
Obituaries



Josephine Lomax-Simpson, formerly Consultant Psychotherapist

Josephine Lomax-Simpson was born on 11 March 1925 into a family with a long tradition of philanthropy. Her grandfather, as a young architect, designed model cottages for workers in Lancashire and at the turn of the century was involved with Lord Leverhulme in the creation of Port Sunlight, Merseyside. This was a similar enterprise for providing the workers in the Lever Brothers industries with decent accommodation and a quality of life.

Josephine's father, also an architect, was involved in the final development of the innovative project. He established a trust to award a Character Prize open to residents of a Barnardo's Home and supported Josephine in her own enterprises. Her mother, Mary Messenger, served on many charitable committees and established a trust to aid talented young people with physical disabilities such as deafness.

Perhaps Josephine's own awareness of social disability was aroused by the arrival of five evacuees from Wandsworth at the family home in Worcestershire during the Second World War, an impression which remained with her throughout her life.

She studied medicine at Aberdeen University where she qualified in 1948, winning a prize in mental health. She went on to gain the DPM in 1953, became an Associate of the Institute of

Psycho-Analysis in 1959, a member of the Royal College of Psychiatrists in 1971 and was elected a Fellow in 1984.

She had an extraordinarily full and all-round experience of psychotherapeutic posts. After initial house appointments in gynaecology, medicine and paediatrics she turned to psychiatry at the Warneford Hospital, Oxford and from there to specialised posts in child psychiatry. Initially she was much influenced by Winnicott at the Child Guidance Centre. From 1959–61 she was a senior registrar in forensic psychotherapy at the Portman Clinic and was a visiting psychotherapist at Holloway Prison from 1960–62. She gained therapeutic community experience at Marlborough Day Hospital under Joshua Bierer and from 1963–90 was a family therapist at East Grinstead. Josephine conducted group analytical sessions at University College Hospital, London from 1973–75 and served on the committee of the Group-Analytic Society. Her most recent appointments, until retirement in 1990, were in adult psychiatry at the Nelson Hospital in Wimbledon and at Sutton Hospital and its associated day centres.

Most of her appointments were sessional and she was also able to act as a consultant to a number of children's homes run by the Greater London Council and served on many committees and advisory bodies connected with the welfare and mental health of children and young people. She was a governor of two 'special' schools from 1985–88.

It is for her own singular enterprise in setting up homes for young people with emotional problems, often homeless or without family connections, that she will be best remembered.

She opened her own home in Wimbledon to such young people in 1963 and in 1970 established the Messenger House Trust to provide accommodation for single young mothers and their babies and, in the years that followed, no less than nine homes were opened to provide accommodation and a sense of belonging to a family to young people. In the first nine years there were no salaried staff and she trained volunteers, and particularly the residents themselves, in management of the communities. The 'Sunday Lunch' was initially the focus of the extended family, then small groups were initiated to resolve problems through mutual discussion. Finally, 'Doc' as she was universally known, introduced the regular large group meeting where residents, their social workers, Trust

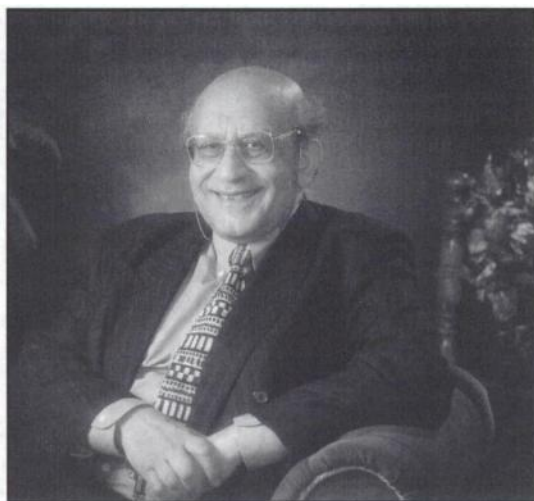
volunteers and other interested people from home and abroad all took part. In 1977 a sister trust (the Hutchinson Settlement) was founded to house students who were interested in assisting in the project and needing accommodation while training for the caring professions.

Many overseas visitors would pay a call and similarly Josephine travelled widely, lecturing and participating in many conferences. She was a prolific writer, and was the author of more than 40 published papers and also regularly circulating her inspirational thoughts to members of the large group and others interested in her project.

On retirement, she realised that the Trust had become an organisation which required a professional management and it was taken over, first by the Leonard Cheshire Foundation and then by the Wimbledon Care Partnership. She was awarded the Cyril Black Prize in 1979 – as the person who had made the greatest contribution to the London Borough of Wimbledon.

Josephine died of a brain tumour on 25 May 1999. She had been ill for only a few months and was aware of the seriousness of her condition, which she accepted in her own spirited way. She will be sadly missed, not only by the extensive 'family' who experienced her caring approach, but also by her colleagues and the psychiatric profession who have lost an innovator and an independent thinker who put her thoughts into action.

J. STUART WHITELY AND AUDREY BEATON



Nagy Riad Bishay, formerly Consultant Psychiatrist, North Manchester General Hospital

Dr Bishay was born on 25 August 1936 in Sohag, Egypt, the first of six children of Coptic Christian parents from Upper Egypt. After an illustrious school career he moved to the capital to study

medicine at the University of Cairo, obtaining his MB ChB in 1958. He worked as a general practitioner in various Egyptian military hospitals for the next four years and obtained his Diploma in General Medicine in 1964. He continued to work in military hospitals for two further years as a physician.

It was during this period that he began to specialise in psychiatry, studying at the Department of Neurology and Psychiatry, Ein Shams University, Cairo, where he obtained his Diploma in Psychiatric Medicine in 1966.

From 1965 to 1973, when the Arab-Israeli conflict was at its peak in Egypt, he worked in psychiatry in military hospitals, serving at front-line posts in Sinai and producing a thesis on the effects of the stress of military service on young men. He was appointed Consultant Psychiatrist at the Main Military Psychiatric Hospital in Cairo in 1973.

Nagy moved to the UK in 1975 in order to further his training and was appointed Senior Registrar at the John Connolly Hospital in Birmingham the following year. He was elected MRCPsych in 1977 and took his MRCS (Eng) LRCP (Lon) in 1979. During this period he attended a two-year course in psychotherapy at the Uffculme Clinic, Birmingham. While a senior registrar, he was associated clinically with the Midland Nerve Hospital, where he developed an interest in behavioural therapy. He was appointed Consultant Psychiatrist at North Manchester General Hospital in September 1979, a post which he held until his untimely death on 3 March 1999.

Soon after he assumed this post, he attended a course in behavioural psychotherapy at the Maudsley Hospital (1981–1982), where he was introduced to cognitive therapy. He was deeply impressed by the results and it was the birth of an interest which was to inspire the rest of his career.

Recognising the potential of what was then a relatively new therapy, he became increasingly involved in developing and teaching cognitive therapy techniques and adapting them for different disorders.

Nagy then went on to publish a vast number of articles on the application of cognitive therapy, particularly in the treatment of morbid jealousy and in 1996 was guest editor of the *Journal of Cognitive Psychotherapy's* 'International Quarterly's Special Issue on Morbid Jealousy'.

His commitment to the teaching of cognitive therapy also led him to work with the University of Manchester's Department of Clinical Psychology to develop training in this field. He established links with other departments, medical institutes and health centres to raise awareness about cognitive therapy techniques and ran introductory workshops which were validated