

Obituaries

Dr Stephen McGowan

Formerly Consultant in General Adult Psychiatry, South London and Maudsley NHS Foundation Trust (Lambeth), UK



Stephen William McGowan, who died unexpectedly aged 45, was a consultant psychiatrist remembered by colleagues as a doctor willing to 'go the extra mile' in his job at the South London and Maudsley NHS Foundation Trust. He was dedicated to his work. A former trainee described how he 'embodied the

practice of active listening, giving meaning to patients' experiences while retaining his inquisitive scientific stance'.

Stephen was a valued teacher and head of undergraduate psychiatry students. He was also clinical supervisor for the general practice and psychiatry trainees attached to the community team and ward in Lambeth, part of the South London and Maudsley NHS Foundation Trust. A former trainee remembered him as a 'kind and generous teacher, a witty intellectual who was incisive and sensitive to the pressures that urban life placed upon us and our patients. He went out of his way to prepare me for what lay ahead in my chosen career'. The consultant in the neighbouring office described a great deal of laughter coming from Stephen's office during the weekly teaching sessions, indicative of how Stephen brought his own unique sense of humour to the proceedings.

After attending Newcastle High School, he gained a scholarship to Magdalen College, Oxford, for his preclinical studies. He received a distinction in prelims and an upper second in his final degree. In 1989, he won the Oxford University Department of Psychiatry essay prize. He qualified in medicine at Oxford in 1990. After house jobs in Winchester and Oxford, he joined the Oxford senior house officer scheme in psychiatry in 1992 and 3 years later gained his MRCPsych. His registrar training included a 6-month research registrar post with the Wellcome Trust in the Oxford University Department of Psychiatry.

In 1995, Stephen sustained an extension injury to his neck while on a skiing holiday and as a result suffered an embolic stroke shortly afterwards, having induced a tear in the lining of both internal carotid arteries. Fortunately, after treatment in a neuro-intensive care unit at Innsbruck Hospital, Austria he made a complete recovery.

He completed his psychiatry training by gaining an MRC Clinical Training Fellowship at the Cyclotron Unit at Hammersmith Hospital from 1997 to 2000. His research centred on positron emission tomography research of pre-synaptic dopaminergic function in medicated patients with schizophrenia, including medication-naïve individuals and others with clinical evidence of prodromal symptoms.

From the Hammersmith Hospital, Stephen joined the specialist registrar scheme at the South London and Maudsley with posts in forensic psychiatry, the Maudsley Psychiatric

Intensive Care Unit, the Norwood community team and liaison psychiatry at King's College Hospital.

He achieved an impressive list of publications in a variety of different journals as well as abstracts for international meetings.

Stephen was a dedicated psychiatrist with highly valued basic human qualities. Colleagues in Lambeth remember his kindness – his willingness to swap an on-call or give a second opinion about a patient, his generosity – contributing bottles of wine when the team socialised in the evening and the sense that he valued them. His friend Eu-Gen Cheah from Magdalen College, Oxford, now living in the Far East, remembers him fondly as 'without doubt my best friend'. Stephen enjoyed foreign travel, good food and wine and the company of others; the rich and happy memories brought together by his untimely death are not a surprise.

Rosalind Ramsay and colleagues

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Dr Kenneth Simpson Jones

Formerly Consultant Psychiatrist, Morgannwg Hospital, Bridgend



Kenneth was born in Cardiff on 29 May 1922. He went to Cardiff High School and after deciding to do medicine he was accepted at Westminster Medical School where he qualified in 1946. After completing a few house jobs, he did 2 years National Service as a medical officer with the R.A.M.C. and then decided on a career in Psychiatry.

After completing registrarships at St Ebba's Hospital, Epsom, and Belmont Hospital, Sutton, he was appointed Senior Registrar in Psychiatry at the Queen Elizabeth Hospital, Birmingham.

In 1957 he was appointed Consultant Psychiatrist at Morgannwg Hospital, Bridgend, where, with a number of other psychiatrists, he helped to transform a traditional psychiatric institution into a modern progressive hospital with good community psychiatric services. He found time for writing and published articles on deliberate disability, the treatment of bed-wetting and a study of the relationship between religious beliefs and mental illness.

Unfortunately, he had to retire prematurely at the age of 50 because of chronic depressive illness (and contributed a chapter about this in the book *Wounded Healers*). In latter years his physical health deteriorated and he spent the last few years of his life in a nursing home. After retirement and before he became physically ill, he did voluntary work for the National Trust and for the Museum of Welsh Life at St Fagans.

Kenneth was a quiet, reserved, thoughtful, reflective and self-critical man with high professional standards. He found the old controversy between physical methods of treatment and psychological methods a tedious one. He was an excellent

example of a psychiatrist who combined both approaches quite naturally. He was a man of wide culture who loved books, music and theatre. One of his favourite authors was the American Saul Bellow whom he was fond of quoting. His favourite quotation was 'Life – I work at it and show steady improvement. I expect to be in great shape on my deathbed'.

