



For Mental Health Professionals Interested in the Psychoanalytic Perspective

A local chapter of the Division of Psychoanalysis of the American Psychological Association

www.pspp.org

Summer, 2007

*President's Message*

I've just finished reading *False Self: The Life of Masud Khan*, Linda Hopkins' splendid biography of one of the more complicated figures in the history of psychoanalysis. Her elegant treatment of Khan's life was both solemn and sobering, but apart from the focus on the principal subject, her book also opens a window into what many would consider to be the "golden age" of psychoanalysis. We may indeed feel nostalgic for a period of time when theories were flourishing, controversy was rife, and psychoanalysis was held in high esteem by the educated, artistic, and literate class of Western society. Yet the metaphor of a "golden age" summons something of a false image in contrast to what may be more true of our profession: we may never again capture the privileged position held by psychoanalysis in the twentieth century, but there remains a great deal of important work left to be done.

I have a distinct bias in regard to psychoanalysis. I believe that the profession has been dramatically enriched by the challenge of our post-modern age. No need to rehearse the litany of annoying intrusions of everything from man-

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**2007 Division 39 Spring Meeting**

**On Clinical Momentum: Time, Process, and Complexity in the Psychoanalytic Arena**

The 2007 Division 39 Annual Spring Meeting, themed "On Clinical Momentum: Time, Process, and Complexity in the Psychoanalytic Arena," was held in Toronto, Canada at the Royal York Hotel from April 18th to 22nd.

The conference started off with Nancy McWilliams giving an inspirational President's Address titled, "Can Psychoanalytic Psychology Survive?" My own reaction in listening to her enthusiasm and vision for the field, as well as her insightful, critical approach to what has held psychoanalysis back was that the answer must be a resounding "Yes!" Afterwards, the conference got started with an opening reception in one of the Royal York's magnificent ballrooms.

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## **President's Message** (continued from page 1) \_\_\_\_\_

aged care to biological psychiatry here. But the opening of our theory to an array of new information over the past few years—including advances in neurobiology, attachment theory and trauma theory—has actually opened new doors to an appreciation of how “depth” work can really make a difference in people’s lives. These advances and expansions of theory also relate to the emergence of psychoanalysis from a more isolated world of our individual institutes and institutions.

In attending several programs related to attachment and trauma of late, I’ve been struck by a convergence of both theory and technique which often introduces a psychodynamic way of thinking to audiences who might otherwise avoid anything labeled “psychoanalytic.” This June, PSPP members Barbara Goldsmith and Laurel Silber were workshop presenters at an annual conference on childhood sexual abuse at Widener University. Our growing appreciation of the sequelae of trauma, which revisits the controversies related to Freud’s adoption and abandonment of his seduction theory, again turns our attention to the necessity of committed, comprehensive, and long-term treatments. On another front, our well-received PSPP Spring Program, featuring a keynote address by psychologist Madeline Levine, focused on the cultural and therapeutic challenges of a privileged generation of adolescents and young adults. Once again, the discussion was enhanced by the contributions of PSPP members Sanjay Nath, Rachel Kabasakalian-McKay and Laurel Silber. The program was attended by many non-PSPP members who work with adolescents, and I was excited by the opportunity to introduce modes of psychoanalytic thinking to a broader audience.

We are no longer talking to ourselves. While many continue to do excellent teaching within our institutes and organizations, we are also engaging more diverse clinical audiences and inhabiting a dialogue of give and take of the ideas which guide our work. Of course, many of our members have long been engaged in bringing psychoanalytic ideas into both friendly and occasionally hostile territories. As we look to the future, we may not be able to presume a privilege of living within a gated psychoanalytic community. But we have the opportunity to influence future generations of clinicians who will be on the frontlines of an often rugged profession. Perhaps we have yet to realize the potential of psychoanalysis, even as some have been hasty to compose its obituary. Let’s keep at it!

*Joseph G. Schaller, Psy.D.*

## **Transportation to PSPP Events**

Have you had difficulty finding transportation to PSPP events in the suburbs? We can help! When signing up for PSPP events, please let the contact person know if you are either able to provide a ride or need a ride to that event. With this information, the contact person can help to make the necessary arrangements.

# Committee Reports

## Treasurer's Report

The PSPP treasury balances are as follows, with 2006 balances shown for comparison:

PSPP Account	BALANCES	
	5/29/2007	5/29/2006
Checking .....	\$ 2,827	\$ 1,196
Money Market .....	\$ 2,338	\$ 2,323
<b>Subtotal: Bank Accounts</b> .....	<b>\$ 5,165</b>	<b>\$ 3,519</b>
3-Yr. Rising Rate Certificate of Deposit .....	\$ 5,217	\$ 5,000
<b>Total Funds</b> .....	<b>\$10,382</b>	<b>\$ 8,519</b>

At this point in the year—just before dues collection—our bank balances are usually at their lowest ebb, and this year is no exception. Our most recent large expenditure, the Spring Meeting, drew 86 attendees. This program cost us more than it has in the past, primarily because of the costs associated with inviting a nationally known speaker (Dr. Madeline Levine) with a recently published book that has drawn nationwide notice. It was our hope to engage a broad audience with this program and, judging by the substantial number of non-PSPP-members attending, we seem to

have succeeded in that. Although we had hoped for even greater attendance numbers to offset more of the cost, we should be able to meet our expenses without compromising our financial stability. The following table shows the net financial impact of these programs in each of the past 5 years, and demonstrates the substantially greater cost of this year's event relative to previous years:

*Ellen Balzé, Ph.D.*  
*PSPP Treasurer*

### Net Cost (Profit) of Spring Meeting Program

2007	2006	2005	2004	2003
\$3,900*	NA**	\$1,790	(\$4,685)	\$400

\* This is an estimated net cost based on projected expenses; all expenses have not yet been paid.

