



For Mental Health Professionals Interested in Psychoanalytic Perspectives
A local chapter of the Division of Psychoanalysis of the American Psychological Association

Letter from the President

Division 39: Our Parent Organization

Division 39, the Division of Psychoanalysis within APA, is one of the largest psychoanalytic organizations in the world. It was founded in 1979 as a place for psychologists who were interested in psychoanalysis but who felt excluded from the American Psychoanalytic Association (APsaA) because of APsaA's restrictions on psychologists being able to be certified as practicing psychoanalysts. Division 39 has twenty-seven local chapters throughout North America; PSPP, the Philadelphia chapter, is the second largest local chapter. Both PSPP and Division 39 are very strong, financially and in membership.

Division 39 held its annual spring meeting in Santa Fe this year, and PSPP had a strong presence. The conference was titled "The Leading Edge of Creativity," and seven PSPP members presented: Marjorie Bosk and Laurel Silber presented on children's play; Leilani Crane led a discussion hour on diversity within Division 39; Deborah Luepnitz presented her Lacanian perspective in a case discussion; David Ramirez chaired a panel on adolescent trauma and culture, and also presented a personal sketch of the influence of culture on psychoanalytic work; Jeanine Vivona chaired a panel on creativity in psychoanalytic practice; and Jed Yalof presented on being a psychoanalytic-oriented training director.

There are numerous PSPP members who are active board members within Division 39. Dennis Debiak is secretary of Division 39, a position he has held since 2007. Dennis is also a member of the Division 39 Fund Task Force and on the Committee on Sexualities and Gender Identities. Joe Schaller is the Section IV (Local Chapters) representative to the Division 39 board. David Ramirez, a past-president of Division 39, is on the Fellows committee and Multicultural Concerns committee. Leilani Crane is on the Division 39 Fund Task Force as well as a member of the Multicultural Concerns Committee. Jed Yalof is on the Education and Training Committee. Karen Dias is a member of the Early Career Committee. Emily Loscalzo and Aleisa Miles are on the Graduate Student Committee. Division 39 has a stated commitment to reach out to students and early career professionals, and to work toward increasing diversity within the division. This is a good time to become involved and help support these endeavors.

continued on page 2



M. Jay Moses, PhD

PSPP Spring Meeting

PSPP Spring Meeting with
Darlene Bregman Ehrenberg, Ph.D.
*Can you Blame the Vampire?
On the Tyranny of Vulnerability*



Robin M. Ward, PsyD

The 2012 Spring Meeting of the Philadelphia Society for Psychoanalytic Psychology was held on March 18th at Chestnut Hill College with presenter Dr. Darlene Bregman Ehrenberg discussing the complications of connection and disconnection in psychoanalytic work. The following is a summary of several of her key points.

continued on page 2

INSIDE

PSPP Spring Meeting.....	1
Letter from the President.....	1
Research and Practice.....	3
Community Outreach.....	6
Culture and Society.....	7
Self-Care.....	9
From the Board.....	10
Events.....	12
Creative Expressions.....	17
In Memory.....	19
Letters to/from the Coeditors.....	20

Letter from the President...continued

Division 39 has nine Sections: I. Psychologist-Psychoanalyst Practitioners; II. Childhood and Adolescence; III. Women, Gender, and Psychoanalysis; IV. Local Chapters; V. Psychologist-Psychoanalyst Clinicians; VI. Psychoanalytic Research Society; VII. Psychoanalysis and Groups; VIII. Couple and Family Therapy and Psychoanalysis; IX. Psychoanalysis for Social Responsibility. The Sections are a great way to become involved in Division 39, as they allow you to pursue your particular interests within the psychoanalytic community. Cindy Baum-Baicker serves on the Board of Representatives of Section VIII. I serve as Secretary for Section IV. Several Sections offer awards and scholarships. In the past couple years, PSPP members Karen Dias and Dan Livney have each won awards: Karen won the Section III dissertation award and Dan won an essay contest sponsored by Section V. You can get more information on the contests and scholarships on the Division 39 and the various Sections' websites.

You may join Division 39 whether or not you are a member of APA. With APA membership, you become a full member; without APA membership, you are an affiliate member. Students join for a discounted fee as affiliate members. Both full and affiliate membership in Division 39 afford you a discounted fee for the conference, as well as access to a low fee (\$60/year) for PEP-WEB, an online database of psychoanalytic journals and classic texts (including Freud's Standard Edition) published from the beginnings of psychoanalysis up until 2008. You can also get discounts on current subscriptions to Psychoanalytic Dialogues and The International Journal of Psychoanalysis. Full membership gives you Psychoanalytic Psychology, the division's official journal.

Division 39 is at heart a community. It is a community of mental health professionals interested in advocating for contemporary psychoanalysis and its relevance to clinical work, psychology research, and social action. The annual meeting affords the members a gathering place to share their clinical experience and research ideas, and work towards applying them to real-world concerns. It also affords them a place to grow as a community and to have fun. Leaving the conferences, I remember not only the more moving presentations I attended, but also meeting new people and hanging out with folks I see sometimes only once a year. If you haven't attended a conference, I encourage you to do so. The next meeting is in the spring of 2013, in Boston.

Consider joining the division, becoming involved, and accompanying the many PSPP members who attend the conference each year.

PSPP Spring Meeting...continued

Dr. Ehrenberg began the day describing how a patient who considered herself an emotional vampire of sorts articulated what she called the "vampire's dilemma." Namely, "Vampires don't want to kill the person; they're just hungry." Dr. Ehrenberg used this statement as a touchstone to offer up reflections on the ways the questions of vulnerability, safety, and connection can be encountered in the relationship between analyst and analysand.

A major point Dr. Ehrenberg made in a variety of ways was emphasizing the importance of the analyst attending to his or her own experience as a means of understanding what was happening in the analytic work. In her words, "Analysts' own reactions are often key to understanding what's going on with the patient." Doing so assists in, "...bringing what's at the edges of experience to the center." What is more, this type of attention does not simply reveal things that were already present in the patient, but, instead, creates, "something new in the process."

Another point Dr. Ehrenberg emphasized was that vulnerability is a necessary component in psychoanalytic work, both on the part of the patient and the clinician. What provides the bedrock allowing for the shared vulnerabilities of both people involved is that the analytic task itself is not vulnerable, "even if the patient and the analyst are." Her reflections on the dialectic of vulnerability and safety in analytic work led to her description of the shock and happiness expressed by the patient referenced earlier when she came to realize that Dr. Ehrenberg could be connected with her without becoming an emotional vampire. Such a realization ultimately led the patient to reconsider her own sense of herself as a vampire.

The afternoon involved an extension of the points made in the morning as well as a discussion of the importance of play and spontaneity in analytic work.



Philadelphia Society for Psychoanalytic Psychology

President

M. Jay Moses, PhD

Past President

Jeanne Seitler, PsyD

President Elect

Robin Ward, PsyD

Secretary

Natalie Petyk, PsyD

Treasurer

Dan Livney, PsyD

Directors-At-Large

James Bleiberg, PsyD

Debby Bierschwale, PsyD

Ellen Singer Coleman, LCSW

Kimberly Hoffman, PhD

Susan Levin, MSS, LCSW, BCD-P

Shirley Tung, MSS

Division 39 Section IV Representative

M. Jay Moses, PhD

PCOP Liaison

Kathleen Ross, PhD

Graduate Student Representatives

Diny Capland, MA

Emily Loscalzo, MS

Coordinators of Mentorship Program

Barbara L. Goldsmith, PsyD

Dana Odell, PsyD

CE Coordinator (Psychology)

Patricia G. Rice, PsyD

Membership Chair

Stacey Boyer, BA

staceymboyer@gmail.com

PSPP Currents/Coeditors

Jacquelynn Cunliffe, MSN, PhD

Lesley Huff, MS

psppeditor@gmail.com

PSPP Currents is published three times a year. Contributions and comments may be sent to the Coeditors, who reserve the right to edit manuscripts for length, clarity, and consistency of style.

The deadline for the Fall issue is August 1, 2012.

Research and Practice

The New PDM2 and How You Can Help Make it Better



Robert M. Gordon,
PhD, ABPP

For over 100 years, the American Psychological Association has failed to produce a psychologically-based diagnostic system that is better than the DSM or ICD. The only psychological diagnostic classification system to come along is from the psychoanalytic community- the Psychodynamic Diagnostic Manual (PDM Task Force, 2006). The PDM does not look at symptom patterns described in isolation, as do the ICD and the DSM.

The PDM has received very favorable reviews from mostly the psychoanalytic community, and even non-psychodynamic psychologists that were introduced to the PDM found it valuable. Ninety percent of 192 psychologists surveyed (65 Psychodynamic, 76 CBT and 51 Family Systems, Humanistic/Existential, Eclectic with no primary preference) rated the PDM as favorable to very favorable (Gordon, 2008).

