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 Psychoanalytic Association

## Enthusiasm Runs High at First Annual Psychoanalytic Research Training Program in New Haven

Rachel Z. Ritvo and Linda Mayes

Recognizing the need to accelerate the development of serious empirical psychoanalytic research, the Anna Freud Centre reached across the Atlantic to collaborate with the Yale Child Study Center and the Western New England Psychoanalytic Institute and Society to mount the first annual New Haven Psychoanalytic Research Training Program (NH-RTP) April 20-24. Thirteen nascent researchers from the U.S. and the U.K. came as "fellows" to consult with a faculty of psychoanalytic research scholars on issues of study design and implementation.

Modeled on the successful summer Research Training Programme at University College London, now in its 10th year under the sponsorship of the International Psychoanalytical Association, the New Haven

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program offered intensive training in empirical approaches to psychoanalytic research through faculty presentations of ongoing research, one-on-one consultations with faculty on the fellow's project, and fellow presentations of their work in progress for discussion by the entire group.

Faculty members were Sidney Blatt, Elizabeth Brett, John Clarkin, Peter Fonagy, Stuart Hauser, Shmuel Shulman, Mary Target, Robert Wadlinger, and Linda Mayes.

The fellows' career experiences ranged from senior practicing analysts to child psychiatry fellows just completing their training. The fellows, interested in psychodynamic perspectives, brought their curiosity, creativity, and eagerness to learn the how-to's of research to sustain them through the four-day marathon of consultations, presentations, dinner meetings, and lectures. The topics of their research projects reflected a remarkable diversity of interests and the reach of psychoanalysis. (See sidebar, page 9.)

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## Strategic Planning—Part Two

Jon Meyer

Our profession does not provide many opportunities for collaborative dialogue. Establishing and nurturing the psychoanalytic frame requires hours alone with patients, assisting



Jon Meyer

in private self-exploration. We dedicate ourselves to that task because we have daily evidence of the effectiveness and transformative value of psychoanalytic understanding.

Recently, I met with other analysts about clinical issues, technique, and theory. While we did not always agree on smaller points, there were common threads: respect for human complexity and the mind's capacities, the power of the unconscious, and the uniqueness of the psychoanalytic relationship. Collegial exploration of clinical issues was a reminder of the fullness of psychoanalytic practice. I left this meeting having reaffirmed my belief in the indispensable psychoanalytic understanding of the human condition.

Busy psychoanalytic lives leave us with too little time for the renewal that comes with sharing experiences and values. Furthermore, our professional commitments to personal understanding, privacy, and introspection do not always prepare us to translate from our offices into the forum of public opinion. For that reason, I propose that we dedicate a portion of our Winter Meeting to an open dialogue about the challenges facing our profession. This suggestion is in line with the objective of my presidency to provide APsaA's membership with an opportunity to share an experience of renewal and reaffirmation. I hope to do so by helping us unite in dedication to an empowered organizational mission.

*Jon Meyer, M.D., is president of the American Psychoanalytic Association.*

### FACTS OF LIFE

In my first TAP column, I laid out the "facts of life" confronting our profession:

1. Industrialization of mental health care devalues psychoanalysis and denies psychodynamic treatments.
2. The educational marketplace is competitive.
3. The psychoanalytically minded seeking recognition and affiliation have choices.

These facts are our challenges.

We need to do everything in our power to increase access to psychoanalysis and psychodynamic psychotherapy at all income levels. We need to reach the audiences who will respond positively to the messages of psychoanalysis, psychotherapy, and APsaA. We must encourage new members through enhanced, attractive membership and association. We need to push for educational standards that recognize, acknowledge, and encourage diversity, creating different entry points and welcoming different pathways to psychoanalysis. We need an articulated message and mission of valued, committed, and effective service that donors can embrace in national fundraising.

...I propose that we dedicate a portion of our Winter Meeting to an open dialogue about the challenges facing our profession.

We are strong financially and blessed in human resources, but in a universe of challenges we must ensure that our actions to realize those objectives are focused, efficient, and effective. Toward that end, we have undertaken a planning process to determine our organizational priorities and develop a strategic plan.

### PRIORITY SURVEY

A first step, planning for the polling of all members, affiliates, associates, society and institute administrators, and staff is underway. I hope that by the time you read this article we will have completed and circulated our questionnaires on priorities for psychoanalysis and APsaA. I do realize, however, that to do things

right takes thought and time and we want to do it right. I look forward to receiving your ideas, compiling, and collating them. I am sure you will be thoughtful and creative.

I am sure you realize that priority setting and strategic planning is essential for our future. At the January meeting we will have a chance to meet together and explore where we are in the process, and at the Friday morning Meeting of Members, I will deliver a status report. The Meeting of Members is usually thought of as a dull business meeting. Thanks to the richness and variety of the issues we face, this "state of the union" will be anything but bureaucratic and dull.

An open discussion forum will follow (its time and location will be in an invitation included with your registration materials). The open forum will follow up on my state of the union and be a chance for you to join the Executive Committee, Steering Committee, and me in frank, honest dialogue about priorities and planning for organizational objectives. Any comments or questions can be addressed directly to me and to the leadership. I know your schedule is busy, but please drop in for as much or as little time as you can. I am eager to talk with you about the future direction for psychoanalysis.

As ApsaA approaches its second century, now, more than ever, we need to learn to engage a mindful public in an open discourse about who we are and what we do. In order to do that, we need to come out of our offices with its necessary mindset and speak for ourselves. We don't want to forget what we know; we just want to think about it and use it differently. We can't proceed to articulate what we know about psychoanalysis and its importance for the public, purchasers of insurance benefits, academics, or government until we talk through our own ideas. It is essential that we meet and talk about the profession's paramount issues. I believe that conversation will be not only necessary and useful but also renewing.

*Continued on page 27*

# January 2005 Meeting Offers Wide World of Theory and Practice

Kathryn J. Zerbe

The program of the Winter 2005 Meeting, January 19-23, is filled with opportunities to learn more about the latest research findings in psychoanalysis and psychoanalytic therapies, to enhance clinical practice and to improve patient care through attendance at psychoanalytic courses, workshops, or special symposia. It is an opportunity to talk with colleagues at all levels and from the full range of theoretical persuasions extant in the field today.