\*\*No Spring meeting was held in 2006 so that PSPP's resources could be directed to the APA Division 39 meeting in Philadelphia.

## Membership Report

As we say goodbye to spring and greet the summer months, we welcome the following new members:

- Elio Frattaroli, M.D.
- Constance Evert, Ph.D.
- Julia Stein, Ph.D.
- Lee Carter Glancey, B.S. (student)

Since the beginning of the calendar year, we have gained nine new members. Our membership tends to hover around the 200-220 member mark each year. With renewals being received this month, we will know by the end of the summer where our census actually lies.

### **It's Membership Renewal Time!!!**

This is the time of the year when we send out our Membership Renewal forms. Those of you who became new members since the New Year will not need to pay more dues, but we do ask that you review the information on the renewal form and send it back to me so that any corrections may be included in the membership data-base and the new directory which we issue in the fall. Current members, please send back your Renewal forms, even if there are no changes, with a notation on the form to that effect. This helps immensely in our record-keeping. Also, please return the Needs Assessment Form with your suggestions and feedback so we may include your ideas and pref-

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# Updates

## Mentorship Program Update

### Calling all Graduate Students

Since the beginning of this academic year, we were able to successfully match eleven students with PSPP mentors. This is a good start, but we would like to increase the number of student-mentor pairs. We have had a wonderful response from our PSPP members who have generously volunteered their time to mentor. Many of you were not matched due to location, and we hope that we will have additional requests from more students beginning in the fall.

We would like to thank the following PSPP mentors who volunteered this past academic year to mentor students:

Dennis Debiak, Psy.D.  
Rebecca Ergas, Ph.D.  
Miriam Franco, Psy.D.  
Barbara Goldsmith, Psy.D.  
Bill Grey, Psy.D.  
Katherine Gounaris, Psy.D.  
Rachel Kabasakalian-McKay, Ph.D.  
Laurie Levi, Ph.D.  
Maxine Margolies, Psy.D.  
Jay Moses, Ph.D.  
Barbara Zimmerman-Slovak, Ph.D.

A very special thanks to Dr. Dora Ghetie for a wonderful job done in helping coordinate the project. Dora will be stepping down after June.

At this year's graduate student brunch, several new ideas were generated by the students that can expand the mentorship program even further. One idea was a monthly case group, which is open to students and led by a PSPP member. The other suggestion was for summer reading groups run by PSPP members, similar to the relational reading group formed in the summer of 2005. We will be thinking how to incorporate these sug-

gestions into the mentoring program this year.

For those of you who are new to the mentoring program, mentors and mentees are matched based on common interests and geographic locations, and meet for one hour each month during the academic year at the mentor's office. Summer meetings may also be an option depending on mutual interest and availability.

### If you are a graduate student who is interested in finding a mentor:

Just fill out a questionnaire that can be downloaded from the PSPP website: [www.pspp.org](http://www.pspp.org). Complete the questionnaire and email it to Dr. Barbara Goldsmith at [barbgsmith@aol.com](mailto:barbgsmith@aol.com) (Questionnaires will also be available at the various graduate school programs in the area).

### If you are interested in becoming a mentor:

Send an email message to Dr. Barbara Goldsmith at [barbgsmith@aol.com](mailto:barbgsmith@aol.com). Please include your contact information, locations where you would like to meet, areas of interest/expertise (both scholarly and clinical), as well as any other information that might help us ensure a good match.

Mentoring satisfies an important developmental need in preparing graduate students for successful entry into the profession and offers practicing professionals the opportunity to share their knowledge and experience. Many graduate students are eager for more exposure to psychodynamic ideas, whether they are in the form of supervision, readings, and/or networking in the community.

Thank you,

*Barbara L. Goldsmith, Psy.D.*  
*Dora Ghetie, Psy.D.*

### SAVE THE DATE

#### PSPP Fall Meeting

Sunday afternoon, October 7th, 2007.

Rosenbach Museum and Library

Noted author and British psychoanalyst Janet Sayer, Ph.D. will present material from her recently published book, *Freud's Art*. Activities

will include the talk and a cocktail reception as well as a tour of the museum's collections and an exhibit of Maurice Sendak's work.

# Graduate Student Brunch, May 6, 2007

This year's graduate student brunch was held on May 6, 2007 from 11 a.m. to 1 p.m. at Dr. Barbara Goldsmith's house. Over 25 graduate students (from Widener, Immaculata and Bryn Mawr) attended, along with professional mentors, and PSPP board members.

There was a breakfast buffet with every brunch food one could imagine, including Dr. Goldsmith's homemade banana bread. Dr. David Ramirez, former Division 39 president, spoke about why graduate students might want to be involved in PSPP and Division 39 of the APA. Information regarding the mentorship program was made available along with a letter writ-

ten by PSPP president Dr. Joseph Schaller inviting students to join the PSPP community. Students were then invited to voice any concerns and ideas that might help them feel more of a part of the community. Some of the ideas generated included a psychoanalytic summer book club, psychoanalytic reading lists on a variety of topics by contemporary writers, and a supervisory clinical case group for students led by a senior PSPP clinician. In sum, the brunch was an overwhelming success, leaving guests satisfied on all accounts.

Elizabeth Bogado  
Anna Hiatt

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## Announcement of PSPP Member Publications

Miriam Franco has published an article in the *Journal of Women and Aging*, titled, "Posttraumatic Stress Disorder and Older Women."

Linda Hopkins recently published a book on Masud Khan titled, *False Self: The Life of Masud Khan*. Look forward to a book review in the fall newsletter.