Although the PDM has been hailed as a major advance in diagnostic formulation, there remains a disconnect between its insights and its use.

I have been working with Robert Bornstein to improve some of the theoretical issues of the PDM and also to make it more user-friendly. We developed simple rating charts (Adult and Child forms) that integrate the ICD or DSM into the PDM. We use the PDM to first look at the whole person and then plug in the ICD or DSM symptoms. The ICD or DSM symptom classification is particularly important for insurance reimbursement.

Our Psychodiagnostic Chart may be used for diagnoses, treatment formulations, progress reports, and outcome assessment, as well as for empirical research on personality, psychopathology, and treatment. Our overarching aim is to make psychodiagnoses more useful to the practitioner by combining the symptom-focused ICD or DSM with the full range and depth of human mental functioning addressed by the PDM.

Vittorio Lingiardi, MD, Professor at the Department of Dynamic and Clinical Psychology, University of Rome and his colleagues are now working on the second addition of the PDM. You can help.

Robert Bornstein and I are conducting research on how to test the domains of the PDM and make it more user-friendly with tools like our charts. Go to "Bob's MMPI-2 Blog" and download the Psychodiagnostic Chart- Adult and Child forms and manuals. It is free and always will be. Try it and fill out our online brief survey.

Thank you, Bob

Gordon, R.M. (2008) Early reactions to the PDM by Psychodynamic, CBT and Other psychologists. *Psychologist-Psychoanalyst*, XXVI, 1, Winter, p.13.

CAPA in China

Most Americans are surprised to learn that the Chinese have an intense interest in psychoanalysis. This interest has a ninety-year history. In the beginning of the last century, many psychoanalytic books were translated and published in China. In 1921, the Chinese Psychological Society was organized (only the seventh established in the world). In 1932, Dr. Richard S. Lyman, a graduate of Johns Hopkins and professor of Psychiatry and Neurology at Peking Union Medical College Hospital, included a course on psychoanalysis in the curriculum. Zhang Shizao, an important dissident intellectual, translated Freud's *An Autobiographical Study* from German to Chinese. He received the following letter from Freud:

Most esteemed Professor,

I am pleased by your intention, in whatever manner you care to carry it out (to) introduce psychoanalysis to your native country, China.

*Very respectfully,
Yours Freud*



Elise Snyder MD



Lana Fishkin MD

By the mid-1930s, Freudian theories were familiar both to Chinese intellectuals as well as to a surprisingly broad sector of the Chinese population. Bottles of cough medicine with Freud's picture were even sold in drugstores.

CAPA (China American Psychoanalytic Alliance) is attempting to follow Freud's suggestion to promote psychoanalysis in China. We are training Chinese mental health professionals to do psychoanalytic psychotherapy and we are offering them personal psychoanalyses and psychoanalytic psychotherapies.

continued on page 4



Marjorie A. Bosk, Ph Laurel M. Silber, PsyD

Global Summit of Childhood, March 28- March 31, 2012, Washington DC

Sponsored by the Association for Childhood Education International (ACEI) and other collaborating organizations: Alliance for Childhood, Rutgers University Center for Children and Childhood Studies, Gesell Institute of Child Development, and Division for Early Childhood-Council for Exceptional Children.

Why a first ever global summit on childhood? Childhood is endangered. The issues of low income countries steeped in poverty, malnutrition, poor education, child soldiers and sex trafficking of girls, as well as the declining quality of childhood in the United States, Europe and other modern Western industrialized nations drew over 400 delegates from 70 countries to the first Global Summit of Childhood in Washington D.C. Children from all social strata are suffering from deteriorating physical health, increased stress, pressure and multiple mental-health disorders.

What is threatening the very essence of childhood and the stability and resilience of our children? Educators, mental and physical health specialists, and social activists identified com-

plex and multiple interacting conditions that are degrading the very scaffolding of childhood. Chief among these factors, but not inclusive of them, are: the lack of child-directed free play, especially in early childhood; educational systems that deny and disregard the over 60 years of research on developmentally appropriate expectations for children; increased testing and assessments of children even in Kindergarten; access to computer and video technology that has the average American 8-year old engaging 8 hours per day in screen activities that are fixed in nature, addictive, violent, sexual, sedentary and take the place of activities that are creative, social and physical; less time with parents who are not given adequate maternal and paternal paid leave; substandard child care; a plethora of highly structured activities that do not allow for children to create, negotiate and master social situations without intrusion from adults; the increased sexualization of younger children; decreased or no time for recess; the absence of available,

continued on page 5

CAPA in China...continued

CAPA in China

Dr. Elise Snyder first visited China in 2001. She was invited to lecture on psychoanalysis in Chengdu, the capital of Sichuan province. Almost 250 people attended her public lecture, including professors, students, bankers, businessmen, housewives, and truckers. A graduate student asked to speak to her privately. He described problems, which were amazingly similar to the problems experienced by the Yale graduate students she was treating. He ended the conversation by saying, "I need an analysis." But this was China, and no analysts existed.

When Dr. Snyder visited China three years later, this same graduate student asked her for an analysis. He added, "What about Skype?" She asked, in return, "What is Skype?" and thus CAPA was born. At present, there are more than 50 people in 3-5 sessions/week psychoanalysis and another 50 in 1-2 sessions/week psychotherapy. All treatment is done via Skype, the ONLY secure internet audiovisual protocol.

In 2006, CAPA was incorporated as a non-profit organization. As a result of many requests for training from cities all over China, an internet-based psychodynamic training program was developed. In 2008, 40 students were admitted to the first year of what has be-

come a 4-year psychodynamic psychotherapy training program.

At present there are four first-year, four second-year, two third-year and two fourth-year classes, each with 10 students. All classes are taught in English. The program comprises:

Three sessions/week 30 weeks/year (Theory, technique, continuous case 3 hours/week)

Individual Supervision 45 minutes/week

4-7 days /year face-to face teaching

CAPA has more than 350 members who are primarily American, but Canadians, Mexicans, Australians, Europeans, and Central and South Americans are also involved. Members include analysts and analytic psychotherapists who are members of groups such as APsaA, Freudian Society, IPA, WAW, Division 39, IPTAR, and IARPP.

CAPA always needs volunteers to teach, treat, and supervise. We will gladly train you to use Skype for treatment or supervision, or Oovoo for teaching.

**Please look at our Website <http://www.capachina.org>.
Or contact Elise Snyder, MD elise.snyder@yale.edu**

Global Summit...continued

close, outdoor recreation areas; and the absence of “the village” that shares responsibility for children’s growth and well-being.

The global summit sought to not only identify the problems and sound the alarms, but to forge relationships, create alliances, and begin a global movement for children, not unlike the women’s and civil rights movements. Children, however, cannot create a movement themselves; they need advocates. To this end, the summit launched **The Decade of Childhood** to spearhead this movement. One goal for the United States is to finally ratify the United Nations Treaty on the Rights of the Child. After 20 years and the ratification by 193 countries, the treaty has yet to be ratified by the U.S., Somalia and South Sudan.

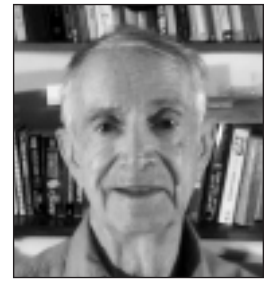
The global summit created forums for participants to think together about interventions for children at every level imaginable from the family, to the neighborhood, to the school, to the larger community and to the individual nation. We heard, for example, about Susan Linn, EdD, Cambridge, MA, who created a three and a half person non-profit organization, *Commercial Free Childhood*, and successfully took on major corporations such as Disney to retract inaccurate claims advertising highly commercially, successful programs for children such as Baby Einstein. Dr. Linn’s remarkable work and stories recall similar civil rights movements that relied on passionate, brave and creative individuals working together for the common good.

Under the breath-taking full bloom of the 100th anniversary of Japan’s gift of cherry blossoms to Washington D.C., delegates to this summit shared hope for and dread of the future for children and childhood. A curious absence in this movement, at its infancy, is mental health. Oddly enough, experts in child development are not in the forefront. It is the field of education that is taking the lead. As psychologists, we believe that we have a professional and moral obligation to join a movement that demands that society keep the child in mind.

The Association for Childhood Education International will offer Global Summits on Childhood throughout **The Decade for Childhood**. Another Global Summit on Childhood is being planned for 2014. The location is to be determined.

For more information about the Global Summit and The Decade for Childhood, go to www.acei.org. You can access The Decade for Childhood page at: <http://www.acei.org/programs-initiatives/the-decade-for-childhood-2011-2021.html>

HUMOR FROM THE COUCH



Harold Stern, PhD

A mong other things that I tried to demonstrate when I wrote my book on the couch* was that the couch, as depicted in many magazines, was used as a symbol to convey to the readers that the person lying there was in the process of being analyzed, was depicted as being in a passive position, and was the object of humor, if not ridicule as a thinly disguised form of aggression.

