

# THE MULTI-LINGUAL PSYCHOTHERAPY CENTRE

## MLPC LECTURE

### ***"Language of the Mountains, Language of the Sea"***

***Living with Trauma and Exile as a Journey between Languages***

*By Dr Esti Rimmer*

**\*\* Please note: date changed to Saturday 3rd of March 2012 \*\***

In our forthcoming MLPC Lecture Dr Esti Rimmer will explore trauma with its legacy of migration and exile. Whether forced by external events or undertaken voluntarily, such exile is compelled by internal forces. In both cases a loss of home, culture, language and identity may be involved. The enforced expulsion or the voluntary escape from the mother tongue to the "safe haven" of a newly acquired language is a needed reprieve from the impact of traumatic experiences. Yet, the ongoing search to rediscover and reconnect with the mother tongue is a necessary rapprochement on the road to recovery and integration.

The talk will illustrate how the playful interplay between languages may provide a transitional space in the therapy, in which horrors and losses as well as creativity and hope can be contemplated. The talk will refer to an Israeli novel as well as clinical material.

*Dr Esti Rimmer is a consultant Clinical Psychologist and a Psychoanalytic Psychotherapist. After studying Psychology at the Hebrew University in Jerusalem, she received her Doctorate in Clinical Psychology from the University of Denver, Colorado. She completed her psychoanalytic training at the Scottish Institute of Human relations in Edinburgh and currently works for the NHS in Northumberland and in Private Practice.*

**Venue: The Freud Museum, 20 Maresfield Gardens, London NW3 5SX**

**9.30 Registration and refreshments**

**10.00 'Language of the Mountains, Language of the Sea'**

**10.50 Discussion**

**11.45 Close**

**Cost: £15 (members) and £25 (non-members) including refreshments**

(C.P.D. Certificate available upon request)

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