Jeanine Vivona was recently awarded the distinction of "Best Article of the Year" by the editorial board of the *Journal of the American Psychoanalytic Association* for her article, "From Developmental Metaphor to Developmental Model: The Shrinking Role of

Language in the Talking Cure." The full citations for the publications are listed below:

Franco, M. (2007). Posttraumatic stress disorder and older women. *Journal of Women and Aging*, 19, 103-117.

Hopkins, L. (2006). *False self: The life of Masud Khan*. New York, New York: Other Press

Vivona, J. M. (2006). From developmental metaphor to developmental model: The shrinking role of language in the talking cure. *Journal of the American Psychoanalytic Association*, 54, 877-902.

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## Editor's Note

It is with sincere pleasure I begin my tenure as editor with the current issue of *Currents*. As we enter the summer months, I hope all will find the engaging offerings of the PSPP family collected here a refreshing treat.

For those of you who do not know me, here is a bit about myself. I recently graduated from Widener University where I was involved in the psychoanalytic track. I am currently completing a post doctoral fellowship at the Counseling and Psychological Services at the University of Pennsylvania and am happy to have

recently accepted a full-time staff psychologist job at La Salle University's Counseling Center. I will also be opening a small private practice in Center City in the late summer.

I have enjoyed putting together the current issue and look forward to continuing my editorship. Submissions and questions are welcome. I can be reached by email at robinward@hotmail.com or phone at 610-259-6381 (home).

Robin M. Ward, Psy.D.

## Summary of PSPP 2007 Spring Program

# Privilege and its Discontents: Psychological and Cultural Challenges in Clinical Work with Affluent and Unhappy Adolescents

Our spring program this year, held on Saturday April 28th at St. Joseph's University, provided a productive time to reflect on the specific developmental challenges and life context factors associated with growing up a child in a wealthy family. The centerpiece of the program was an engaging presentation by Madeline Levine, the author of *"The Price of Privilege: How Parental Pressure and Material Advantage are Creating a Generation of Disconnected and Unhappy Kids."* The program also featured thoughtful contributions by PSPP members Laurel Silber, Rachel Kabasakalian-McKay, and Sanjay Nath.

One story Dr. Levine told encapsulates much of my experience of her talk. She described going to her waiting room and being warmly greeted by a fashionably dressed young woman from an affluent and high-achieving family, whose charming, bright, and engaging manner struck her immediately—an all-American girl who sounded equal parts J. Crew and Norman Rockwell. This initial impression stood in harsh contrast as later she described the young woman rolling up her sleeves to reveal a cutter's tapestry of freshly

healed wounds on top of old scars. Dr. Levine suggested this young woman could be thought of as representing the struggle of many children of affluence, "... a kid who looks really good on the outside, but you roll up their sleeves and they're bleeding underneath." Later, she went on to describe the psychological situation of many children of wealthy families as one involving an almost exclusive focus on exteriority. Appearance and performance are the only measures of the good life, with little time and appreciation given to exploration and development of a healthy and vital internal world, similar to an opulent house with a lavish outside but limited time and care given to the lived spaces within.

A number of thought-provoking and exciting observations were made by the other presenters. For example, coming from a feminist perspective, Dr. Silber suggested the values of affluent society could be thought of as constituting a set of initiation rites into patriarchal culture, which she characterized as a sanitized worldview invested in covering over differences and problems. By way of contrast, she then presented movie



Afternoon Presenters Sanjay Nath and Rachel Kabasakalian-McKay



PSPP Current and Former Presidents



Post-presentation conversation

clips and a portion of a song as examples and evidence of resistance to these values. Dr. Nath used Ogden’s concept of “psychological unevenness” and Anna Freud’s developmental lines as references to articulate a type of psychological development that may be descriptive of many troubled children of wealth who come to our offices, presenting as intellectually precocious while emotionally limited. Dr. Kabasakalian-McKay offered up some thoughts informed by a relational perspective, suggesting that affluent children, while gaining many material advantages, may lack opportunities to experience themselves as contributing meaningfully to others in their lives, thereby missing out on requisite encounters of assertion and recogni-

tion vital in the development of intrasubjectivity.

Overall the day included many rich conceptual elements as well as the sharing of interesting anecdotes, reactions, and associations. As a clinician specializing in work with a late adolescent and early adult population, I found the talk particularly useful and look forward to future presentations.

*Robin M. Ward, Psy.D.*



Joe Schaller, Madeline Levine, and Laurel Silber at Friday Night Dinner



PSPP Graduate Student Volunteers

# PSYCHOANALYSIS AND THE HOMELESS PATIENT

*Home is Where We Start From* is the title of a well-known Winnicott text. What can psychoanalysis bring to adults and families who have spent part of their lives living on city streets? How do we understand the subjectivity of people for whom the meaning of “home” has been utterly fragmented or ruinous? These are questions that moved me to start Insight For All (I.F.A.), a group which connects formerly homeless people now living in residence at Project H.O.M.E. with analysts in the community willing to work pro bono. The therapists involved in I.F.A. recently decided that it was time to sit down and talk with each other about our experiences. The first meeting of I.F.A. members was held on May 20th, 2007 in West Philadelphia; nine therapists attended.

The group began with people expressing the enormous satisfaction they felt from serving this population and listening to people to whom no one had ever listened. There are several patients who have hardly missed a session in a year or two of treatment.

There was also consensus about the obstacles. Seeing patients onsite rather than in our offices means less privacy than we are used to. Dr. Barbara Zimmerman raised the issue of patients wanting us to advocate for them with their case workers. Some of us mentioned that in working with homeless people we find ourselves thinking differently about time boundaries, self-disclosure, and even physical contact. Dr. Jay Moses mentioned he didn't interpret cancellations and lateness in the same way as he does with non-homeless patients. He mentioned that he once allowed a session to go on for three hours and sometimes finds himself offering advice. Can such work still be considered analytic? Someone mentioned that this was exactly what Winnicott meant by offering analysis “on demand” and also that Winnicott was not embarrassed about what he called the “management” aspect of treatment.