In keeping with the organization's commitment to bringing analytic ideas to the wider world, Lord John Alderdice, Speaker of the Northern Ireland Assembly and a psychiatrist, will be with us again for a symposium titled, "Understanding Terrorism and What We Can Do About It." The University Forum, which was developed to encourage dialogue between academia and psychoanalysis, will be chaired by Kim Leary. Forum speakers Thomas Keenan, director of the Human Rights Project and associate professor of comparative literature at Bard College, and psychoanalyst Donald Moss will discuss "An Academic-Psychoanalytic Exchange on Terror and Torture." Other events featuring psychoanalysis and the community include helping children to cope with their fears of terror sparked by nightly newscasts and world events, learning about resilience in Bosnian youth after the war, and applying analytic ideas to aid international relations.

Applied psychoanalysis will also take center stage by offerings that address the arts. Richard Kogan, a psychoanalytically-trained psychiatrist and concert pianist, will meld the spoken word with music in his psychobiographical study of

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"Tchaikovsky: Music and Melancholy." And a two-session film workshop will pay homage to the work of Ingmar Bergman.

## GENOMICS

Given the desire of most clinicians to also know more about how recent discoveries of genomics and the brain will influence our work, Bruce Wexler, a professor of psychiatry from Yale and an expert in functional magnetic resonance imaging (fMRI), has been invited. He will present a special seminar on "Neuroplasticity over the Life Span: How People Can and Can't Change," which will be chaired by Elizabeth Lloyd Mayer. A special panel on "Gene-Environment Interactions: Developmental and Psychotherapeutic Implications" will include Regina Pally, Glen Gabbard, and Stephen Suomi.

The Meet-the-Author segment will feature Antonio Ferro, speaking about his recently translated book, *In the Analyst's Consulting Room*.

The plenary address by Newell Fischer on the topic of "A Fear of Trying," and a plenary presentation by Arnold Richards on "The Creation and Social Transmission of Psychoanalytic Knowledge," plus panels on masculinity and failed analyses promise engaging glimpses into the contemporary consulting room and psychoanalytic classroom.

## CHILDREN AND ADULTS

Two-day workshops and panels will tackle some of the special issues of children, particularly those with biological and developmental disorders. Other two-day workshops will deal specifically with process and technique issues unique to adult analyses and psychodynamic psychotherapies. The In-Depth segment, "Art, Culture, and Politics: The Power of the Picture Book and the Inner World of the Child," will be chaired by Judith Kantrowitz, and Sheldon Roth will chair an Interdisciplinary Seminar on "Dreams and Their Use in Psychotherapy."

These featured offerings will be complemented by a considerable array of workshops and discussion groups. As in past years, there will be special courses on ethics and on media training for the psychoanalyst.

We encourage students from all mental health disciplines to come and to take part in the entire program, and to be aware that there are special courses, discussions, and social events arranged with them particularly in mind.

The Program Committee is hopeful that this diverse series of events will appeal to a wide audience of clinicians, researchers, and educators and inspire new ideas for workshops, discussion groups, and panels for future meetings.

APSA

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# Abandonment, Divorce, or Separation: The Fate of BOPS's Functions in the Reorganization of APsaA

Eric J. Nuetzel

The American Psychoanalytic Association has embarked on a process of transformation. The Task Force on Reorganization was appointed and endorsed by the membership last spring, and began its work in June. The group has the responsibility of recommending changes in our structure and governance, which the membership will have to approve by a two-thirds majority. This task force is a group representative of our membership, and I am optimistic about its chances for success. In this column, I will outline the functions of the Board on Professional Standards (BOPS) and explore options for their fate in the reorganization of APsaA.

## REGULATORY AND SUPPORTIVE FUNCTIONS

Viewed broadly, the role of the BOPS is to set standards and oversee the educational functioning of psychoanalytic training programs (adult and child) in the Association's institutes. BOPS functions can be divided into two major categories: First, the regulatory functions (standard setting, accrediting, and certifying), and second, the supportive functions (research and development for all aspects of psychoanalytic education and certification).

The supportive functions of the BOPS, those committees and task forces that serve as think tanks for psychoanalytic education and certification, could theoretically remain within the membership organization in a reorganized APsaA. Indeed, many professional membership organizations have committees devoted to education and training as part of their activities. However, the supportive functions of the BOPS ideally should remain structurally related to the regulatory functions of the BOPS, because the supportive functions inform revisions in the regulatory functions. In a reorganized APsaA, there should be a functioning relationship

Eric J. Nuetzel, M.D., is chair of the Board on Professional Standards.



Eric J. Nuetzel

between BOPS's regulatory functions and its supportive functions, as there is now.

Regardless of the fate of the supportive functions of the BOPS in a reorganized APsaA, it is essential

for the regulatory functions of the BOPS to function independently of the membership organization. Standard setting, accrediting and certifying bodies of most professions are completely external to and independent from the membership organizations of those professions, because this is considered essential to ensure the integrity of the accreditation and certification processes. There is an inherent conflict in our current structural arrangement, which places these regulatory functions within the same corporate structure as our membership organization. Although this structural arrangement has led to creative tension, it has been the source of chronic strife within our Association relating to BOPS's autonomy.

## PROS AND CONS OF OPTIONS


We could abandon the regulatory functions of the BOPS, hoping that other groups outside the Association will perform these functions for us. The Accreditation Council for Psychoanalytic Education (ACPE) is currently developing an accreditation process for psychoanalytic institutes, using the standards adopted by the Psychoanalytic Consortium. These standards require a personal analysis (3 to 5 times per week for a minimum of 300 hours), a minimum of 2 supervised psychoanalytic cases (3 to 5 times per week for a minimum of 2 years), at least 150 hours of supervision, and a didactic curriculum with a minimum of 300 hours. The ACPE might develop a certification process for psychoanalysts but has not yet done so.

The American Board of Professional Psychology (ABPP) currently has a certification exam for psychoanalytic psychologists.

These entities (and any new ones) are unlikely to adopt the standards of our Association. Much of value would be lost to our institutes and to our profession if we were to abandon the regulatory functions of the BOPS. We have a strong psychoanalytic educational system. Our principles and standards, our accreditation process, and certification procedure provide the structure, quality control, and accountability for that educational system.

BOPS, or the regulatory functions of the BOPS, could be externalized from the Association by becoming an independent corporation or corporations. This new corporation (or corporations) would represent both those institutes willing to receive accreditation at a level approximating our current standards and graduates seeking certification at those standards. These institutes, their graduates, and their members would bear the costs. If we were inventing the entire structure for the first time, this model might be optimal.

Given our culture, structure, and traditions, there are disadvantages to this course of action. First, we would need to create an infrastructure paralleling our National Office; financing this would be a formidable challenge. Second, the Association would lose the creative tension that exists by having our educational system structurally within our membership organization, an aspect of our Association that many of our members value.