Freud himself had ambivalent feelings about humor and jokes. He frequently pathologized humor, on the one hand examining its use with defenses, neurosis and as a form of denial of reality. On the other hand, Freud wrote *Jokes and Their Relation to the Unconscious* where he discussed the purpose of jokes as a sublimated form of aggression. There is speculation that his book about jokes was on his mind when he wrote what many consider his most significant work, *The Interpretation of Dreams*. The connection between dreams and jokes leads to the speculation that if dreams are the “royal road to the unconscious,” humor is at the frontier of the unconscious. In Freud’s collection there is a large treasure of jokes, particularly Jewish jokes. He characterized humor as “one of the highest intellectual achievements.”

Freud, in 1920, seriously addressed the meaning of play using his grandson’s amusement with throwing and retrieving a wound string. He saw play as an important “cultural achievement a renunciation of instinctual satisfaction.” He also introduced the idea of “instinct for mastery,” and play as a defense mechanism of turning passive into active. He speculated that play could be a repetition of a trauma leading to the fulfillment and satisfaction of a instinctual drive.

Again in 1928, Freud touched on humor characterizing it as a “liberating” force dispelling the idea of the ego’s invulnerability. In the then new focus on the ego and its defense mechanisms, he viewed humor as giving support to the ego and as a way of representing conflict and making aggression ego-synchronic (i.e. It is only a joke!).

Subsequent to Freud’s contributions, many generations of psychoanalysts have considered the meaning of humor as it appeared in the analytic sessions. Theodore Reik, the friend and student of Freud and the founder of my institute in New York, National Psychological Association for Psychoanalysis (NPAP), often addressed humor as an aspect of psychoanalysis in his articles and books. As we have increasingly considered the use and meaning of the counter-transference in the treatment situation, there has been a loosening of the feelings that analysts can allow themselves to experience.

The early students of Hyman Spotnitz, especially Arnold Bernstein, Murray Sherman, Leslie Rosenthal, Robert Marshall and myself, were skillful in using humor both in individual and group sessions. Dr. Spotnitz was very attuned to the manifestations in human life of the absurd, the outrageous and the many nuances of comedy. He could be outlandish in his use of joining, mirroring, being ego syntonic, sometimes zany, and with the flouting of authority. It was clear that he enjoyed the use of his own and his student’s unconscious and primitive processes.

*Stern, H. (1978). *The Couch: Its Use and Meaning in Psychotherapy*. Human Sciences Press, New York.

Community Outreach

The Gifts We Receive When We Give...



Lesley Huff, MS

In a recent conversation with Dennis Debiak, PsyD and Rachel Kabasakalian McKay, PhD, regarding their work with Insight for All (IFA), both touched on how their experience with formerly homeless clients impacted them not only as clinicians, but also as humans. Dr. Debiak became involved with IFA from its inception as a supervisor for a graduate student working with a formerly homeless client. In 2011, he began to see clients through IFA himself. Dr. Kabasakalian McKay began volunteering her services to IFA in 2006.

Inspired by the work of Deborah Luepnitz, PhD., Dr. Debiak stated, “I felt strongly that most forms of treatment available to poor and homeless people were too often symptom-focused and didn’t recognize the unconscious. I wanted to be part of an effort like this that broadened the reach of psychoanalysis.” The recognition that working with this population requires flexibility, creativity, and an awareness of the power of countertransference is also reflected in Dr. Kabasakalian McKay’s recounting of her experience with one client who would sometimes forget when their appointment was scheduled. “Sometimes, she would forget that I was coming, and she would have gone out before I got there. Very early on, I came to understand that time worked very differently for [this client] than it did for me, as did memory.”

Providing services through IFA requires therapists to make adjustments to their practice, such as meeting clients at Project Home when they cannot travel to their offices. However, the impact of psychoanalysis on the lives of these clients made this effort worthwhile for both Dr. Debiak and Dr. Kabasakalian McKay. Based on his experience, Dr. Debiak shared, “I’ve learned that treatments offered to poor and homeless people that don’t involve an appreciation of unconscious processes are likely to be ineffective in the long run. So, as Dr. Luepnitz has said, I’ve learned that psychoanalytic approaches are the most useful treatments for poor and homeless people.”

When asked what they could share with other clinicians interested in working with IFA, Dr. Kabasakalian McKay noted, “contemporary psychoanalytic thinking about trauma and dissociation was essential to me in making sense both of my patient’s experiences and my own in relationship with her.” Dr. Debiak stated that two things he gained from his experience with IFA were 1) developing a community of colleagues through IFA who are committed to providing this kind of treatment to formerly homeless people and who are enthusiastic about learning from each other, and 2) seeing my clients begin to recognize how they improve their relationships and their lives overall through treatment.

With regards to how this work has impacted them on a deeper level, Dr. Debiak shared, “I’ve learned that I held many prejudices toward homeless people in the past. I was ignorant of the social and intrapsychic factors that contribute to homelessness and I was unable to bear the emotions that the reality of homelessness evoked in me.” Based on her work with a specific client through IFA, Dr. Kabasakalian McKay stated, “To me, living on the street, as [this client] had for years, was almost unthinkable; and I found her resilience, and her capacity to feel hope, gratitude, and connection extraordinary. Knowing that she was facing an illness that would likely kill her, and amazed by her capacity to endure, I was never sure how much to challenge her dissociation. It clearly helped her to talk, and to be listened to.”

Insight for All continues to welcome volunteers from the psychoanalytic community who are interested in providing services to formerly homeless clients. I greatly appreciate Dr. Debiak and Dr. Kabasakalian McKay for thoughtfully sharing their experiences of working with IFA, and inspiring the rest of us to reflect on how this work can impact both our clinical skills and our hearts. In the words of Dr. Kabasakalian McKay, “I never fully understood where I fit in her internal world, nor where she fits in mine, but I am convinced that our time mattered very much to both of us.”

Interested in Volunteering?

IFA is seeking therapists with a psychoanalytic orientation who can commit to long-term pro-bono treatments, have flexibility in their schedule, and are willing to see clients at the Project HOME sites (e.g. 21st and Arch, 1515 Fairmount, Diamond St, etc.).

Advanced graduate students who know they will remain in Philadelphia post graduation are invited to apply. If interested in joining IFA, please send a hard copy of your resume to Dr. Luepnitz at:
4247 Locust St. Apt # 817 Philadelphia, PA 19104

Culture and Society

Is War Inevitable? An Interdisciplinary Conference, Psychology Making a Difference in Society Series



Ron B. Aviram, PhD

Held February 25, 2012 in New York City

In the summer of 1932, the International Institute for Intellectual Cooperation, a body of the League of Nations, asked Albert Einstein to invite another intellectual to exchange ideas on any subject of his choice. Of all the people he could have reached out to Einstein decided to ask Sigmund Freud the question: "Is there any way of delivering mankind from the menace of war?" That Einstein chose to invite Freud to ponder such an important question strongly endorses the potential of psychoanalysis, and psychology in general, to provide humanity with deep understanding about significant problems in society. The conference *Is War Inevitable?* was inspired by the Einstein/Freud correspondence and Freud's answer was published in 1933 with the title *Why War?*

Historically, psychoanalysis has offered interesting formulations, but minimally useful efforts to address significant social conditions like prejudice and war. One explanation for this is that psychoanalysts tend to apply interpersonal concepts and dynamics onto intergroup dynamics which are not identical. Since the 1960's, social psychology has become the dominant discipline that addresses intergroup conflict. From the social psychological perspective, the individual is understood to function within a larger group dynamic which influences behavior. We can say that psychoanalysis tends to emphasize the intrapsychic, while social psychology tends to focus on the macrosocial. Early on, these two approaches did inform and enrich each other in the effort to improve the lives of individuals and, more globally, improve society. In 1954, the influential social psychologist, Gordon Allport, mildly teased psychoanalysts saying, "occasionally we shall have to place strictures upon the exuberance of the theorizing. Yet this criticalness will not in the least diminish our indebtedness to Freud and to psychoanalysis" (p. 333, 1954).