Psychoanalyst Linda Spero described her surprise when some of her homeless patients reached out for a hug as a way of ending the session. Patricia Gherovici suggested that the hug might be related to the fact that the treatment is free—thus representing payment or a

gift. All agreed that, although we are committed to doing the work for no fee, it is nonetheless important to continue to analyze the unconscious meanings of the absence or presence of “payment” and examples of gratitude, guilt, and reparation as they emerge in each case.

On the subject of bending the frame, I mentioned that my favorite Lacanian supervisor, Serge Leclaire, used to say, “Psychoanalysis must be reinvented for each patient.” What distinguishes our work from behavior therapies is not the length of sessions or an abstinent position, but the commitment to reflect on every conscious choice we make, as well as every parapraxis, as we pay consistent attention to the transference and countertransference.

We watched a video that tells the history of Project H.O.M.E.'s founding in 1989 by Sister Mary Scullion and Joan Dawson McConnon. The number of people living on the streets has dropped from 25,000 in 1989 to less than 1,000 in 2007. Project H.O.M.E., which began with no money at all (and now has an annual budget of \$8 million) has renovated whole blocks of homes in North Philadelphia, planted 18 gardens, and developed four successful businesses run by formerly homeless people. We have registered 8,000 first-time voters and provided transportation to the polls. I.F.A. aims to offer one resource that Project H.O.M.E. has not yet had—psychoanalysis.

Attending our first meeting were Ellen Balzé, Patricia Gherovici, Carol Jacques, Katya Lisovenko, Deborah Luepnitz, Jay Moses, Julie Nemeth, Barbara Zimmerman Slovak, and Linda Spero. Other active members of I.F.A. are Ann T. McDonald, Dennis Debiak, Rachel McKay, and Bill Grey. Anyone interested in more information about I.F.A. should contact me at [dalue@webtv.net](mailto:dalue@webtv.net).

*Deborah Anna Luepnitz, Ph.D.*

*Deborah Anna Luepnitz, Ph.D. is the author of Schopenhauer's Porcupines. She has been a Project H.O.M.E. volunteer for seven years and launched I.F.A. in 2004.*



# My First Car

My first car was a burgundy Corsica, given to me by a good friend who had been driving it for a few years. I had just learned how to drive and I found the freedom of driving myself to places quite exhilarating. It was such a nice car. I named it "Little Red One," and she and I (for it was definitely a she) were a wonderful pair. Wherever I went she patiently waited for me. In snowy winter and scorching hot summer she sat outside without complaint. She listened to me, heard me laugh and cry. She witnessed moments of great happiness and intense sorrow. Like a good therapist, she didn't say much. And somehow, I always felt comforted by her.

Little Red One died one sunny afternoon. She had been complaining for a while that something was not right and on that day the mechanic declared her beyond repair. She had only been with me for two years, but I remember taking that last look at her in the parking lot of the garage; she was off to the scrap yard and I knew I would miss her. A few months later, "Little Black One" came into my life. She was new and shiny and I grew attached to her too, but there will always be a place in my heart for my first car.

I hadn't thought of Little Red One in a long time. It was Anne, one of my clients, who reminded me of her. Anne was a college student who had been in a terrible car accident that left her with a great deal of pain and a long course of physical therapy ahead of her. She was understandably distressed. I imagined that having to cope with physical limitations at a time when she wanted to feel invulnerable and full of life was the main reason for her sadness and sense of loss. It wasn't too long into the therapy that she talked about the car she had been driving. It was her first car and it had been completely destroyed in the accident. That car was her haven. She had decorated it to suit her style; it was most definitely her car, in fact, a part of who she was. Anne was in mourning for her car. Her tears mixed with my memories of Little Red One and we spent much time reflecting on the meaning of this loss.

Most people learn to drive in late adolescence. Driving becomes the perfect vehicle for asserting one's independence. Often it is a parent who teaches the adolescent to drive, in a beautiful parallel to the process of separation-individuation. The parent both nurtures and supports the inevitable growth into adulthood. How one learns to drive reveals a lot about his or her family dynamics. Since meeting with Anne, I started to

ask more often about driving history. There is Julie, whose father took her driving before she was ready. When she drove into a ditch, he scolded her harshly. Or Andrew, who badgered his parents to teach him how to drive from age 13, only to seek lessons with a private instructor a few years later with money he had saved from summer jobs. And Ben, whose refusal to learn how to drive became a constant source of conflict with his mother.

Driving is a big deal. Driving gives one awesome powers, both exciting and dangerous. "With great power comes great responsibility," a line from the movie *Spiderman*. Driving gives one control over a several-ton machine that can travel at speeds to which no human can come close. Freedom is costly and driving kills. Being the driver of a car requires not only personal mastery but also trust in others. That's life: a constant tension between relying on oneself and relying on other people.

As with any task that demonstrates a human being's control over his environment, driving evokes aggression. One driver finds himself overwhelmed by his aggressive impulses; he is impatient; he yells; he is ready to jump out of his car and beat his fellow drivers. The rules of the road are only suggestions for him. Another copes with his aggression through denial; he is the excessively cautious and polite driver. Or through projection; he is the paranoid driver, convinced that at any given moment another car is likely to attack. Others don't even focus on driving. They use the time to daydream, to review the events of the day, to listen to music. They linger at stoplights, make careless mistakes, content that the world will watch out for them.

The driver is alone and anonymous. For some, this is just what they need. They live hectic lives and driving affords them the opportunity to be just with themselves, free of the responsibility of human interaction. For others, the aloneness of driving is almost intolerable. They were thrilled when cell phones became popular. They are likely to seek any opportunity to carpool.