A third alternative, structural separation within a newly reorganized APsaA, may be our best option. This would require the creation of a subsidiary corporation or corporations within APsaA for the BOPS, or for the BOPS's regulatory functions. Structural separation would safeguard the functional independence of regulatory functions necessary for the integrity of those processes. The creative tension between educational interests and membership interests could then continue to enrich our Association. Any subsidiary entity would have the opportunity to develop a sound financial plan to support its activities. Structural separation would preserve precious assets, as our Association continues to evolve. At this point in our history, structural separation is preferable to abandonment or divorce. 

# How to Dine Fine Solo— Just Like New Yorkers Do

Dorothy M. Jeffries

So for the last two evenings during the Winter Meeting, you've dined with your colleagues (whom you LOVE dearly), and you're feeling like you need some time out on your own—alone. Or you've come to the meeting alone—and want to make the most of the town even though your colleagues aren't along this time.

Don't despair: New York is a city full of singles, who attend concerts alone, museums alone, and who even dine alone, frequently—and love doing so. In January, New York restaurateurs would rather give a single person a table than have a table be empty, so don't think of dining out alone as limited only to bar seating. And you'll experience firsthand how single diners are welcome in the Big Apple.

Here's a handful of suggestions of dining possibilities—all welcoming the single patron.

## AT GRAND CENTRAL TERMINAL, JUST BLOCKS FROM THE WALDORF

**Grand Central Oyster Bar and Restaurant**, “below sea level in Grand Central,” on the lower level of the newly renovated terminal. **The Oyster Bar**, with its immense white ceiling and cavernous architecture evokes the essence of old New York. On the balcony level, don't miss **Cipriani Dolci** that specializes in Northern Italian cuisine or **Michael Jordan's The Steak House NYC**, complete with a gift shop (yes, you are still in New York, not Chicago).

Located on the East Balcony overlooking the Main Concourse is **Métrazur**, a stylish American brasserie—a perfect stop for a light snack or a leisurely meal.

Grand Central Terminal also has many casual restaurants located on the dining concourse level that are like cafés (complete with table seating) such as **Café Spice**,

**Two Boots** (cornmeal-dusted, crispy bottom pizzas), and **Masa Sushi**. And for rave New York desserts (still on the dining concourse level), you won't know which to pick: **Junior's**, a Brooklyn legend famous for its cheesecake; or **Little Pie Company**, New York's noted pie patisserie.



## AT THE TIME WARNER CENTER

If you want to combine some shopping with dining all under one roof, head over to Columbus Circle to the new Time Warner Center where you'll discover a variety of dining choices. For a casual meal, head downstairs to **Whole Foods**, the largest supermarket in Manhattan, with a roomy café that features a vast array of freshly prepared foods at what may be the city's largest food bar with a variety of ethnic cuisines as well as American fare.

At Border's Books, you'll find **Dean and Deluca's** café—a perfect spot for a salad, a sandwich and/or coffee and dessert.

For a sophisticated dining experience at the other end of the spectrum, head to the fourth floor and to the Center's bar collection, including some of Manhattan's swankiest new restaurateurs. Your choices include: **Per Se**, **Bar Masa**, **Café Grey**, and **Stone Rose Lounge**.

## SOME OTHER SUGGESTIONS AROUND MIDTOWN NEAR THE WALDORF

**Avra-Estiatorio**, 141 East 48th Street between Lexington and Third Avenues

An exceptional Greek fish restaurant with an intimate bar area that includes small tables as well as bar seating.

**P.J. Clarke's**, 915 Third Avenue at 55th Street

In the mood for a legendary hamburger? This landmark saloon has a bar that welcomes the single diner.

**Le Pain Quotidien**, 833 Lexington Avenue, between 63rd and 64th Streets

Belgian farmhouse style patisserie and café with communal tables. With a 7:30 a.m. opening for breakfast, the evening closing is at 7:00 p.m., so go early if you go for supper.

**Maloney and Porcelli**, 37 East 50th Street, between Madison and Park Avenues

Perfect seating for the solo diner is available at “The Chef's Counter,” which looks into the busy kitchen

**Paper Moon Milano**, 39 East 58th Street between Madison and Park Avenues

Wonderful pizza as well as reliable Northern Italian dishes.

**Solera**, 216 East 53rd Street between Second and Third Avenues

Featuring tantalizing tapas. A bit pricey, but where else in Midtown can you be Iberian?

**Vong**, 200 East 54th Street at Third Avenue in the “Lipstick Building” (so called by New Yorkers)

Highly inventive French-Thai cuisine.

## DOWNTOWN

**Union Square Café**, 21 East 16th Street between Fifth Avenue and Union Square West

Where “seats at the bar always assure a great meal” (so says Zagat).



Dorothy M. Jeffries is director of public affairs for the American Psychoanalytic Association.

# Privately Owned Public Spaces: Indoor Parks for Light Bites

Dorothy M. Jeffries

With a premium on public space in Midtown, New York's zoning laws require certain developers to deed a percentage of their space for a public environment. In the New York world, these are known as "privately owned public spaces," and are both indoor (covered) and outdoor: For the sake of the Winter Meeting, here are a number of indoor (covered) public environments to enjoy near the Waldorf, when you're hankering for a bit more elbowroom or a change of scenery.

**The Altria Multistory Pedestrian Space**, 120 Park Avenue at 42nd Street (near Grand Central Terminal)

Seating, food service, and an art gallery that is under the aegis of the Whitney Museum of American Art.

**575 Fifth Avenue Pedestrian Space**, between 46th and 47th Streets

Complete with seating, landscaping, and fountains.

**Sony Center Pedestrian Space**, 550 Madison Avenue between 55th and 56th Streets

A multistory space with trees, seating, and a choice of food services, including Starbucks. A real oasis from Midtown and uplifting on gray winter days.

**Trump Tower Covered Pedestrian Space**, 725 Fifth Avenue between 56th and 57th Streets

A commercially exuberant environment, this grandfather of privately owned public



spaces features landscaped terraces, a waterfall, and a variety of seating styles. A connecting passageway leads to:

**590 Madison Avenue Pedestrian Space**, between 56th and 57th Streets

Noted for its tall bamboo tree stands and its indoor sculpture garden, 590 is a respite from the bustle of its counterpart in Trump Tower. There's ample seating and several choices in food service.