This interdisciplinary conference had a clear intention to explore the interaction of the intrapsychic with the macrosocial, highlighting overlapping concepts and literatures between psychoanalysis and social psychology in an effort to understand the psychological components that lead to war. To address a topic as massive as war, we need to look at multiple levels of experience simultaneously. Two of the three panels paired a psychoanalyst with a social psychologist. The conference organizer, Ron Aviram, opened the conference with an introduction to the Einstein/Freud correspondence and summarized some of the main points from Freud's *Why War?* (1933) paper. The introduction emphasized that the diverse audience, which included psychoanalysts, social psychologists, anthropologists, intergroup conflict workers, and stu-

dents from all these disciplines, may be in a better position than the presenters to identify overlapping concepts and ideas that can be carried forward beyond the conference talks. The first panel was moderated by Dr. Sandra Buechler and included the social psychologist Dr. Sheldon Solomon and the psychoanalyst Dr. Henri Parens. Solomon's talk, titled *Why War? Fear is the Mother of Violence* discussed the main points of Terror Management Theory and the empirical evidence that indicates that as the threat of death increases it is associated with increased prejudice and the potential for war. The talk by Parens, *The Problem with Freud's Answer to Einstein's Why War? It Was Wrong* addressed the various ways we can conceptualize aggression from benign to hostile. Parens then introduced a theoretical interaction between aggression and narcissism. This opening panel touched on Freud's ideas, and then extended our understanding by introducing each speaker's own rich work on the individual's interaction with large group dynamics.

Dr. Sue Grand moderated the second panel that included, Donald Moss and Steve Botticelli, making this a panel of all psychoanalysts. Moss read a shortened version of an evocative paper that he had previously published entitled *The Erotic Force of War Stories*. The paper described the intense fantasy life that his father's war stories created in his mind and how fathers may unwittingly create fantasies that lead to repetition across generations. The underlying force that was unknown by both father and son, involved trauma and dissociated pain. The audience was able to feel the sadness that the trauma passed on. Botticelli's paper, *Casual Ties, Acceptable losses: Warmaking as a Failure of Identification* brought the psychoanalytic to the activist level. He pointed out how the term "casual ties" is linked with casualties. Botticelli emphasized the ultimate need to get out and protest as a community when governments lead us to war. Botticelli urges us to find others who share a common humanist orientation and explains how this can embolden us to become activists for peace.

The third panel was again moderated by Sandra Buechler and included the social psychologist Dr. Michael Hogg and the psychoanalyst Dr. Ron Aviram. Hogg's paper was titled *The Uncertain Extremist: Waging War in the Service of Identity*, related to his upcoming book, *Extremism and the Psychology of Uncertainty*. Dr. Hogg is a protégé of Henri Tajfel and approaches the topic from the standpoint of social identity theory and his recent work on what he calls uncertainty theory. He described empirical evidence that there is a drive to reduce feelings of uncertainty and how identification, such

continued on page 8

Review of Monsieur Lazhar

Monsieur Lazhar (2011); directed by Philippe Falardeau; starring Mohammed Fellag, Sophie Nélisse and Emilien Néron; in French, Arabic and English, with English subtitles.

A chrysalis, Monsieur Lazhar explains to his class of middle-school students, is “an insect stage between caterpillar and butterfly, in a tiny, fragile cocoon, preparing to spread its wings, like you.” The students are indeed in a fragile place; their previous teacher committed suicide by hanging herself in the classroom. Bachir Lazhar is in a fragile place as well; he is awaiting a decision on his application for political asylum in Canada, having fled Algeria in the midst of a loss at least as tragic and shocking as that suffered by his students. But while the students’ loss is public and undeniable, Monsieur Lazhar’s loss is private; as viewers, we learn of it gradually throughout the film, but no one at the school ever knows. He is seen by the overworked headmistress, who hires him, as a solution to a problem, no more, no less: the students need a teacher, he offers himself for the job, end of story. Only it is not the end of the story; it is the beginning of a story, rich in parallelism and contrasts between children and adults, immigrants and natives, insiders and outsiders, truthfulness and evasion, guilt and innocence, secrets kept and secrets opened, people who imagine they understand and people who actually understand, losses that are ignored or glossed over and losses



Margaret Kim Peterson, PhD

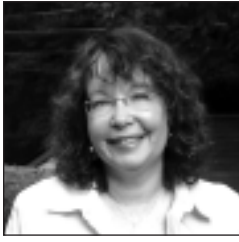
that are grieved with integrity and presence. Midway through the film, a custodian locates a box filled with the dead teacher’s classroom supplies. Her husband never came for them, the custodian says; he was going to throw them away, but Monsieur Lazhar can have them if he wants. The box echoes another box, opened earlier in the film, that contained... well, it would reveal too much to say what, but psychoanalytically-inclined viewers will find parallels and contrasts here as well. The film ends with many questions left unanswered; we are not told why Bachir Lazhar volunteered to teach these children, or what becomes of him or of the children. What we see is a few months of relationship winter to spring in the lives of a group of children and an adult who are at the same time traumatized and resilient, grieving and growing toward new life. Early in the film, an impatient immigration official says to Lazhar, “Algeria is back to normal now.” “Algeria is never completely normal,” Lazhar replies. This is not a story about getting back to normal. This is a story about moving through dark and hard times, and finding a way to choose life over despair and storytelling over silence.

Culture and Society...continued

as with large groups like nations, reduces such feelings. Hogg stated that extremists have a strong need to belong, while also feeling under-recognized. They are also obedient and conforming. He stressed that war is not inevitable, but has a higher potential when stressful social conditions lead people to reduce uncertainty with a preference for a strong, directive, and autocratic leadership. Aviram presented the second paper titled *Surviving and Killing*. In addition to a personal anecdote about war from his experience as a soldier, Aviram focused on the relationship between identity and large group affiliation, addressing the gap in knowledge in psychoanalysis when interpersonal behavior becomes intergroup behavior. He described large group behavior through an object relations perspective. He stressed the relevance of locating the large group in the mind. He introduced his concept of the social object representation which is the large group parallel to traditional object representations associated with important people of historical significance. When the social object is salient the individual perceives himself and others as group members rather than individuals. Aviram discussed that killing is not a natural or easy thing for people to do. Therefore he hypothesized that something vital must be at stake if

people are willing to participate in war. An intrapsychic or environmental threat to survival must be present. In either condition people will be oriented toward the large group for psychological and physical protection, and under certain conditions can make war more likely.

All the speakers advocated a hopeful perspective that war is not inevitable. However, they also recognized the potential for war is always present and that it is unlikely to end soon. Still, as Freud wrote eighty years ago, the advancement of civilization is oriented against war. Some of the suggestions to help reduce the likelihood of war included parenting education, civil activism, combating illegitimate status differences and inequalities in society, discouraging rigid orthodox ideology, and lastly, promoting education about identity and large group affiliation throughout the school years and into early adulthood, when large groups become important components of self-concept. This conference was unique in that it brought together social psychologists and psychoanalysts on the same panels to discuss the motivations for war. It was a constructive dialogue in an open and inspiring atmosphere.



Lynn Zubernis, PhD

Fandom At The Crossroads: Celebration, Shame and Fan/Producer Relationships



Katherine Larsen, PhD

F*andom At The Crossroads: Celebration, Shame and Fan/Producer Relationships* is an in-depth exploration of the reciprocal relationship between a groundbreaking cult television show and its equally groundbreaking fandom. For the past six years Zubernis and Larsen have inhabited the close-knit fan communities of the television show *Supernatural*, engaging in criticism and celebration, reading and writing fanfiction, and attending fan conventions. Their close relationships within the community allow an intimate behind-the-scenes examination of fan psychology, passion, motivation, and shame. Zubernis and Larsen also speak directly to the creative side in order to understand what fuels the passionate reciprocal relationship *Supernatural* has with its fans, and to interrogate the reality of fans' fears and shame. As they go behind the scenes and onto the sets to talk with *Supernatural's* showrunners, writers, and actors, the authors struggle to negotiate a hybrid identity as 'aca-fans.' Fangirls one moment, 'legitimate' researchers the next, the boundaries often blur. Their repeated breaking of the fan/creative side boundary is mirrored in *Supernatural's* reputation for fourth wall breaking, which has attracted journalistic coverage everywhere from Entertainment Weekly to the New York Times. Written with humor and irreverence, *Fandom at the Crossroads* combines an innovative theorizing of fandom and popular culture with a behind-the-scenes story that anyone who has ever been a fan or wondered why others are fans, will find fascinating.

Fandom At The Crossroads raises provocative questions about whether fan practices can be therapeutic, examines how boundaries between fans and producers are policed (from both sides), and explores the psychological motivation for fan conflicts and online aggression. The book also asks the reader to not only consider their own relationship to a particular fandom but demands that they take notice and take seriously the diverse interests and emotional attachments millions have with their objects of affection. Zubernis and Larsen challenge common assumptions on both sides and prompt readers to see, explore, and understand how and why people become fans, what drives and underlies fan behaviors, how creative producers perceive and respond to fans, and what benefits both fans and creators can derive from the experience.

