

Obituaries

Joseph Michael Cecil Holden, formerly Consultant Psychiatrist, Ormskirk and District General Hospital, West Lancashire

Doctor Cecil Holden died suddenly on 30 December 1993, aged 66.

Cecil was born in Liverpool and qualified MRCS, LRCP in 1951 and joined the DPM in 1956. In 1964 Cecil was elected MRCP (Glasgow) and made a Fellow in 1975. He was awarded his MD Licence, State of Virginia, USA, in 1967 and in 1974 he was elected a Fellow of the Royal College of Psychiatrists.

Cecil held numerous clinical, administrative and research posts. He served in the RAMC from 1952 to 1954 and was then appointed Consultant in Psychological Medicine, Liverpool Regional Hospital Board in 1961 and served until 1964. In 1968 he was appointed Clinical Director, Missouri Institute of Psychiatry, University of Missouri, USA, and then Physician Superintendent, St Louis State Hospital, Division of Mental Diseases, Missouri. In 1970 Cecil returned to England and was appointed Consultant Psychiatrist at Whittingham Hospital in Preston, from 1982 to 1984 where he served with distinction as Clinical Tutor in Post Graduate Training.

In 1984 Cecil returned to the States as Senior Associate Medical Director and then as Clinical Director, Community Psychiatric Services, Rochester Psychiatric Centre, New York. Finally, he was elected Clinical Associate Professor of Psychiatry, University of Rochester, New York. This post he held until 1988.

In 1989, Cecil came back to England and served as Consultant Psychiatrist and Clinical Director of Psychiatry at Ormskirk & District General Hospital, until he retired in 1993. During this period, Cecil was responsible for initiating radical and progressive changes to the running of psychiatric services in West Lancashire. He pioneered a forward looking community-orientated service with its emphasis on early diagnosis, energetic treatment at home, and the provision of excellent day hospital care. Cecil was keen on promoting liaison psychiatry and worked closely with colleagues in general medicine,

surgery, and general practice. He forged close links with the social services and was a great supporter of the community psychiatric nursing services.

Cecil was keen on research, particularly in the use of lithium, and he published several research papers on the subject.

Cecil was both a scholar and a gentleman. He was precise in his ways, neat and nattily dressed, even tempered, and always ready to talk to everyone who knocked on his door.

Cecil was a family man. In spite of all his clinical and administrative duties he always had time to spend with his family and he was proud of this fact. He leaves behind his wife Margaret and children Triona, Carmach, Nianh, and Nial.

BERNARD S. WEERAKOON

Francis Walter Graham A.M., formerly Honorary Consultant Medical Psychoanalyst, Prince Henry Hospital, Melbourne, Australia.

With the sudden, unexpected death by stroke of Frank Graham on May 21, 1995, Australia lost one of its most eminent psychoanalysts, a person deserving of the title of "Doyen of Psychoanalysis and Psychological Medicine in Australia".

Frank's achievements are all the more impressive when viewed against the perspective of his lifelong severe physical disability as the result of childhood poliomyelitis affecting all four limbs. He eventually got to his feet with calipers and walking stick and tottered through his schooling a few years older than his peers. Despite the fact that he could never walk more than short distances, he graduated in Medicine at Sydney University aged twenty six in 1940.

He was an indefatigable worker: he arose at 4.30 a.m. every weekday morning, seeing his first patient at 5.30 a.m. – an astonishing feat for a disabled eighty-one-year-old. The last thirty years he spent essentially in a wheelchair. Despite this he was one of the most travelled of Australia's psychoanalysts, travelling interstate and internationally quite regularly. Some accorded him the description

"minor great man", ranking with Helen Keller, Stephen Hawking, Milton Erickson and the like.

Frank entered psychoanalytic treatment with Dr Winn, a British-trained Australian, while still a medical student and later continued his psychoanalytic training with Dr Clara Geroe, a Hungarian immigrant. This ultimately led to his becoming the first Australian-trained Training Analyst in Australia and establishing with Dr Geroe the Melbourne Institute for Psychoanalysis. He was a major force in the establishment of the Australian Psychoanalytical Society, of which he became President in time.

Frank was a bridging psychoanalyst like Dr Geroe, interested in applied psychoanalysis. After training as a psychoanalyst, he persisted practising as a psychiatrist for many years, concurrent with his psychoanalytic practice, giving honorary service for twenty years as an Honorary Assistant Psychiatrist at the Royal Melbourne Hospital, Melbourne's senior teaching hospital. In 1959 and 1960, he trained as an analytic group psychotherapist, and in rehabilitation, in New York and returned to Australia as Australia's first trained analytic group therapist. Since then he has played an important role in the training of all of Melbourne's senior group psychotherapists and, from London, he encouraged the formation of the Australian and New Zealand Association of Group Psychotherapists in 1973 of which he was the Foundation President.

In 1969 he commenced five and a half years personal analysis with Dr Herbert Rosenfeld in London at the same time working and studying in London. He was open about the fact that this experience was profoundly therapeutic for him. After this he was to describe himself as "a card carrying Kleinian".

In 1975 he became the first psychoanalyst to be appointed as such to a University Teaching hospital when he was appointed Honorary Medical Psychoanalyst to Prince Henry's Hospital, Melbourne, a post he held until 1980.

Melbourne has been described as the capital of psychological psychiatry in Australia; if this title has merit, the two pioneers, Dr Clara Geroe and Dr Frank Graham, must be accorded great credit for this development.

Even though he was quite orthodox in his analytic technique, Frank experimented and innovated to improve analytic results. For the last twenty years, he conducted four times a week intensive analytic group therapy, the first

practitioner in the world to conduct analytic group therapy of this intensity, much to the excitement of the late Dr G H Foulkes. He also experimented with combinations of individual analytic therapy combined with group therapy and had reached the conclusion that if asked his optimal form of therapy he would recommend analysis three times a week combined with analytic group therapy twice a week. He was convinced it was important to see patients individually for some time before encouraging them to enter group psychotherapy.

He was most impressed at the efficacy of the new SSRI antidepressants and lithium and treated much sicker patients than other analysts in Melbourne because he had no misgiving about analytic therapy while patients were on a biological platform of therapy. Being a senior highly regarded analyst in Melbourne, Frank often saw casualties of analytic therapy which he believed regularly came about because of a failure to use antidepressant drugs in conjunction with psychoanalysis. He came to the conclusion that antidepressant drugs were what he called "antistress agents" enabling patients to tolerate more stress without destructively disintegrating.

An admirer of the philosopher, Ludwig Wittgenstein, for many years he met weekly with Professor Camo Jackson, one of Australia's most respected philosophers, to discuss the common ground between philosophy and psychoanalysis.

When the Melbourne Institute for Psychoanalysis and the Australian Psychoanalytical Society were going through a regressive isolationist phase when they were opposed to links with medical schools and universities and a public face, Frank resigned from both but at the time maintained close friendships with many of Australia's psychoanalysts, and retained his membership of the British Psycho-Analytical Society.

Frank was a most lovable personality, highly "suffused with benevolence". He had impressive moral courage in the face of his disability; he was very wise; he was highly appreciative, and he had great dedication to the welfare of his patients. His innovative mind was active right to the end of his life.

In 1991, he was honoured by the award of Membership of the Order of Australia (A.M.) "for services to psychiatry and psychotherapy".

IAN MARTIN and BILL ORCHARD