I often wonder, "What do people really do in their cars when alone?"

The relationship that develops between car and driver also says a lot about personal dynamics. The nurturer loves his car and becomes attached to it, perhaps

*Continued on page 14*

# Adolescence and Trauma: Struggling for Sanity In an Insane World

*"Whereof one cannot speak, thereof one must remain silent"*  
Wittgenstein

I have been asked to report about my most recent conference as Director of the Child and Adolescence Psychotherapy Studies Program (Ch.APS) of the New Jersey Institute for training in psychoanalysis, which was held March 18th, 2007, entitled "Adolescence and Trauma: Struggling to be Sane in an Insane World." The keynote speaker was Elio Frattaroli, M.D., a psychiatrist/psychoanalyst and Director of the Psychotherapy Training Program at the Psychoanalytic Center of Philadelphia. Dr. Frattaroli studied at Harvard, trained with Bruno Bettelheim at the University of Chicago, and is a Shakespearean scholar to boot. He spoke about how psychiatry has lost (and sometimes sold) its soul to a "quick-fix" mind-set. Using the example of Hamlet as the quintessential embodiment of an adolescent who has experienced trauma and who is undergoing massive inner turmoil, Dr. Frattaroli insightfully pointed out that none of us who reads about Hamlet would consider the prospect of introducing an antidepressant into the mix to help Hamlet, much as our hearts might go out to him. Yet, as he pointed out, the current collective mentality in the field almost automatically reacts to individuals who are in the midst of depression similar to Hamlet's by mindlessly invoking the use of selective serotonin reuptake inhibitors (SSRIs) or any of its kin, much like a knee-jerk reflex. He stressed the importance, and, in fact, the necessity of pain in the normal pantheon of human experiences, emphasizing that the existence of painful feelings acts as a signal to let us know that something is amiss. In the process of learning what is producing our pain and after working out those things, growth takes place. Dr. Frattaroli emphasized that painful, disturbing emotions are adaptive responses to problems within ourselves, our families, and even our

culture.

He further indicated that he usually does not prescribe medication for new patients. Instead, he works with them via the tried and true ways associated with talk psychotherapy. His interest is in treating people by respecting their humanity, rather than sapping them of their vitality by requiring them to ingest agents that act as chemical lobotomies. He pointed out that he treats patients who come to him who are already receiving medications, and, with their informed consent, attempts to slowly titrate them off the medications in the safest manner and pace possible.

I thanked him for his courageous stance, and for saying out loud, and, I might add, quite charismatically, what others in his field, or in similar positions have feared to utter, lest they face various kinds of "professional" retribution. He made it plain that he believes in the resiliency of the human spirit and in the power wielded by people relating to one another to effect real change. Being able to talk to another human being who is paying attention, interested, listening carefully, who cares, is accepting and non-judgmental, is a rare and extraordinary experience. Most change in therapy, I believe, emanates out of that precious well-spring of humanity and inter-relatedness.

In my own paper, I discussed the influence of trauma and what I call "crazy-making" and its impact on the direction, formation, and ultimate effect on a particular young adolescent's developing personality. Crazy-making is only one of many factors that can be instrumental in leading to so-called "pathology." But, I believe that it is much more important than most people realize. By crazy-making, I mean when we say one thing to an adolescent but mean something else, or do the opposite in our own lives of what we say, or are inconsistent in our treatment of adolescents, or we invalidate the adolescent's feelings; these are "crazy-making." When trauma is thrown in, the admixture of crazy-making and trauma combined with the tumult typically accompanying adolescence is profoundly compounded.

In my presentation, I used as an illustration the case of a 14 year old, named "Charlton," who was referred to me because he was exhibiting symptoms of an adolescent who appeared to be exhibiting a schizophrenic picture. The reason I chose to present this particular

## Reminder to PSPP members Election of Officers

After nominations are completed, you will all receive ballots for election of officers and new members to the PSPP board. Deadline for returning ballots is July 31st, 2007.

case is because (1) it represented an opportunity to show that one can do good work even with very difficult cases (such as with a schizophrenic patient) using psychotherapy—in this case psychoanalytic-ally oriented psychotherapy—to show that soothing in the face of terror is therapeutic; and that (2) one can be very helpful without resorting to the use of medications whatsoever.

In brief, Charlton was referred because he started to writhe and wretch in terrible distress during the dissection of a bullfrog in his High School Biology class, which was followed shortly thereafter by his rocking back and forth, crawling on the floor, and finally by curling up into a fetal position and becoming motionless. It is probably no coincidence that this episode occurred one year after his mother had died of a long, painful battle with cancer (practically to the day of her demise). When Charlton came to see me, he sat in a chair in a curled up position and did not speak for several sessions, despite all manner of attempts on my part to engage him. After a fashion, he began to communicate verbally, but even those verbalizations were not especially elaborate or extensive. Finally, through the use of drawings, Charlton was able to communicate with me. His drawings started out with depictions of inanimate objects such as rocks, ice cubes, buildings, and windows. As time went on, the systematic aspects of his drawings became clearer. One drawing in particular, which seemed to symbolize much of what Charlton was going through was provided as a representative illustration of the system he developed to symbolically express his inner mental life. In this drawing, Charlton depicted “the earth as seen from the surface of the moon.” Through his drawings, Charlton was able to achieve a sense of safety through distance, yet maintain attachment through the reciprocal nature of the laws of physics, like gravity and centrifugal force, which bind these two celestial bodies together in

an ongoing dualistic, complementary relationship.