<http://www.amazon.com/Fandom-The-Crossroads-Celebration-Relationships/dp/1443835307>

Self-Care Take Care

What do therapists do when we don't know what to do? We regularly confront life-and-death matters, bear witness to extreme neediness and suffering, and occasionally find ourselves in seemingly irresolvable ethical or other dilemmas. We must find the inner resources to metabolize patients' hostility or love (and manage our own) without engaging in enactments. We feel alone and isolated with these responsibilities even as we are honored that patients trust us enough to put us in these position. How do we bear the horrors and joys of our work?

I expect I am preaching to the choir, but I wanted to say a few words about the importance of having access to professional confidants, consultants, and confessors. Analysts and therapists at all levels of experience need to find ways to mitigate our isolation and uncertainty through the honest feedback and consensual validation from trusted colleagues. Over my thirty years in practice, I have been (often concurrently) a confused clinician, questioning peer, listening

continued on page 10



Susan S. Levine,
LCSW, BCD-P

Self Care...continued

peer, study group member, seeker of supervision or consultation, and supervisor or consultant. An essential part of the analyst's or therapist's work ego is an identification with colleagues and the profession which promotes both confidence and humility about our necessarily solitary decisions.

At the most informal level, one needs colleagues who are also friends, who are available at a moment's notice for casual questions, quick answers, or emotional first aid. By this I mean something like an empathic ear to help one contain something from the day's work too beautiful or awful to hold by oneself. Less immediate a resource would be the peer group. These groups can become quite intimate and trusting. They can facilitate exploration of countertransference and offer invaluable opportunities to experience difficult situations vicariously, i.e. to "identify with the analyst in trouble" (Coen, 2012). It is vital that we do not think of clinical difficulties or ethical dilemmas in a defensive, this-could-not-happen-to-me manner. Yes, it could and it probably will.

More formal than the peer group would be supervision or consultation, with which we are all familiar. The most formal resources involve institutions available for guidance in truly unusual situations involving risks to patient or clinician. Ethics (or other similar) committees at professional organizations can be extremely helpful. National groups may also provide legal hotlines for their members. For example, I have consulted the hotline of the Clinical Social Work Association several times and have found it invaluable. Occasionally, one's malpractice carrier may have useful advice.

We must be ethical about discussing our work, but discuss it we must. Patients expect us both to keep their confidences and to do what we need to do to take care of them properly; that includes taking care of ourselves by seeking consultation.

Indeed, the feeling that we cannot talk to anyone at all about a case may well be an ominous sign. Celenza (2007) has termed this "hyperconfidentiality." For genuinely delicate treatments with prominent patients, I have found it essential to have an out-of-town buddy arrangement with another analyst.

There is another category of consultation that I believe occurs more commonly than is acknowledged; I would term it either "psychotherapeutic supervision" or "supervisory psychotherapy." I consider it a holding environment for the assisted self-analysis of the countertransference. This relationship is generally between a well-analyzed or well-therapized clinician and a more senior confidant with whom the clinician can bring up any subject whatsoever. The process may be akin to free association, but it takes place face-to-face and not from a regressed state. The relationship may have a friendly collegial feel, even with a sense that the senior person admires the junior one. Often what may seem at first to be purely personal and unrelated to clinical concerns turns out to represent a piece of countertransference or a countertransference self-state that needs to be explored. We know that no analysis or psychotherapy can be complete, and that countertransferences, clinical dilemmas, and problems in the clinician's life do arise. However, we may still feel squeamish about acknowledging these phenomena openly. Perhaps we are concerned that colleagues might judge one's analysis as flawed or might underestimate one's inner resources and capacity to cope. Perhaps, too, we might feel challenged by conceptualizing and maintaining such a hybrid supervisory-psychotherapeutic relationship; at once well-bounded and professional, yet predominantly friendly, collegial, and gratifying for both participants.

Here's to taking care of ourselves and each other!



Barbara L. Goldsmith, PsyD

From the Board

Mentorship Update



Mugs for Mentors Program

PSPP Mentors were honored at the Graduate Student Brunch recently through the "Mugs for Mentors" program. In recognition of the enthusiasm and devotion that mentors have displayed towards the future of our field, each mentor was gifted a mug to signify his or her participation in the mentorship program. We like to think that they will enjoy sipping their tea or coffee from these mugs as they discuss readings, theory, networking or career paths with their mentees!

Reflections of a Mentee



Alex Gould,
3rd year Widener student

I have participated in the mentorship program through PSPP since last summer, and I am incredibly grateful for the experience. I was matched with Dr. Nancy Alexander, a private practitioner in Swarthmore. She has been kind enough to meet with me monthly at her home office. Dr. Goldsmith was sensitive to our mutual interests and wisely connected us. We both have a strong interest in meditation and mindfulness in clinical practice. I have discovered since beginning with Nancy that our common interests also extend well beyond mindfulness, and our personalities seem to mesh rather well together. I am very pleased with the match and look forward to each meeting.

Nancy has proven to be an invaluable resource to me in many ways. We have engaged in theoretical discussions, spoken about practical aspects of private practice, and have discussed my clinical experiences, among other topics. I am pleased at being able to cover an array of topics, and each avenue of discussion has opened new ways of thinking for me. It can sometimes be challenging as a student not knowing exactly what to expect upon graduation. My program does a good job of preparing us for life after graduate school, but it is incredibly helpful to have someone who works in the field with whom I can speak individually about my future professional life. I am rarely given the chance to indulge in my philosophical and theoretical interests with others, and having the opportunity to do so with Nancy allows me to reconnect with and enrich what I hold important. It has been vital to me to have the space in which to explore these ideas with someone whom I respect greatly and who holds similar interests. Sometimes, I will come to a meeting with Nancy with topics of discussion in mind, and other times I simply show up and see what happens. In either case, I inevitably come away from my time with her feeling as though I had benefited from the experience.

As I reach now into my fourth year of graduate school, I feel markedly more comfortable as a clinician than I have previously. There are surely many reasons for this change, but I can confi-

dently say that my time with Nancy has contributed to it. She has provided me with important practical advice for planning my future, and she has given me the opportunity to deepen my understanding of what excites me about clinical work. Knowing that a thoughtful, successful, and kind therapist, such as Nancy, has confidence that I will develop well as a clinician makes me feel more at home in the field. I am very thankful for the opportunity to work with her, and I would strongly encourage others to consider mentorship.

How do I Become a Mentor?

Interested PSPP members can email Dr. Barbara Goldsmith at barbgsmith@aol.com or Dr. Dana Odell at danaodellpsyd@gmail.com. Please include your contact information, locations where you would like to meet, and areas of interest/expertise (both scholarly and clinical), as well as any other information that might help us ensure there is a good match. If you previously volunteered to be a mentor, we will contact you to ask whether you are interested in being a mentor again the following year.

How do I Apply for Mentorship?

Students are encouraged but not required to become members of PSPP at a discounted student rate. There is no deadline for applying. Students and mentors can apply at any time.

Interested graduate students are asked to fill out a questionnaire that can be downloaded from the PSPP website, www.pspp.org. Completed questionnaires should be emailed to Dr. Goldsmith at barbgsmith@aol.com or to Dr. Odell at danaodellpsyd@gmail.com

American Psychoanalytic Association

The APSAA is holding their 101st annual meeting in Chicago, IL,

June 12-17, 2012. If you are attending this event,

we encourage you to submit an article for the Fall edition of the

PSPP Currents Newsletter.

For more information, please visit www.apsa.org

Events

Spring Brunch Series

Every Spring, PSPP hosts a series of lectures by noteworthy speakers on topics that are relevant and stimulating for the psychoanalytic community. The Spring Brunch Series also allows for the enhancement of our community as likeminded and curious individuals come together in the comfort of a PSPP member's home to share a cup of coffee and thought-provoking conversation.

We are grateful for the time and effort provided by the speakers, as well as the members who open their homes with gracious hospitality. A special thank you to Jim Bleiburg, PhD, Director at Large, whose tireless efforts make the Spring Brunch Series possible.

The Spring 2012 speakers are highlighted below.

You Saved My Feet: Psychotherapy with a Homeless Man

January 29, 2012



Dennis Debiak, PsyD

This paper presented the case of "Gabe," a man who spent eight years street-homeless. The City Outreach Services had engaged him regularly during those years offering food, blankets, and a room in a shelter. He had always politely declined to come indoors. The change came only when the pain in his feet became so unbearable that he took himself to a hospital emergency room. All ten toes required amputation and the doctors found that there were maggots living in his feet. Only at that point did he enter a residence for the formerly homeless where staff eventually connected him with Deborah Luepnitz's Insight For All (IFA) psychotherapy project.