*Ensemble for the Romantic Century*  
PRESENTS  
**Dora: A Case of Hysteria**  
*A THEATRICAL CONCERT of chamber music, voice,  
and narration drawn from Freud's case study and letters*

January 19, 20, 8pm, Kosciuszko Foundation, 15 East 65th Street, New York, NY  
Pre-concert lecture 7pm (1/19 Dr. Stuart Feder, 1/20 panel), reception following the concert

Music of Alma and Gustav Mahler, Korngold, R. Strauss, Pfitzner, and Lehar

JONATHAN EPSTEIN as Freud; RONALD FELDMAN, cello; CURTIS MACOMBER, violin;  
RICHARD O'NEILL, viola; EVE WOLF, piano; MARYANN MCCORMICK, mezzo-soprano

Tickets: \$40 *Seating is limited to 100*  
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24 East 82nd Street, New York, NY 10028  
212-288-8020 [www.romanticcentury.org](http://www.romanticcentury.org)

*Upcoming concerts:*  
March 23 *Fanny Mendelssohn: Out of Her Brother's Shadow*  
May 11, 12 *George Sand: Letters from Majorca*

## Training Program

*Continued from page 1*

### GROUP PROGRESS

Clinicians brought questions from their daily work with patients. For example, Judith Schiffman, a member of the faculty of the child psychotherapy program of the Chicago Institute, works with mothers and fathers with genetic forms of cancer. Devastated by the diagnosis, they also face the dilemma of how much to tell their children about their own risk for cancer later in their lives. How does knowing impact a child's adjustment to a parent's illness, are there differences according to a child's developmental age and individual character, and how does even a basic understanding of one's own later vulnerability shape a child's emerging sense of self? Through her Genetics for Children Project, Schiffman hopes to better understand these basic concerns and also to inform standards of clinical practice with children of adults with cancer.

Other fellows were just beginning their careers. Laura Lomax-Bream, an assistant professor at the University of Texas at Houston, works with other developmentalists on a psychoeducational intervention study designed to enhance high-risk mothers' understanding of their children's developmental needs. Lomax-Bream came to the seminar with a question about how the mothers' own parenting and early attachment relationships influenced their ability to respond to the intervention. She was encouraged to explore her existing data in different ways to facilitate understanding why it was that some mothers seemed to respond more positively than others to the same intervention.



Linda Mayes

the added focus and context provided for the research projects. The fellows benefited from immersion in the culture of research, its rigor and precision of thought, as well as by being alerted to the common mistakes made by beginning (and experienced) researchers.



Susan Bers is studying young adults with eating disorders.

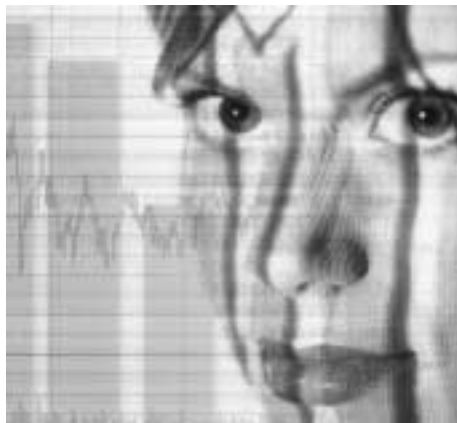
The fellows were astonished at how far their projects, some only barely sketched out, could progress in the course of listening to the presentations and discussions from fellows and faculty.

In her consultation with various members of the faculty, she blended her clinical insights with a thoughtful research design that sharpened her focus on children's emerging self-image, such as in instances of breast cancer in mothers of adolescent girls.

The fellows were astonished at how far their projects, some only barely sketched out, could progress in the course of listening to the presentations and discussions from fellows and faculty. The discussions were richly educative for the entire group as the experienced researchers on the faculty debated with one another, critiqued the study designs, and offered references from their broad knowledge of the analytic research literature.



Zina Steinberg is studying parents of preterm infants.



Projects integrate statistics with the study of individual lives.

### ATMOSPHERE OF TRUST

The program generated a healthy trust among the participants that allowed fellows to ask even the most naïve questions. The fact that fellows and faculty were present in nearly equal numbers appeared to be a prime factor in creating this critical atmosphere of trust. The intensity of the program contributed to a sense of being on retreat, further serving to unify the group. The clinical experience of the fellows was respected and valued by the researchers for

perspectives on attachment and, on another evening, Peter Fonagy presented the Muriel Gardiner lecture, entitled "Mentalization focused therapy: old wine in new bottles or renewed hope for psychoanalysis?" The opportunities for the members and candidates of the Western New England to join sessions and experience the excitement of research put the New Haven Research Training Program at the grassroots of psychoanalysis in America.

*Continued on page 9*



## Fellows and Their Projects at the First New Haven Psychoanalytic Research Seminar

<b>Marianna Baykina</b>	Lubbock, TX	Psychoanalytic perspectives on plagiarism
<b>Susan Bers</b>	New Haven, CT	Inner experience of young adults with eating disorders
<b>Jorge Cassab</b>	White Plains, NY	Therapist-patient rating method to study psychotherapeutic process in a psychodynamic psychotherapy of borderline patients
<b>Norma Cofresi</b>	Cleveland, OH	Teaching psychodynamic research methods in a child analysis program
<b>Filipa de Castro</b>	Colchester, UK	Negative projections among parents on infants predict later behavioral problems
<b>Michael Groat</b>	Albany, NY	Understanding the applicability of attachment perspectives in transference configurations with seriously disturbed adults
<b>Susanne Hoerz</b>	White Plains, NY	Development and validation of the "Structured Interview of Personality Organization"
<b>Justine Larson</b>	Cambridge, MA	Predictors of psychosocial competence in young adults
<b>Laura Lomax-Bream</b>	Houston, TX	Attachment configuration as predictor of mother-child relationships in an early reading intervention program
<b>Rachel Ritvo</b>	Washington, DC	Studying the practice and prevalence of child psychoanalysis in the U.S.
<b>Gerald Ronning</b>	Minneapolis, MN	Relationship between adolescent narrative competence and severity of externalizing behavior
<b>Judith Schiffman</b>	Chicago, IL	Communication between parents and children about genetic based malignancies
<b>Zina Steinberg</b>	New York, NY	Parental reflective functioning and adjustment to the stressors of giving birth to a preterm infant

The 26 applications received for this first year of the NH-RTP demonstrated that interest in learning to do quality empirical research runs high in the psychoanalytic community in the United States. Only 13 applicants could be accommodated in the April program. Positions in the London program during the summer of 2004 and an additional NH-RTP session this fall were offered to those who could not be in the first program. The first NH-RTP program was funded by the American Psychoanalytic Association, the American Psychoanalytic Foundation, Division 39 (Psychoanalysis) of the American Psychological Association, and the

Muriel Gardiner Program in Psychoanalysis and the Humanities. Funds are actively being sought to continue the program.