Space does not permit a more extensive analysis of what transpired in my work with Charlton. In brief, Charlton was able to utilize drawings to make contact, test out whether the therapeutic environment was a safe place where he could open up—at least to some degree at first—at a safe psychological distance, or to see if it was cold, hard, or unfeeling, as well as to facilitate communication. Eventually, he was able to move from the drawings to playing board games, and ultimately to more direct, verbal communication of his feelings. After years of treatment three to four times per week, Charlton was able to interact with new people and make new friends, something that he had heretofore scrupulously avoided. He became more conscious of himself (as opposed to being self-conscious and inhibited) and took better care of his appearance. Even his grades improved dramatically, and he was ultimately able to mourn and grieve the loss of his mother. None of this was accomplished without a considerable amount of work and an extraordinary amount of trust in me on Charlton’s part. At the same time, it cannot be emphasized enough that all of his gains were made without the use of medications.

What made the treatment work was the chemistry of human relatedness that developed between Charlton and me, not an artificially imposed biochemical intervention seen so often in the current mind-set that regards emotional upset as the result of a chemical imbalance.

Dr. Frattaroli began the conference on trauma and adolescence by alluding to Hamlet. In like fashion, I would like to conclude this summary by referring to Macbeth: “Give sorrow words: the grief that does not speak whispers o’er fraught heart, and bids it break.”

*Burton Norman Seitler, Ph.D.*

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## Membership (continued from page 3)

ferences in our future PSPP programming. We need all of our members’ input to continue to be the vibrant group we have always been.

Thanks to all members who enriched our joint experiences by attending our wonderful programs this year. The collegiality at our programs never ceases to hearten and enrich our community, and the topics and content deepen our work. Our invited speakers inevitably

remark about what a warm, creative, collaborative, gracious, and intelligent group PSPP is and how much they enjoyed their experience with us. We should all be proud that our membership is so well regarded and enjoyed.

I hope everyone has a lovely, rejuvenating summer!

*Jeanne Seitler, Psy.D.  
Membership Chair*

# On Being Psychoanalytic in an Anti-Psychoanalytic World

## The Nancy McWilliams Challenge

Every now and again, it is good to be reminded of how insular, blind and deaf we psychoanalysts can be to the way that the vast majority of people think. Nancy McWilliams<sup>1</sup> cautions that, in the current climate spurred by biologically-oriented psychiatrists and money-obsessed pharmaceutical, managed care and insurance organizations, there is a “denigration” of psychoanalysis. She points out that we have to constructively challenge the nature of the general public’s transferences towards analysts as “cold, arrogant,” and “rigid.”

I believe that the first step in meeting Dr. McWilliams’ challenge is educating the public about our unique psychoanalytic understanding of human nature and the role of the unconscious rather than try to promote our form of treatment *per se*.

## Educating The Public About Psychoanalysis

I think we’d all agree that Freud’s greatest contribution to humankind was the discovery that, instead of choosing our own destinies, the unconscious mind makes some of our decisions for us and limits our fulfillment in love and at work. Freud’s discovery was fully cultivated only within our own profession as we have studied and practiced and are continuously perfecting treatment in accordance with the specialized psychoanalytic knowledge. But our worldview is neither well-understood nor well-accepted by the general public.

In this era proliferated with superficial self-help books offering simplistic philosophies and implausible “cures” that contradict basic psychoanalytic principles, it is crucial for us to provide a meaningful antidote and educational alternative to the misinformation. But, getting psychoanalysis into the modern-day mainstream where books like the feel-good, homey “Chicken Soup for the Soul,” faith-based solutions like “The Purpose Driven Life,” or money-oriented solutions like “Think and Grow Rich,” is not an easy feat.

## My Book: Make The Leap

Striving to educate, I attempted to translate basic psychoanalytic tenets into everyday language in my 2005 book, *Make the Leap: A practical guide to breaking the patterns that hold you back*. It is a mainstream publication that explains the basic concepts of psychoanalysis and

the impact of the unconscious mind on happiness and health.

If the unconscious mind and breaking old patterns are to become household concepts along with, or eventually even surpassing, all the popular inspiration-visualization-affirmation talk, then *Make The Leap* had to occupy the same shelves with the popular self-help books of today. That is where the public’s eye will continue to land.

Five years after beginning the project, writing and revising and finally persuading publishers, I believe that the resulting self-help formatted book offers the reading public a legitimate, psychoanalytically-sound and potentially paradigm-shifting viewpoint via the most direct path to the readership in search of self-improvement.

## Sharing What We Psychoanalysts Know

With this and other books of its ilk, our profession can empower the general public and the society in which we live, with our knowledge of human nature and the unconscious. It is surely not in the best interest of the general public and of the psychoanalytic profession to suggest that we are the only holders of the eternal flame of robust sanity and that such special knowledge cannot be shared outside of the treatment room. That eternal flame exists inside of everyone; it simply has to be uncovered and developed. Adopting a psychoanalytic perspective, and I think all of us in the psychoanalytic profession will agree, is the starting point most likely to uncover that robust health and fulfillment.

While the *British Journal of Psychiatry* recently reported that professionally-based cognitive behavioral self-guided programs have been investigated and proven to be successful, a professionally-based psychoanalytic self-guided method that would introduce the public to applying some tenets of psychoanalysis in their own lives did not exist until now.

## Simple and Accessible Introductory Formulation

The simple introductory reformulation of the key principles of psychoanalysis contained in my book is called SUBGAP—an acronym for: Seeing, Understanding, Breaking and Guarding Against Patterns.

By including user-friendly true-life examples (including my own), *Make the Leap* conveys important

truths about life that we psychoanalysts have come to trust – and even take for granted. But keep in mind that what seems basic to us may be new to and shift the worldview of the reading public, including and especially the following 8 tenets:

1. The unconscious mind exists;
2. The compulsion to repeat is part of human nature;
3. Patterns live in the unconscious mind;
4. Reenacting unconscious patterns are the most significant obstacle to fulfillment;
5. No pattern is beyond detection using a psychoanalytic method;
6. The pattern is not the person, no matter how intertwined with a person's identity it becomes;
7. Human beings have a basic optimistic and life-affirming energy upon which to draw; and
8. The inner potential that we sense deep down can be helped to blossom through the application of psychoanalytic principles.