The clinician in this case was an advanced doctoral student, Mary. I was her supervisor and met with her weekly for two years to discuss Gabe. The work presented enormous challenges as Mary felt deeply moved by Gabe, but also overwhelmed and repulsed at times. She felt torn between her desire to push him toward more medical care and her belief in honoring the patient's own wishes. (Physicians had warned that he was in imminent danger of losing both feet, yet he would not make a medical appointment or even discuss his feet.) Working with his dreams, artwork and attending closely to the transference/countertransference allowed the treatment to proceed in a slow but salutary way. The psychoanalytic constructs most useful in this treatment were Winnicott's (1971) idea of holding/impingement, Ghent's (1990) description of

surrender, Davies' (1996) understanding of dissociation, and Aron's (1996) mutuality in the context of asymmetry.

At the time of termination, Gabe's self-care had improved immensely. He returned in earnest to painting, his lifelong passion. The transference was an idealizing/erotic one. While presenting a significant countertransference challenge to Mary, the intensity of Gabe's feelings for her kept him connected and moving forward.

The paper ended with a discussion of my own subjective involvement with the case and some general reflections on psychotherapy with poor and homeless people.

I am grateful to the attendees at this event for the stimulating discussion following my presentation. I felt that I learned a lot from audience members' comments and questions, which gave me new insights into the functioning of this supervisor-supervisee-client triad.

This brunch presentation was followed by a focus group sponsored by the Philadelphia Center for Psychoanalytic Education (PCPE). The purpose of this discussion was to inform participants about some of the extant community service projects in which PCPE is involved and get input about how these efforts might be expanded.

References

- Aron, L. (1996). *A meeting of minds: Mutuality in psychoanalysis*. Hillsdale, NJ: The Analytic Press.
- Davies, J.M. (1996). Linking the "pre-analytic" with the postclassical: Integration, dissociation and the multiplicity of unconscious processes. *Contemporary Psychoanalysis*, 32, 553-576.
- Ghent, E. (1990). Masochism, submission and surrender: Masochism as a perversion of surrender. *Contemporary Psychoanalysis*, 26: 108-135.
- Winnicott, D. W. (1971). *Playing and reality*. London and New York: Routledge.

continued on page 13

Events...continued

"It's Not Your Father's Mental Conflict"

April 15, 2012



Michael Kowitt,
PhD, ABPP

Dr. Kowitt underscored the central and enduring place of mental conflict in classical psychoanalytic thinking, while highlighting the many revisions and updates that the theory has undergone. In this program, Dr. Kowitt surveyed the evolution of the concept of mental conflict as Freud and his followers sought to find new and better ways of expressing the clinical observations in theory.

Using everyday examples of mental conflict, including dreams, inhibitions, and reaction formations, Dr. Kowitt summarized Freud's sequence of efforts to capture these phenomena in theory. By describing the evolution of theory from the Topographical Model to the Structural Model, Kowitt illustrated Freud's unfolding understanding of the operation of unconscious defenses and moral imperatives, beyond the notion of unconscious wishes. Where the early part of the 20th century focused on discovering these forbidden wishes, now the functions, structure, and development of the ego and its defenses, as well as the superego, were included as coequal areas of interest. Analyses became longer as the importance of working through was appreciated, and the range of analytic investigation became much broader.

Dr. Kowitt discussed Freud's earliest notions about the importance of mental energies as a basis for explaining the formation of structure. Moving from the Topographical to Structural Models, Kowitt outlined the development of this theme to its high water mark in the post-war era of Ego Psychology, where theorists sought to extend dynamic, structural, and economic concepts to a general theory of mind. It was in this context that in 1953 Eissler formalized psychoanalytic technique. It was an austere model, at the height of what would later be termed "the one-person" perspective.

Illustrating the evolution of psychoanalysis from the 1960's through the 1980's, Dr. Kowitt described the theoretical expansion of psychoanalytic theory by contributions from in and outside the field, including developmental psychology and object relations theory. By the 1980's, the theory was no longer expected to account for highly abstract mental processes and structures, facilitating a shift to a more fully psychological and clinically useful model. Likewise, the technique also shifted to accommodate the changing culture and

the "widening scope" of patients. New ideas from other schools of thought were incorporated and the silent and "objective analyst" of the last generation gave way to a much more humane and participatory role. Dr. Kowitt recalled that in 1980, his first supervisor, a much older analyst trained in the austere era of Ego Psychology, insisted he say "nothing at all for the first six months... so that the transference will develop..." By around the same time, countertransference was understood as omnipresent, not as an interference in the ideally "well-analyzed analyst." In the years since, concepts of narrative truth and analyst-patient enactment became common themes in the classical psychoanalytic literature. In its own way, the one-person model of Ego Psychology had shifted to include a two-person perspective as well.

Dr. Kowitt concluded by stressing the unique and continued place of mental conflict in analytic thinking. Yet, while conflict and compromise have been central concerns for the last 115 years, the theory and technique around it have undergone many revisions. These changes have been a reaction to and a reflection of new clinical insights as well as other outside societal and intellectual trends. In a way that is alive and responsive to these influences, classical psychoanalytic theory has thus been a work in progress, continuing its evolution and refinement.

The Tao of Psychoanalysis: Where Kohut and Mitchell meet Buddha and Lao Tzu

**(And where, via your
clinical empathy, so do you...)**

June 3, 2012



Farrell Silverberg,
PhD, NCPsyA

When Heinz Kohut died, I was just becoming familiar with his writings and did not yet realize how significantly his mission to integrate introspecting empathy into psychoanalytic work would figure in my own eventual search to do the same. It was not until my training with a Buddhist-Taoist psychotherapy teacher in Korea many years later that I truly began to appreciate Kohut's search for the infusion of empathy and humanity into our work.

These highest of human capacities, when cultivated and integrated in psychoanalysis, are as much rooted in the wisdom of the East as the psychological science of the West. As Kohut (1959) pointed out, "Perhaps we have neglected to examine the scientific use of introspection (and empathy)... because of our reluctance to acknowledge it wholeheartedly as our mode of observation" (p. 469).

continued on page 14

Events...continued

Such wholehearted embracing of empathy is a step that most of us may already take while actually doing analytic work but it is a step we are hesitant to admit out loud for fear of being accused of being outside of the safe realm of psychoanalytic acceptability. This presentation goes a step further, and discusses privileging empathic resonance with the patient's inner experience, over and above the one-person system of classical psychoanalysis that privileges the analyst's interpretation of the patient's subjectivity. And furthermore, we discussed privileging such empathic resonance over and above the two-person intersubjective experience of the relational schools that does not privilege the subjectivity of either member of the dyad.

When viewed through the lens of Eastern philosophy, empathy can be seen as a deep interconnectedness wherein one experiences his or her own humanity as part of all humanity. The nature of this deep form of empathy is well stated in Peter Boodberg's (1953, p. 330) sense of "co-humanity." Such co-experiencing is simultaneously bounded and boundary-less in the service of better knowing and helping the patient.

Just as the Buddhist, Taoist, and neo-Confucian philosophers teach that all of us are, in reality, interconnected, it is artificial to section out portions of this empathic matrix during the treatment process just because our psychoanalytic theories tell us to do so. A more contemplative approach encourages us to reverberate with the suffering that the patient may be feeling, and to intervene therapeutically from that ground.

This dialoguing PSPP presentation, with its relaxed, safe and celebratory sharing about our experiences of empathy in treatment, is based on my recent (2011) *Psychoanalytic Inquiry* article "The Tao of Self Psychology: Was Heinz Kohut a Taoist Sage?"

References

- Boodberg, P. A. (1953), The semasiology of some primary Confucian concepts. *Philosophy East West*, 2: 317-332.
- Kohut, H. (1959), Introspection, empathy, and psychoanalysis: An examination of the relationship between mode of observation and theory. *J. Amer. Psychoanal. Assn.*, 7: 459-483.
- Silverberg, F. The Tao of Self Psychology: Was Heinz Kohut a Taoist Sage? *Psychoanalytic Inquiry*, 31: 475-488, 2011
drsilverberg@drsilverberg.com

Hypnosis and Psychodynamic Psychotherapy: Theory, Research, and Clinical Applications

June 10, 2012



Eric Spiegel, PhD

Psychoanalysis and hypnosis have been closely connected since Freud's early work. In the PSPP brunch series presentation, "Hypnosis and Psychodynamic Psychotherapy: Theory, Research, and Clinical Applications", I presented on modern psychodynamic applications of clinical hypnosis.

As there are numerous misconceptions about what hypnosis is and is not, we begin with a definition of clinical hypnosis, followed by explanations of hypnotic phenomena and utilizations in mental health settings. We then move into a brief overview of the history of psychoanalysis and clinical hypnosis, beginning with Freud, moving through Gill and Brenman's work on hypnosis and transference in the 1950's at the Menninger Institute, and into contemporary integrations of clinical hypnosis with self psychology and object relations theoretical perspectives.