The 2005 program will be held March 15-19. This first cohort of NH-RTP fellows and subsequent fellows will be invited to join the growing cohort of fellows from the summer London program for yearly reunions in London in March. There are also plans for a yearly reunion event for New Haven fellows at the APsA Winter Meeting. Anyone interested in applying for the March 2005 program may contact Linda Mayes (Linda.Mayes@yale.edu) for further information.



# Geriatric Psychoanalysis: New Insights from Old Patients

John R. Whipple

When I was first introduced to Freud, I became fascinated by his psychosexual developmental theory, in which the complexity of our minds was rooted in the growth of our bodies. Gradually, this interest led me into an appreciation of aging as a vector for change and senescence as a unique developmental stage. Application of psychoanalytic concepts to the maturational development of the elderly has informed my practice and stimulated my future research.

While many people may think of geriatric psychiatry as aligned solely with biologically based psychiatric interventions, approaching issues of senescence as a developmental phase opens up the field to psychoanalytic work. I see elderly patients in my office as well as in long-term care settings. I have patients in independent apartments, assisted living, and nursing home care. I also consult on a specialty unit for elders with dementia. Consequently, the developmental challenges are very different even amongst the elderly cohort.

Losses are prevalent of course, yet the nature of the loss varies. Old anxieties are reawakened, but new obstacles are the most confounding. Loss of purpose, loss of independence, loss of body integrity, loss of loved ones, and loss of reason are all seen during the elder years. Executive functions and abstract thinking can give way to primary process, paranoia, and hallucinatory experiences. Conscious or unconscious fears of annihilation as well as increased

*John R. Whipple, M.D., is a senior candidate and associate faculty at the Greater Kansas City Psychoanalytic Institute. He works in Lawrence, Kansas as a psychoanalyst in private practice. His current research and writing focus on maturational development and the tasks of aging.*



Photo courtesy of Word Management

dependency on others underlie many of my patients' struggles, yet their reactions to these conflicts are unique, causing as much dysfunction as any good neurosis.

In general, maintaining self-integrity in the face of these losses is a major treatment objective. I find my interventions vary depending on the level of assistance required for the elder. Within my office, my patients frequently utilize psychoanalytic psychotherapy with good success, and the literature documents psychoanalysis conducted well over retirement age.

## SAVIOR OR WHIPPERSNAPPER

In the long-term care setting, my work can include individual psychotherapy, family therapeutic interventions or even milieu management. Issues of providing a "holding environment," co-construction of meaning and attention to transference manifestations inform my work in every role. Transference

reactions that place the physician in the role of an idealized savior or a "young whippersnapper" are quite common in the elders as well as in their caregivers. Use of the analyst for mirroring functions initially contains intense

affect, yet gradually the work transforms into understanding conflict and working through.

The more elders are displaced from their roles in the community, the greater the attachment conflicts they experience. Disruptions in attachment first described by Bowlby in infants or children are strikingly similar to those in the older adults in long-term care. Bringing this information to the nursing home's attention allows for significant shifts in these communities. Typically, the nursing assistants are not familiar with psychological concepts. Enhancing their natural talents

with an increased awareness of the developmental struggles of the elders allows for inter-generational bonding that transcends the institutional setting.

Displays of positive affection, empathy for another's plight, and tolerance of anger are modeled with the staff as well as the elders. Role playing interpersonal interactions and communications foster the caregivers' environment and stimulate their own creativity. Once these efforts prove fruitful, nursing home administrators begin to address management aspects that contribute to insecure or chaotic

Loss of purpose, loss of independence,  
loss of body integrity, loss of loved ones, and  
loss of reason are all seen during the elder years.

attachments. I hope to pursue further research into these dynamics and their impact on ego functioning in the elderly. Identifying characteristics that promote resiliency and maintain mentalization through senescence could enhance our work with the elderly as well as the young.

*Continued on page 11*

# book list

## New books by members

In 2003 and 2004, members of APsaA wrote or edited the following books.

Daniel W. Badal, *Treating Chronic Depression—Psychotherapy and Medication*. Jason Aronson, New York.

Celia Brickman, *Aboriginal Populations in the Mind: Race and Primitivity in Psychoanalysis*. Columbia University Press, New York.

William N. Goldstein and Samuel T. Goldberg, *Using the Transference in Psychotherapy*. Jason Aronson, New York.

Judith M. Hughes, *From Obstacle to Ally: The Evolution of Psychoanalytic Practice*. Brunner-Routledge, New York.

Otto Kernberg, *Aggressivity, Narcissism and Self-destructiveness in the Psychotherapeutic Relationship: New Developments in the Psychopathology and Psychotherapy of Severe Personality Disorders*. Yale University Press, New Haven.

Otto Kernberg, *Contemporary Controversies in Psychoanalytic Theory, Techniques, and Their Applications*. Yale University Press, New Haven.

Robert Langs, *Fundamentals of Adaptive Psychotherapy and Counselling*. Palgrave-Macmillan, London and New York.

Gilbert J. Rose, *Between Couch and Piano: Psychoanalysis, Music, Art and Neuroscience*. Brunner-Routledge, New York and London.

Jeffrey D. Roth, *Group Psychotherapy and Recovery from Addiction: Carrying the Message*. Haworth Press, Binghamton, NY.

Gail Saltz, *Becoming Real: Defeating the Stories We Tell Ourselves That Hold Us Back*. Penguin Putnam, New York.

Vamik D. Volkan, *Blind Trust: Large Groups and Their Leaders in Times of Crises and Terror*. Pitchstone Publishing, Charlottesville, VA.

Vamik D. Volkan, *Das infantile psychotische Selbst und seine weitere Entwicklung: Verstandnis und Behandlung schizophrener und anderer schwieriger Patienten*. Vandenhoeck & Ruprecht, Göttingen, Germany.

Vamik D. Volkan, *Kusursuz Kadinin Pesinde: Bir Psikoanalizin Oykusu*. Okuyan Us, Istanbul, Turkey.

Jerome A. Winer, James William Anderson, and Christine Kieffer, ed., *Psychoanalysis and Women (The Annual of Psychoanalysis, Volume XXXII)*. Analytic Press, Hillsdale, NJ.



Photo courtesy of Word Management

### PERSONAL IMPACT

I have noticed a change in my psychoanalytic work with younger adults through my work with the elders. The role of reminiscence, the collapse of time perspective, and the neurotic ruminations of younger adults now take on different implications. The mutative function of working with the elders is something I can appreciate because of my psychoanalytic education. I am transformed through the dialectic interactions with each relationship. My countertransference reactions to the sights, sounds, smells, and emotions I confront with the elders allow me to explore my functioning.