### **The Debate: Gentle Introduction or Missed Opportunity?**

Some of you have already given me feedback that this book has been helpful in educating your patients about the unconscious and about your work with them. I've also received feedback from readers across the country and in other countries (as the book has now been translated into Portuguese, Romanian and Arabic) about the usefulness of and insight created by the simplified approach to psychoanalytic concepts. Many of these readers report that after reading the book and recognizing aspects of themselves in its stories, they have gone on to seek psychoanalytic treatment. Many more say that the book opened their eyes to a whole new way of understanding themselves and their lives.

On the other hand, reflecting sentiments I had encountered recently from the editor of a prestigious national psychoanalytic journal, one psychoanalytically-oriented colleague stated that I should have tried to do more and that my book constitutes a "missed opportunity." It has been suggested that since I was able to succeed in introducing our basic psychoanalytic notions and translating them into everyday accessible language via a trade paperback, I should have gone a step further in the book and simultaneously emphasized the importance of psychoanalytic treatment.

I was concerned that if I did this, my book's message might be confounded by the appearance of self-promotion for our professional services rather than be embraced as the instrument of public service it was intended to be. It was my intention, as a representative of the psychoanalytic community to impart a gentle, user-friendly introduction that says, "This is what we've learned about human nature and fulfillment in the last hundred years and in this book we are sharing it with you." If we trust in the intelligence of the reading public, why not offer the opportunity for them to totally reframe their worldview – as priority one.

### **Offering a Paradigm-Shift for the Rest...**

An important point that we sometimes forget as practitioners is that psychoanalysis and a psychoanalytic viewpoint can be helpful to everyone—not just those in trouble. This is another reason why I wrote *Make The Leap* in a non-pathologizing, educational self-help format.

In mentally reviewing the past thirty years during which I've continuously treated patients in one context or another, it was rare that anyone (other than training analysts) arrived in my office for "personal improvement" or growth. On the contrary, almost everyone who arrived was motivated to seek treatment because of trouble and pain. Each was suffering from emotional trouble, relationship trouble, divorce trouble, work trouble, mental illness trouble, children trouble, parent trouble, self-esteem trouble, behavior control trouble, anxiety trouble or depression trouble.

However, let us be careful to remember that there are legions of people out there who are not emotionally ill, not in a life crisis, and whose egos are relatively intact. These people are simply dissatisfied. Their lives have not turned out as they wished and they feel unfulfilled. It is the kind of malaise for which, given the tenor of the times, today's Primary Care physician might prescribe a low dose of antidepressant. But, as we know, it is also the kind of condition that could be understood and ameliorated from an analytic perspective.

In *Make the Leap* I discuss how making this paradigm-shift into seeing previously hidden unconscious patterns and being provided with some tools based on the psychoanalytic method might satisfy the quest of some readers. I also respectfully and gently point out that others, however, will require a "guided" tour with the help of a professional analyst or therapist to reach their goals. So as to insure that readers didn't feel I was talking about this option from "on high," I explain that I, myself, fell into this latter category of needing a

guide and that I had to undergo many years of analysis to fulfill my experienced potential.

### **My Position on the Debate: Let's Be Psychoanalytic Ambassadors**

To my colleagues who feel I should have been more vociferously directive about the option of psychoanalytic treatment, I want to herein offer a reminder that you can't make the public want something they don't think they need. And they won't know what they might need in order to be more fulfilled until all the commonplace misconceptions about life problems are swept away by a proper introduction to psychoanalytic thinking.

*Make the Leap* is meant as an educational tool for the literate lay public. I encourage my colleagues to embrace the cause of this book as being at the vanguard of a "psychoanalysis populi" movement. And I respectfully caution us all not to slip into the type of ivory tower "arrogance" that psychoanalysts are reputed to possess. We should not underestimate the wisdom of the lay reader once presented with information that rings true. The fundamentals of psychoanalytic education begin with teaching that there is an unconscious mind and that unconscious patterns affect us. Without this education, further talk about psychoanalysis in the public domain seems futile.

It is my hope that *Make the Leap* can become an accessible calling card for our psychoanalytic ambassadorship to the greater public at large and a century-long psychoanalytic mission (beginning with Freud's

simply written, 1901, *Psychopathology of Everyday Life*).

### **Asking for Your Support and Camaraderie in this Mission**

Dispelling misconceptions and bringing our psychoanalytic perspective to its rightful place in public awareness is a process. It can be likened to a relay race in which each of us, if passed the baton of opportunity, can do our part.

To my PSPP colleagues I ask for your support in this enterprise. If you have any suggestions for bringing psychoanalysis into public awareness or dispelling myths about us, suggestions for promoting or endorsing or reviewing the book, or have a contact in the media or bookseller worlds, please don't hesitate to contact me at the email address below.

As Lao Tzu suggested in regard to all processes: "The journey of a thousand miles begins with one step" ... or possibly, in this case, furthered by one *Leap*.

*Farrell Silverberg, Ph.D.*

*Farrell Silverberg, Ph.D., N.C.Psy.A. is a PSPP member and a Training & Supervising Psychoanalyst at the Philadelphia School of Psychoanalysis. His email address is drsilverberg@drsilverberg.com*

### **Endnotes**

<sup>1</sup> McWilliams, Nancy. On Teaching Psychoanalysis in Antianalytic Times, *The American Journal of Psychoanalysis*, Vol. 60, No. 4/December, 2000, Pp. 371-390.