He died on 29 July 2011. His wife, Margaret, predeceased him by 2 years. He is survived by his three sons – Andrew, a professor of otolaryngology, Christopher, a psychotherapist and Peter, a biological scientist.

Ben Steinberg

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Dr Hanna Segal

Formerly President of the British Psychoanalytical Society and Vice-President of the International Psychoanalytical Association



Hanna Segal, who died aged 93 in July 2011 in London, where she lived and worked since the end of the Second World War, had an inter-national reputation both as a psychoanalyst who developed psychoanalytic theory and for her contributions to art and creativity as well as politics and literature. In a psychoanalytic career of over 60 years, Segal was a leading exponent of the work of Melanie Klein, making it widely accessible. Segal was

internationally sought as a clinician and teacher for her original and imaginative understanding, in the tradition of Freud, of the unconscious phantasies governing the inner struggle between the forces that strive towards life and development and those that work towards destruction.

She was born Hanna Poznańska into a highly cultured Jewish family in Łódź, Poland, where her father was a barrister and an art critic fluent in many languages and with a deep interest in literature. Her mother showed huge strength and resourcefulness as the family struggled through the difficult experiences of the German occupation of Poland and France. Hanna was deeply attached to her older sister who died at the age of 4 from scarlet fever. When she was 12, the family moved to Geneva where her father became editor of one of the publications of the League of Nations.

Although a student at the International School in Geneva, Hanna remained attached to her Polish roots and persuaded her parents to let her return to Warsaw at the age of 16 to complete her education. By her late teens she had read all the Freud that had been translated into Polish and had become interested in becoming a psychoanalyst herself. She was

intellectually influenced by her wide reading that included Voltaire, Rousseau, Montaigne, Schopenhauer, Nietzsche, Proust and Pascal. The rise in Fascism led to her family being expelled from Switzerland, becoming stateless and impoverished and, having to interrupt her medical studies begun in Warsaw, in 1939 Hannah joined the family in Paris, where they had taken up residence. Segal's personal experience of poverty and lack of political freedom led her to join the Polish Socialist Party and her parents had to restrain her from joining the republican fighters in Spain. Her political commitment to the left, however, remained with her for the rest of her life. Like many Polish émigrés at the time of the German occupation of Poland, she fought to return to Warsaw and very nearly succeeded. She remarked somewhat ruefully later in her life that none of her friends who did make that return survived the war. As the Germans occupied Paris in 1940 the family fled again, this time across France, and only just managed to get to England.

Segal completed her medical studies in 1943 in Edinburgh where she met the psychoanalyst W.R.D. Fairbairn, which further determined the future course of her life. Fairbairn told her how she could train to be a psychoanalyst in London. She made the move to London, where she worked in psychiatry, playing a major part in the rehabilitation of mentally ill Polish soldiers, many of them in Long Grove Hospital. She was accepted for training in the British Psychoanalytical Society (BPS), entering into analysis with Melanie Klein and qualifying in 1945 at the age of 27. At 29, she married the mathematician Paul Segal, conceived their first son and presented her first paper, 'A psychoanalytic contribution to aesthetics', to the BPS. This famous paper puts the capacity to mourn at the centre of both the artist's work and the aesthetic response of the audience. Her imaginative idea that the substance of artistic creativity and aesthetic appreciation derive from the very psychic struggle itself, intrinsic to mourning loss and making reparation, is perhaps the most original attempt at a psychoanalytic understanding of creativity.

Soon after, Segal also trained as a child analyst, supervised by Paula Heimann, Esther Bick and Klein herself, and began teaching students of the BPS. In 1952, she became a training analyst and her analysands included candidates of the BPS, patients with psychosis and artists who came to her for help when their creativity became blocked. With her first book, *Introduction to The Work of Melanie Klein* (1964), she brought Melanie Klein's work to life in such an accessible way, using illustrations from her own clinical work, that it remains a standard text to the present day. Her second book, *Klein* (1969), in the Fontana Modern Masters series, demonstrated how Klein built on the ideas of Freud and extended them.

In this very fertile period Segal worked in collaboration with Herbert Rosenfeld and Wilfred Bion with patients with psychosis, including the analysis of those with schizophrenia, and wrote her seminal paper on symbolism, 'Notes on symbol formation'. Her distinction between more primitive and developed forms of symbol formation brought a clarification to the understanding of the genesis of disturbed states of mind. Many of the papers of this period were reprinted in her third book, *The Work of Hanna Segal* (1981), whereas her fourth book, *Dream, Phantasy and Art* (1991), proceeds via the interpretation