When visiting with a demented patient, I can feel inadequate as a therapist since language may be lost. I will start to feel restless or ponder my next inquiry. There is no yesterday or tomorrow for us. My internal search for a point of reference is gone. Many times, I simply want to leave. My own neurotic ruminations may fill the silence. Meanwhile, the elder is simply taking it all in. She'll scan the hallway, look at my face or down at the floor. She becomes the mirror and I see myself in middle age. Sometimes I can tune in to her serenity. I will focus on her face or her wrinkles or the look in her eye. I wonder about the inter-subjective world *after* words, and I time my glances to meet her gaze. Our game of "peek-a-boo" establishes a connection if even for the moment and like the joy of holding a newborn baby, I want to visit again and again.



# From the Unconscious

Sheri Hunt



Just as a monk in lotus position doesn't will enlightenment or a dreamer doesn't will a dream—a poet doesn't will a poem.

A woman once told me that her small son would dangle his fishing rod off the end of his bed by the hour. He must have been a poet. Fishing in the air. Waiting for that sudden tug. That flash of excitement. Something out of nothing.

Jane O. Wayne

"One Hand on the Pen, One in the Dream"

*Night Errands: How Poets Use Dreams*

My only exception with the quote above is that psychoanalysts know that the "nothing" from which dreams and poems proceed is more akin to what Alice Jones has touched upon in her poem, "Cliff." It is from the edge of the known world that dreams and poems are created; the intermixing of our conscious and our unconscious experiences, where defenses wear thin and what seems overly reified and solid becomes more fluid and creative under the influence of unconscious processes.

Alice Jones's books from Alice James Books are *The Knot*, which won the Beatrice Hawley Award in 1992, and *Isthmus*. Others include *Anatomy*, a letterpress chapbook, and *Extreme Directions* (The fifty-four moves of Tai Chi Sword). Jones has been awarded fellowships from the Bread Loaf Writers Conference and the National Endowment for the Arts. Her newest book, *Gorgeous Mourning*, won the 2001 Robert H. Winner Award from the Poetry Society of America. Jones's poems have appeared in *Ploughshares*, *Colorado Review*, *Poetry*, *The Harvard Review*, *Denver Quarterly*, and *Best American Poetry of 1994*. She is a co-editor of Apogee Press ([www.apogeepress.com](http://www.apogeepress.com)) and a psychoanalyst on the faculty of the San Francisco Psychoanalytic Institute.

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Sheri Hunt, M.D., is a candidate at the Seattle Psychoanalytic Society and Institute in both the adult and child training programs. A published poet and member of TAP's editorial board, she welcomes readers' comments and suggestions at [sherihunt@hotmail.com](mailto:sherihunt@hotmail.com).

## LIGHT

The morning when I first notice  
the leaves starting to color;  
early orange, and back-lit,  
I think how rapture doesn't  
vanish, merely fades into  
the background, waits for those  
moments between moments.

I think this and the door opens,  
the street takes on its glistening  
look, Bay fog lifting, patches of sun  
on sycamore—yellow sea.  
I am in again, and swimming.

## CLIFF

To build my house on the edge  
of the known world—and keep  
seeing. Not my old adobe walls. Not  
my knowledge of mortar joints or  
cinder block. The landscape alters,  
one day I see through history,  
an old face without its clothes, oh  
me again, and I'm off and running  
down a path that did not exist  
until I walked there. Not forgotten,

just uncreated, until today  
when we were talking.

—Alice Jones

# A Site Visit to Forge a Vision of a Psychoanalytic Center

Richard Lightbody and Sydney Arkowitz



Richard Lightbody

The Committee on Societies and Centers (CoSC) made its inaugural site visit in February 2004 to New Orleans. This was our first opportunity to travel, though we had envisioned

such missions and already had funds budgeted. Our site visits differ entirely from those of our colleagues on APsaA's Committee on Institutes (COI), in that we do not provide accreditation. CoSC works by invitation; its calendar is dictated not by the internal demands of APsaA but by local situations and leaders.

After thorough preparation, two members of CoSC made a weekend consultation trip to address a significant organizational challenge: How to help the New Orleans group become a "Psychoanalytic Center." There was already a strong preliminary consensus and a precisely identified problem: a failure to get past the sticking point in restructuring. This article will describe how we helped New Orleans reorganize.

New Orleans Psychoanalytic Institute president Ted Reveley extended the initial invitation in December 2003, having heard that Richard Lightbody (Cleveland) in particular and CoSC in general had experience with the center concept. The New Orleans Psychoanalytic Institute (N.O.P.I.) had undertaken a careful strategic planning process, and was on the verge

Richard Lightbody, M.D., was recently elected *councilor-at-large* for 2004–2008. He is *chair of the Committee on Societies and Centers*. Sydney Arkowitz, Ph.D., is *associate director of the Southwest Center for Psychoanalytic Studies, director of education there, and a member of APsaA's Task Force on Psychotherapy and of the Committee on Societies and Centers*.

of enacting new bylaws. Then they stopped: As long as we are reorganizing, they thought, why not include all segments of the community, not just the institute? The vision of a new organization—with transparency, inclusiveness, efficiency, and community members—seemed better served by a comprehensive makeover. Consultation from CoSC was requested to help get the process moving again.

## PREPARATION

We prepared in two ways.

First, CoSC convened a panel discussion on the subject of "Psychoanalytic Centers" at our regular Friday committee meeting at ApsaA's 2004 Winter Meeting. Guests from places with varieties of structure were invited: New Orleans, Portland, the Los Angeles Psychoanalytic Institute (LAPSI), and New York. We also had some information from Philadelphia. A summary of the panel was prepared and distributed to New Orleans as well as our own committee and participants.

Second, the New Orleans psychoanalysts sent background papers: membership lists, the 2001 COI Site Visit Report, 2003 strategic planning documents, and bylaws of current and proposed analytic organizations. It made solid reading for the visiting team, who, by the time they landed in New Orleans, had a working sense of the community, its history, its resources, and some of its immediate problems.

## SHARING EXPERIENCE

The New Orleans community responded beautifully to the visit. Led by John Stocks (society president) and Reveley, about 25 members of the community attended a workshop on Friday evening, and a follow-up Saturday morning.

CoSC chair Lightbody began by reporting in detail on Cleveland's experience in renewal and reorganization. Like New Orleans, the Cleveland Psychoanalytic Institute had provided the original structure since the 60s, with society and foundation as later developments,



whose workloads dramatically increased in the 90s. Like New Orleans, there had been reluctance to change and a sense of being stuck. This was reversed in a thorough strategic planning process and reorganization as a center.