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## **First Car** (continued from page 9)

names it and talks to it. The utilitarian sees it simply as a means of transportation and takes it for granted that it will work. The responsible washes it regularly and takes it in for scheduled maintenance service. The infatuated takes pride in his car, seeking the latest and most outrageous model, likely to draw attention. The hoarder uses the car as his personal space to hold both literal and symbolic clutter. The complainer always finds fault with his car and is ready at any moment to go on a long diatribe of how his car disappoints. There are others I am sure.

Both Anne and I are nurturers, which is why her struggle resonated with me so deeply. Her car was a nonjudgmental and reliable witness to her life, something that was hers, and for her. It was the place where she mastered driving, where she returned after major events in her life, where she learned about sex even.

And one day, in a few seconds, it was all gone. And it was in her car again that she sat in horror after the accident, not knowing the extent of her injuries, terrified. She cried as she told me about her visit to the place where her car had been towed. She spent months looking for a new car—none were good enough, none were her first car. Like me, she eventually found a suitable replacement, though by the time we ended therapy she had not learned to love it. She asked me one day: "Is it crazy to feel so sad about a car?" And I thought of Little Red One, forgot about theories of attachment and about psychodynamic meanings of cars, and simply said: "No, you loved that car. It was, and always will be, your first car."

*Dora Ghetie, Psy.D.*

**Note: Names have been changed to protect clients' privacy.**

## Critical Momentum (continued from page 1)

One of the incredible facets of the annual meeting is the variety of panels and concerns addressed. It is a conference rich with content, so that one did not ever find oneself waiting for a keynote speaker or star-studded panel. In particular, the conference was enriched in part due to the hard work of committees such as the Committee on Multicultural Concerns, the Committee on Sexualities and Gender Identities, the Graduate Students Committee, and the Early Career Professionals Task Force, all of which put on specialized programming during the conference.

For example, the Committee on Multicultural Concerns put on a two-panel event on prejudice and conflict featuring a "A Dialogue Among Palestinian, Israeli, and North American Jewish and Arab Psychoanalysts" that included Philadelphia psychoanalyst Ira Brenner, who presented a paper on "A Dissociative Geo-Identity Disorder in the Middle East." The Committee on Sexualities and Gender Identities held a symposium on "Aging Gay Men and Intergenerational Clinical Work" that also included PSPP member Deborah Luepnitz. Two graduating Widener PsyD students, Matthew Whitehead and Sharon Momenian, participated in two graduate student invited panels, one on learning from the experience of young clinicians, the other an in vivo supervision and discussion with Jonathon Slavin and Jody Messler Davies. And the Early Career Professionals Task Force hosted a panel on "Building a Psychoanalytic Community" that featured PSPP past-president Dennis Debiak.

The way the conference was organized paid attention to process and not just content, living up to its theme. The keynote speakers this year, Adrienne Harris and Irwin Hoffman, in addition to presenting thought-provoking keynote papers, also provided closed-door workshops for graduate students only. Building on a tradition from last year's conference in Philadelphia, one evening of the conference featured a live band, ice cream sundaes, and a chance to dance with psychoanalysts, colleagues, and friends.

There was a strong Philadelphia presence at the conference. Thomas Bartlett presented a paper on "So-Called 'Candidate Paranoia' and the Politics of Psychoanalytic Training" at a roundtable panel on psychoanalytic education, and Devon Charles presented a paper on "Pushing the Edges with Challenging Patients in Difficult Settings." PSPP members Rachel McKay, Jane Widseth, and Sanjay Nath also participated in a panel on the complexity involved in psychodynamic work with college students.

For those that attended, the conference was an enriching intellectual, clinical, and social experience. Toronto, one of the most ethnically diverse cities in North America, provided a beautiful locale to spend a few days (time), a chance to learn from and connect with others (process), and the opportunity for those of us who attended to take in some new, sophisticated psychoanalytic understanding (complexity).

*Sanjay Nath, Ph.D.*

### Order Form for DVD

#### March 12, 2006 Child and Adolescence Psychotherapy Studies Conference

**Cost: \$85 + \$9 postage & handling**

Send order form with check made out to Jeanne Seitler, Psy.D. to:

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# Ricochet Rabbit, Dennis the Menace, and Pinocchio Rolled into One: New Scientific Studies on the Treatment of ADD/ADHD Children

## Summary of March 12, 2006 Child and Adolescence Psychotherapy Studies Conference

I wish to extend my gratitude for the enormous support that was given to me by PSPP members for my conference March 12, 2006, on the Successful Treatment of a Child Described as ADHD Without the use of Medication, which I put together as Director of the Child and Adolescent Psychotherapy Studies Program of the New Jersey Institute for Training in Psychoanalysis and Psychotherapy.

In addition, I am excited to announce that the video that we made of the above ADHD conference is now ready for distribution and sale on DVD. In that video, Grace Jackson, MD, Dominick Riccio, Ph.D., and I pointed out that the neurobiochemical origin of ADD/ADHD is not based on sound, supportable scientific evidence. We also showed recent brain imaging studies indicating that the organic approach to treating so-called ADD/ADHD, involving the use of stimulant

drugs, is more dangerous and damaging than had previously been recognized. On the DVDs, you will see that we offer alternative explanations (involving agitated depression, for example) for the set of symptoms that has come to be known as ADD/ADHD, and point to non-harmful and effective treatment procedures that currently exist that have been repeatedly shown to be helpful, one of which is psychotherapy. Unfortunately, we had a technical problem that prevented us from including in our set of DVDs the fine presentation that was given by Philadelphia's own William Singletary, MD in which he used literary references and clinical case material to beautifully illustrate both the characteristics associated with ADD/ADHD and the effectiveness of treatment approach that emphasized emotional touching.

For those of you interested in purchasing the DVDs, please refer to the order form on page 15.

*Jeanne Seidler, PsyD*



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