespective of particular methods, that sort of activity embodies in practice the basic principles of psychotherapy.

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News Items

A Tribute to John Conolly

St Bernard's Hospital celebrated its 150th Anniversary last year and marked this occasion by paying tribute to John Conolly, Resident Physician and later Visiting Physician to the then Hanwell Asylum from 1839 to 1852.

The Croonian Lectures by John Conolly, delivered in 1849 to the Royal College of Physicians, London, represent a landmark in the field of psychiatry and still present fascinating reading today. First printed in the *Lancet* in 1849, six lectures have been reprinted by the hospital and are available in a commemorative bound edition of 85 pages for £3.00 each (including postage—UK only) from St Bernard's Hospital, Uxbridge Road, Southall, Middlesex. Profits will go towards the Anniversary Appeal which is to provide enhanced rehabilitative facilities on site.

Money for Projects, Money for Research

In the year ended 31 March 1981 the Mental Health Foundation (8 Hallam Street, London W1N 6DH) gave away over £180,000 for general projects, and over £260,000 for research in psychiatry. The projects covered a wide range of activities: salaries for people helping in a centre for the prevention and treatment of alcoholism; shelter for young people at risk in London's West End; a training scheme for rehabilitating the confused elderly; audio-visual equipment for training in family therapy; purchase of mini-kitchens and provision of therapeutic workshops; and a whole series of grants to help mentally handicapped children and adults, whether by publication of instructional pamphlets or help with transport, play equipment and staff costs.

Research grants of anything from £700 to over £28,000 (over three years) and of Fellowships were given for the study of the effects of long-term neuroleptic treatment on dopaminergic transmission; the study of the treatment of daytime enuresis; studies of the families of schizophrenics (two separate inquiries); attitudes of patients and relatives to compulsory admission; and women with illness in the year following childbirth (two projects).

Although the majority of research grants went to people in university departments, there were also grants to two ordinary psychiatric hospitals and a social services department. The Research Committee prefers investigations of a clinical nature, and has for some time had on offer a research Fellowship for study of chronic psychiatric conditions, without finding a suitable worker. The General Projects Committee wants to support pioneering and innovative community mental health work, with an emphasis on self-help, prevention of disability and rehabilitation.

The Foundation is a charity of growing importance. It has been successful in raising money and help from the banks, firms such as European Ferries, Ultramar, Trust House Forte and many others. But it also needs regular help from individual supporters and, as a national body, from all over the country. County and regional organizations are beginning to grow. Psychiatrists should think of the Foundation not only as a provider of funds for projects and research, but as a body to be helped locally. One form such help can take is to remind ex-patients and their families who may wish to express their gratitude for successful treatment that a gift to the Foundation, especially if covenanted (even though small in size), is a way of helping other sufferers.