The second CoSC team member, Sydney Arkowitz (Tucson), contributed a broad summation of the New York panel, emphasizing the unique aspects of each community. Portland's center started as a community-led foundation; Philadelphia carefully reversed an old split in combining two entire psychoanalytic organizations; New York had a bifurcation between society and institute but a centralized and unified board. Arkowitz concluded with insightful reference to APsaA's parallel effort to re-define itself.

## MISSION ACCOMPLISHED

The Saturday morning program got down to details. It was striking that individuals of all levels of membership actively participated. Among those present were a few senior analysts, candidates who felt under-appreciated, and central figures who felt stymied in previous efforts to change. We noted that several important leaders had absented themselves, apparently because of illness or a diplomatic sense that younger analysts needed to create an analytic world in their own vision. Understanding of both the problems and the capacities of all involved was enhanced and harnessed for action in a short period of time. At Reveley's suggestion, the last hour focused on what New Orleans could do in the immediate future. A newly appointed faculty member helped us along by asking concretely, "Exactly what specific action steps would CoSC recommend in their case?"

*Continued on page 14*

# The Strategic Planning Survey: Putting Shoulder to Wheel

Michael Slevin

The Executive Committee of the American Psychoanalytic Association is sending out a survey to the full complement of participants in the Association to assay the direction and priorities of the organization for the next five to ten years.

"Nobody's going to put their shoulder to the wheel to anything they haven't been asked about or involved with," APsaA president Jon Meyer said. He also pointed out that there must be decisions as well about what not to do. "There is no strategic plan without some pain," he said.

The actual construction of a strategic plan, a keystone of Meyer's presidency, will follow. The tentative timeline, agreed on at a joint meeting of the Executive Committee, Steering Committee, and Coordinating Committee in New York in October, anticipates that the survey results will be compiled and discussed in January. Planning sessions, including a second joint



meeting of the steering and coordinating committees in April, will be held in time for plan distribution by summer. The membership will be involved in implementation both directly as individuals and through APsaA's existing structure of committees, societies, and institutes.

Gretchen Anderson, a management consultant with Katzenbach Partners who has strategic planning experience, is working with APsaA on the project. While consensus is the goal, Anderson said in an e-mail communication, "as with any organization of similar size and complexity," it is an ideal. Different survey designs, including Likert Scale questions, are being considered. There will, however, be room for written responses.

The strategic planning survey and initiative is a part of several recent efforts of the APsaA to assess its challenges, its mission, its structure, and its priorities. Beth Seelig, secretary of the Board on Professional Standards, said that there is real "time pressure" now and "an organizational mandate to go forward."

The Task Force on Reorganization has a mandate to create a proposal for new governance. The immediate goal of the strategic planning process, however, is to gain a sense of the organization's priorities for future evolution. There are external challenges the organization must face as part of that agenda to help APsaA remain the preeminent professional association for psychoanalysts through the 21st century.

APSA

## A Site Visit

*Continued from page 13*

That final hour was a condensed discussion of how a center might be formed. By the time the meeting adjourned, specific time frames were established, analysts were assigned to teams, leaders were identified. There was a sense of movement, of rapport, of pleasure, even of exhilaration.

The visiting team wrote a detailed summary of the on-site consultation, which remains available for review by others.

### FOLLOW-UP

CoSC followed-up four months later, at its regular June 2004 meeting. A senior analyst and a CoSC representative from New Orleans responded to our invitation for an hour on the agenda. This was partly to see if further problems had arisen in New Orleans that we could help with, and partly to further our own learning about the vicissitudes of transition to a different

organizational model. As we heard, the group seems to have risen to its challenges. The New Orleans psychoanalytic community has successfully moved its preliminary work through subcommittees; it is trying to set a date of incorporation for their New Orleans Psychoanalytic Center. We will follow-up again in January 2005 to see if late snags develop.

Several other groups nationally have asked for discussion of the center model, and about the strategic planning process.

CoSC is ready to help local organizations in any way. We can consult at APsaA national meetings or in visits to different locales. We can adapt our agenda to suit any local question you want to bring to our committee meeting. We are

budgeted in advance for consultation trips. We welcome your interest and invite you to talk with us. CoSC chair Lightbody invites calls at 216-371-1268.

APSA

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## Reorganization Task Force Focuses on Governance Options

Stephanie Smith

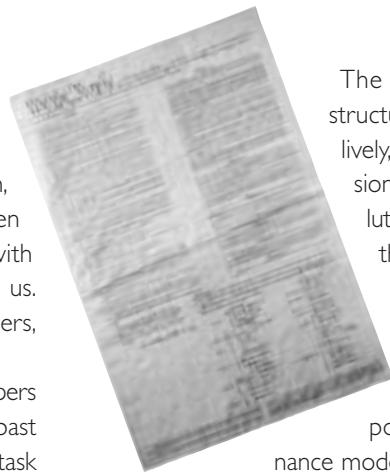
The Reorganization Task Force, under a mandate from the membership, held its first retreat on October 1-3, at the APsaA National Office in New York. Dean K. Stein, APsaA executive director, and Gretchen Anderson, a management consultant with Katzenbach Partners in New York joined us. Niko Canner, also with Katzenbach Partners, facilitated part of the meeting.

During the summer, the task force members prepared for the retreat by reviewing past initiatives and New York State law. The task force members also divided into work groups to prepare 16 "white papers" on a wide variety of topics derived from the task force's mandate. The topics included the structure of the Board of Directors, officers' roles, the Executive Committee, other committees, the Executive Council and Board on Professional Standards, and membership. The work groups' papers examined these topics, explored possible options, raised questions pro and con, and provided information and comparison with other professional organizations. The ultimate authority of the Board of Directors was recognized in all our work.

With the white papers providing the base and structure for the retreat, we worked from the "bottom up." We focused on each topic, each aspect of the organization as a part, rather than following a progression from principles to structures, believing that this encourages creative thinking, allows for original solutions, and avoids being bound by preconceptions. We wanted to immerse ourselves in the actual functioning of APsaA and the possible new arrangements.

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**Stephanie Smith, M.A., L.I.C.S.W.,** is vice-chair of the Reorganization Task Force. At the Boston Psychoanalytic Society and Institute, she is faculty, vice-chair of the Child Analysis Committee, an associate supervising child and adolescent psychoanalyst and secretary for the society.



The white paper structure facilitated lively, open discussion and an evolution of thinking that ultimately enabled the committee to focus on several possible governance models. We began to explore and fill in pictures of each model (for example, possible Board structures, the implications of BOPS being internal or external in relation to APsaA, modes of representation, and routes of influence).

New work groups were formed to gather facts and further explore the following topics: a new mission statement, board composition models, relationship with psychoanalysts outside APsaA, society representation, BOPS, and our relationship with the wider community.