As we examine psychodynamic applications of clinical hypnosis, we consider treatment perspectives that focus on psychic conflict and arrest. We discuss how clinical hypnosis can be applied to further aims of psychodynamic treatment, such as uncovering, offering interpretations, illuminating transference, supporting and examining the therapeutic relationship, enhancing observing ego functions (e.g. mindfulness), facilitating ego mastery, dilating or boosting ego defenses, regulating affect, and internalizing attachment and transitional objects. Towards the end of the presentation, several case vignettes are presented to provide examples of these psychodynamic applications of clinical hypnosis. The presentation concludes with information about training and continuing education opportunities in clinical hypnosis.

Save the Date

The second biennial Wise Child Symposium on Children's Literature and Psychoanalysis will be held on Saturday September 29, 2012 at the University of Pennsylvania. The theme of this year's symposium is *Picturing Childhood* and our guest writer/illustrator will be David Small.

Mr. Small has had a long career, mainly as an illustrator, but also as a writer of children's books. Along with his wife, the writer Sarah Stewart, he has illustrated many books, including Caldecott winner, *The Gardener*. More recently, in 2009, he moved into a new genre with the graphic memoir, *Stitches*, an autobiographical account of his difficult childhood, plagued by illness and lived within a family emotionally paralyzed by its secrets and past traumas.

Panels will focus on Mr. Small's work as well as the work of other writers and illustrators of children's literature, including Beatrix Potter and Maurice Sendak. An international group of psychoanalysts and scholars will present papers on the clinical, literary and theoretical aspects of pictures in children's literature.

The conference is presented under the auspices of The Psychoanalytic Center of Philadelphia and the University of Pennsylvania, within their collaboration on interdisciplinary topics, the *Freud, Franklin and Beyond* series. Additionally, it is supported by the Foundation of the Psychoanalytic Center of Philadelphia. This year, we are very pleased to announce our collaboration with *American Imago*.

Please mark the date on your calendar and plan to attend this rich, interdisciplinary symposium.

For more information, contact Elaine P. Zickler, PhD, LCSW at mezickler@gmail.com.

Division 39 Meeting

This year's Spring Conference, *The Leading Edge of Creativity*, could have had no better backdrop than "city different" Santa Fe, NM. Although the site was far from home, PSPP members were omnipresent this year and enjoyed the conference as presenters, audience members and administrators. Members in all of these categories reported that the conference left them enriched and inspired. In turn, several of our members contributed much to enrich and inspire.

Laurel Silber, Marjorie Bosk and Jacqueline Gotthold addressed the topic of play and metaphor in their work with children. As a perfect beginning to this discussion, Dr. Gotthold literally came into the room by coming "out of the box" that had been constructed for the purpose. The audience was greatly moved by Dr. Silber's description of an eight-year-old child who had been adopted from China wondering if a pencil eraser would work and Dr. Silber's intuitive understanding that the true question for this girl is whether her identity and early childhood as a Chinese child with different parents are "erasable". In a beautiful moment of meaning-making, Dr. Silber helped the child to see that a line she drew was not indelible, but that it became blurry as she tried to erase it. Marjorie Bosk also artfully illustrated coming out of the therapeutic box by screaming along with a small child who was dealing with traumatic memories.

In a panel discussion offering differing clinical approaches to a sequence of dreams, Deborah Luepenitz offered a discussion of Lacanian dream interpretation. Dr. Luepenitz illuminated this approach by discussing the use of language. She showed

that the dreamer, by necessity, chooses the words used to describe the dream and in so doing, reveals a great deal of important unconscious material. Jed Yalof also contributed by sharing his perspective as an administrator operating from a psychoanalytic framework and the way in which he is affected by this confluence of identities. In particular, a process for measuring program outcomes utilizing qualitative methods was emphasized.

Behind the scenes, Leilani Crane and Dennis Debiak continued to work tirelessly to improve the workings of the division itself. As a member of the Multicultural Concerns Committee, Dr. Crane co-chaired a discussion hour with Dr. Neha Patel concerning diversity within Division 39. The discussion was lively and many creative solutions were explored. One such discussion addressed capitalizing on the theme of globalism for next year in order to invite a more diverse population. Another examined the possibility of upending the order of case presentations such that seasoned clinicians present cases that are then discussed by early career professionals. As Division 39 secretary, Dr. Debiak spent much of his time at Board of Directors meetings, eschewing the beautiful weather and many of the fascinating speakers for the benefit of us all. In short, it was a delightful conference in large part due to the efforts of our membership and I believe that all attendees, including myself, were benefitted immensely by their presence.



Dana Odell, PsyD

PSPP Graduate Student Brunch

The 2012 PSPP Graduate Student Brunch was held on May 6 at the home of gracious hostess Barbara Goldsmith, PhD and was another rousing success. The crowd from the Widener University Institute for Graduate Clinical Psychology doctoral program was especially prominent this year, including graduate students as well as faculty members. There was also a sprinkling of enthusiastic students from other programs, such as Chestnut Hill College, Immaculata University, La Salle University, and New York University.

Diny Capland, MA, Graduate Student Representative of PSPP, introduced the PSPP President Elect, Robin Ward, PsyD, who spoke about the benefits of joining the organization as a graduate student. Stacey Boyer, BA, Membership Chair and Webmaster, informed the students in attendance about how to join PSPP as Student Members. Dana Odell, PsyD, Mentorship Program Assistant,



Emily Loscalzo, MS

continued on page 16

PSPP Graduate Student Brunch...continued

went on to describe the Mentorship Program of PSPP in detail and encouraged members to fill out a questionnaire in order to be matched with a mentor. Some current mentors and mentees joined in and spoke favorably about their experiences in the mentorship program thus far. Dr. Goldsmith, who is the Mentorship Program Coordinator, presented current mentors with custom made PSPP mentorship mugs to show appreciation for their participation in the mentorship program. For more information about how to join the Mentorship Program, please contact Dr. Odell at danaodellpsyd@gmail.com

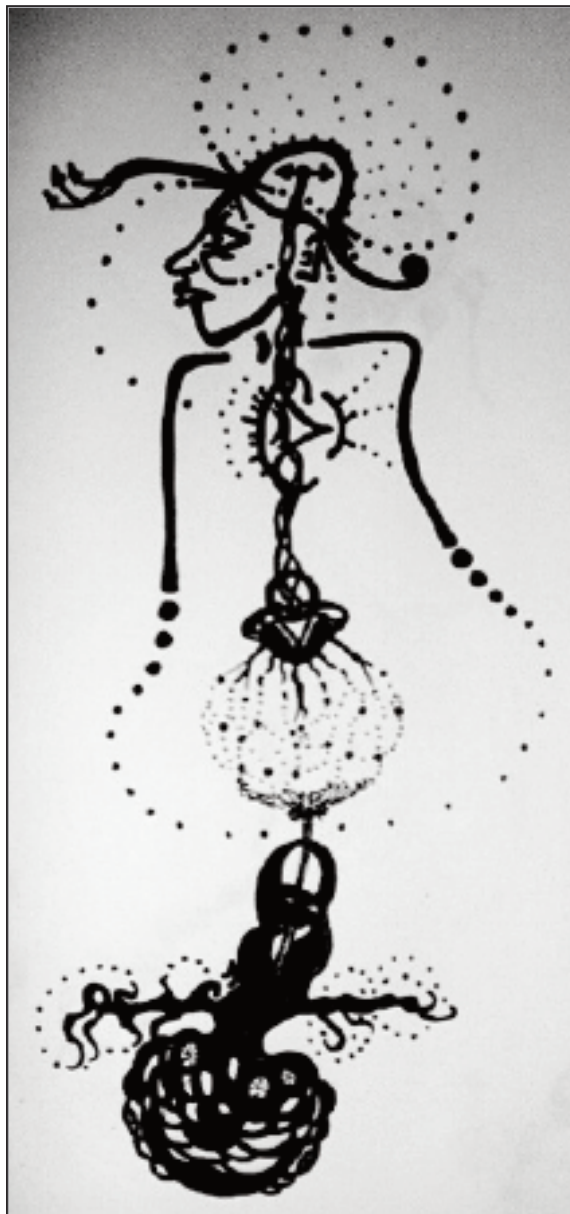
Representatives from two of the area psychoanalytic schools were in attendance and spoke about their respective programs. Diana Rosenstein, PhD, President of the Psychoanalytic Center of Philadelphia, spoke first and discussed the training programs that the school offers, including adult and child psychoanalysis, adult and child psychotherapy, and the psychoanalytic fellowship. Dennis Debiak, PsyD, Recruitment Committee Chairperson at the Institute for Relational Psychoanalysis of Philadelphia, then joined in and discussed the training programs offered at IRPP. These presentations informed the students in attendance that psychoanalysis is alive and well in the Philadelphia area and that there are a number of options for analytic training post graduation.

For the main event, Dr. Debiak and Sanjay Nath, PhD Director and Associate Dean at the Institute for Graduate Clinical Psychology at Widener University, discussed options and avenues for research of topics in psychoanalysis and psychoanalytic psychotherapy for dissertation. They spoke of ways to think outside of the box in developing a dissertation topic and gave examples of clever topics that former students successfully defended. The speakers invited students to seek out seasoned members of PSPP to mentor and serve on dissertation committees if their research interests match well.

The PSPP community will continue to reach out to graduate students from Philadelphia and surrounding area programs to encourage students to participate in related professional organizations and increase their interest and education in the area of psychoanalysis. We encourage students to invite their psychoanalytically curious friends and colleagues to join PSPP and attend other events and brunches. Please contact Diny Capland, MA (dinyone@gmail.com) or Emily Loscalzo, MS (eloscalzo@gmail.com) for further information about opportunities for graduate students and to help connect other interested graduate students to our community.



Creative Expressions



Jason James Hutchings, MS



Sarah Scheckter, MA, Candidate for PhD



Frances Michelle Ennels, PsyD student, MA, LPC

Creative Expressions

collecting one's self

Katherine Donner

over the years,
one becomes more practiced
at picking out and picking up
the smallest, smoothest stones
the sea throws at one's feet
on the soft taupe beach.
coral and cream, gray,
astonishing varieties of green,
gleaming white or rosy, and wet,
a seemingly boundless number
of pebbles
in limitless shapes and sizes,
round and flat,
tiny and jagged,
all of them deposited
and free for all
if only one chooses to look down.

over the years,
one comes to know
there's no predicting
what rolls in on the surf,
what surprises,
enchancing unique small chips and balls
embedded and sunny-side basking
in the sandy expanse.
the supply is endless,
one's enthusiasm is met on every expedition,
one's collection grows,
lives in clear glass vessels,
myriad colors, textures, forms.
one comes to believe
there will be such treasures forever
for everyone,
always enough,
always extraordinary.

if only the moments in one's life
were like the variegated stones,

always and extraordinary,
surprises and enough.

"This poem was inspired by my experiences at Calcutta House, a residential facility for formerly homeless people with HIV/AIDS. I wrote it for a resident who had shared with me his poetry written for his mother, whom he loved and had lost."

NO POET

Jacquelynn Cunliffe, MSN, PhD

He says he's no poet, yet words flow like water,
His unstructured symphonies spring from the heart.
He speaks of life's longings, dreams destined for ashes,
Of fate, hope, and karma, of loves torn apart.

He says he's no poet; his words prick the conscience
And deepest recesses of spirit and mind.
They're soothing, they're strident, they sting you like nettle.
They heal like a salve, they give sight to the blind.

She says she's no poet but whispers a lullaby,
Rocking her baby in time to the tune.
Her children she cherishes, strives to protect them
Against life's injustice, the ricochet, ruin.

She says she's no poet but clearly has vision,
Sees prisms in cracked glass, sculpts dreams from decay.
No meter or measure defines line or stanza;
The rhythm—her heartbeat, the verse—passion's play.

We say they're no poets—discard them like refuse,
Rebuke them for loving or feeling too deep.
Those sensitive souls not blind to the madness
They open their eyes while the rest of us sleep.

They say they're no poets—they're everyday saviors,
Gems that reside amidst gravel and stone.
Prophets of promise, emerging from shadow,
Illuminate darkness, make known the unknown

So where do they wander, these lights who might guide us,
Who see beauty in the sacred and the profane?
Some can convert their deep pain into poetry
Others surrender with needle to vein.

We are excited by the submissions we have received to our Creative Expressions section of the PSPP Currents Newsletter, and encourage you to consider sharing your own photos, poems, jokes, short stories, etc. Images, metaphors, and rhymes are a powerful tool in expressing our internal experiences. We feel this is such an important aspect of our community that our goal is to be able to dedicate an issue of the newsletter to the artistic expressions of the PSPP community.

The deadline for the Fall issue of the PSPP Currents Newsletter is August 1, 2012.

In Memory of Anne Sclufer

(1935 - March 1, 2012)



Miriam Field,
MSS, LCSW



Anne Sclufer grew up in Williamstown, Massachusetts. She earned a bachelor's degree from Bryn Mawr College, followed by graduate work at Harvard University. After marrying Nicholas Sclufer and raising her family, Anne returned to Bryn Mawr College for her Master of Social Services degree. She then commuted to Chicago to earn a PhD at the Institute for Clinical Social Work. She began her analytic training at the same time. Anne and I met at that time, over 18 years ago when we were candidates at the Philadelphia Psychoanalytic Society. She was unique, so accepting of others, so interested, so full of life. She was a special person.

Anne and I founded the Alliance for Psychoanalytic Thought (APT) together to bring psychoanalytic ideas to the community. We organized countless meetings, parent groups, movie discussions, preschool consultations and conferences with Jennifer Tate, APT's administrator and loyal friend. Anne made it fun. Her enthusiasm for any idea was catching. Her diligence and attention to detail ensured that programs were successful. Her efforts at collaboration were inspiring. She followed up on ideas and worked persistently behind the scenes, making sure someone else got the credit.

One of Anne's favorite programs was the annual Philadelphia area Child Care Colloquium. She organized, raised money for and fought against the odds to make sure that this program touched the lives of so many child care workers. She did this not as an analyst imparting information. Of primary importance to Anne were the relationships she built with the participants.

Anne's enthusiasm wasn't limited to APT. She lent a hand wherever she saw a need at the Center. She developed the Center's first web site, enlisted a friend to create the Center's first database, drove down early in the morning and late in the afternoon to water the new plantings, worked with the Parks Department to clear brush in the woods around the building, organized a successful book sale, and so much more.

Anne's profound devotion to anything she became involved in was impressive. She and her husband, Nick, were closely involved with the founding of People's Light Theatre Company in 1974. Anne was a member of the Board of Overseers for Bard College at Simon's Rock for twenty years. She actively supported many musical programs, including the Great Hall Chamber Orchestra at Bryn Mawr College. She recently studied horticulture at the Barnes Foundation. She loved music, literature, art, film, reading and travel.

Anne's trips to New Zealand were precious to her. She loved being with her daughter, Karen, her son-in-law and her grandchildren. She enjoyed the lifestyle, the pace and the people of New Zealand. Traveling to the Outer Banks with her daughter Evelyn, her husband and her grandchildren was another activity Anne enjoyed.

Anne had many close friendships marked by her generosity, encouragement and appreciation of others. The following thoughts about Anne, since her death, illustrate how she touched the lives of so many. It speaks of her essence.

"Anne was tireless in her efforts at cooperation and collaboration; Her kindness and determination were unparalleled; She had a heart of gold, a gentle soul, and a generous spirit; She was warm, kind, an amazing woman, so full of energy; She moved through the world with an admirable strength and grace; She touched the hearts and lives of so many, treating everyone equally; She always had a new discovery, a new food she couldn't wait to share. She was so full of life."

She was an inspiration to all. Anne was a great person who will remain in the hearts of the many people she touched.



Presorted STD
US Postage
PAID
Upper Darby, PA
Permit No. 114



Lesley Huff, MS

Letters to/from the Coeditors



Jacquelynn Cunliffe,
MSN, PhD

According to O. Henry, we should inject a few raisins of conversation into the tasteless dough of existence. Fortunately, Philadelphia's psychoanalytic community has many opportunities where such raisins can be injected. For example, PSPP events, such as the Spring Brunch Series and the Fall and Spring meetings, serve to bring members together for discourse on topics important to the study and practice of psychoanalytic work.

As the coeditors of the PSPP Currents Newsletter, we would like to see the newsletter as another home for such raisins. As a first step, we have been expanding the scope of topics included in the newsletter. However, Truman Capote correctly asserted that a conversation is a dialogue, not a monologue. Therefore, the PSPP community plays an important role in this conversation. In reading the articles in the newsletter, you may find yourself inspired to reflect on new ideas, challenge your current way of thinking, and even assert a different perspective. It is these very moments that we hope will be

captured in a letter to the coeditors. You may write us to assert a strong agreement with an article, or to provide a different viewpoint. As Andre Maurois noted, conversation is improved by the use of four simple words: I do not know. With this in mind, you may write us with questions that have arisen from information presented by the author(s).

Constructive discourse and sharing of ideas exponentially increases the community's creativity and productivity. Healthy disagreement helps to broaden our abilities to conceptualize, problem-solve, and see both the forest and the trees. Given the importance of these skills in our psychoanalytic work, we are encouraged by the prospect of having such a conversation.

As you read this issue of the PSPP Currents Newsletter and you have one of those moments, take the time to briefly jot down your thoughts and send them to psppeditor@gmail.com. Submissions should be approximately 250-350 words. We look forward to growing our conversation.