The task force emphasized the importance of communicating with the membership in a continuous and reciprocal manner throughout the process. In addition to the mandated reports, minutes will be published following each meeting and TAP will continue to cover our work. The task force considers membership participation a vital part of the process and has begun to discuss possible forums in which members can offer ideas and react to our ideas. The task force will plan time for an open meeting with the membership at all APsaA January and June meetings.

Our next meeting will take place on Friday and Saturday afternoons at the APsaA Winter Meeting.



## Membership Bylaw Passed Overwhelmingly

The bylaw amendment vesting matters involving membership in the Executive Council passed by an overwhelming majority in mail balloting this fall. Of the one-third of the membership voting, 87 percent cast ballots in favor of the amendment.

President Jon Meyer, in a written communication to the membership, said the vote "reflects our hopes for an expanded, enhanced, and enlightened membership policy."

The new membership committee of Council will have ten members, eight to be elected from its own ranks. To implement the new bylaw, Meyer has asked the nominating committee to submit 16 names for an election to be held at Council's January meeting. The president and the secretary of APsaA will also serve on the committee.

The bylaw was initiated by former president Newell Fischer in the spring of 2004 as part of a plan to address an anticipated membership crisis in psychoanalysis.

In addition to administering the routine business of admission to membership, the new Council committee is to develop criteria for direct election to active membership of those who do not meet APsaA's usual requirements for attaining membership, i.e., being a candidate, graduating from an APsaA-approved training institute, or being an IPA member. The bylaw amendment charges the Council with submitting proposed new criteria for membership in the form of a bylaw amendment, which, to go into effect, must be voted on by the membership and passed by a two-thirds majority.

—Michael Slevin

# Katzenbach Partners: Catalyst for Change for APsaA

Michael Slevin

Katzenbach Partners, a management consultant group based in New York, is working with the American Psychoanalytic Association on its strategic planning and reorganization efforts. Kerry Sulkowicz, an APsaA member and management consultant, whose firm, the Boswell Group, once was a part of Katzenbach, recommended the firm.

Niko Canner, one of the founders of the six-year-old consulting group, initially worked pro bono on an analysis of the organizational needs of APsaA, making widely praised presentations at the APsaA meetings in New York in January 2004. His associate, Gretchen Anderson, has been working with APsaA president, Jon Meyer, on a strategic planning process for APsaA that Meyer says is "desperately needed." She and Canner are also working as consultants to the Reorganization Task Force in a relationship that is still being defined.

Anderson says both she and Canner have been drawn to APsaA work because of the "passion" members have for the organization. She said that it has been important for her to work with an "organization with such a long history that is attentive to its history. That is different from corporations." She said that over the long term, she and Canner hope that their "work will help people." They are invested, she said, in psychoanalysis.

Although neither has been in analysis, both have a long interest in the field. As TAP reported in early 2004, Canner stated to APsaA that on a personal level, the idea that there was a way of listening that produced meaning and was helpful to people in such abundance, was immensely appealing to him in adolescence, and he finds it satisfying to help a group of people who make that their work. Anderson pointed to her work with psychoanalytic thought, beginning with that of Julia Kristeva, during her Ph.D. work in English at Stanford.

Anderson commented that the kind of governance issues APsaA is involved with, "although

unique, are a kind of crystallization of what we see in other kinds of organizations." She asked, "How do we think about change? What happens to people internally, what happens in the outside world; how permeable do we want our boundaries to be to that outside world?"


Psychoanalysis, she said, "is science, art, faith, by its nature an extraordinary cross-disciplinary" endeavor. It is a way of talking about "intangibles," as are "organizational design issues: You can't put your finger on it." Her doctoral work on a generation of American women poets who converged on Greenwich Village in the 1920s similarly worked with issues of intangibles, she said. She looked at issues of why Greenwich Village and why this group of women poets in this particular publishing market.

Katzenbach Partners is a rapidly expanding firm of about 100 employees. It is a firm that seeks to combine the sometimes disparate management consultant concerns of strategic

planning with people and organizations. They pay especial attention to the culture and the history of their clients, and have a reputation for developing longer-term relationships using fewer consultants than is common in the field, according to a profile of the firm in the May/June 2004 issue of *Consulting Magazine*.

Canner told that magazine, "We engage with clients over longer periods of time with smaller teams that help drive change at a more natural pace." At the same time, he and Anderson have made clear that part of their job is to help keep the work focused and on track.

John Rowe, CEO of Aetna and former CEO of Mount Sinai Medical Center in New York City, has used Katzenbach Partners in both of his positions. In an interview, he told *Consulting Magazine*, "This is a very highly intellectual group, and I would describe it as a very-high-protein content. . . . They produce ideas and simple, straightforward approaches." They "dedicate themselves in such a way," he said, "that if you were witnessing them working you wouldn't know that they were not Aetna employees."

As Sulkowicz commented, Anderson "truly is neutral." Katzenbach Partners will help facilitate the direction APsaA chooses to go. 

## The Committee on Scientific Activities announces The Second Annual Scientific Paper Prize Competition

*The winning author will receive an award of \$500*

Papers by North American authors (whether or not members of the American Psychoanalytic Association) are eligible for the prize. Papers that are published or accepted for publication by peer reviewed journals between October 1, 2003 and October 1, 2004 will be eligible.

The judges will review the major psychoanalytic journals to identify papers for consideration, but applicants are invited to submit any paper accepted for publication, or published elsewhere.

The deadline for submission is February 1, 2005.

Five copies of the paper and a cover letter should be sent to:

Robert Michels, M.D.  
Chair, Subcommittee on Paper Prizes  
418 E. 71 Street, Ste. 41  
New York, NY 10021

Michael Slevin, M.A., is editor of TAP.





## Is That My Hand? Tracking the Sense of Self-Ownership

Robert Michels

As the new columnist for “Science and Psychoanalysis,” my perspective will be highly personal—notes about science and the scientific literature that have come to my attention and that interest me as a psychoanalyst. It will also include issues at the interface of science and psychoanalysis—professional, political, cultural, educational, and other. I am limited by what comes to my attention, but would be happy to receive advice, suggestions (and not quite as happy, but happy enough, with criticism or complaint). I will try to be interesting, and as a result might spend more time at the boundaries than at the center.

I will start with experimental psychology, which it seems should be of great interest to psychoanalysts, but in fact has often turned out to be of little relevance. Psychoanalysts are concerned with important human themes—love, rage, identity, anxiety, conflict, among others. However, psychoanalysts often sacrifice precision and methodologic rigor because they believe these attributes are incompatible with the topics that interest them. Experimental psychologists insist on precision and rigor and, at least to psychoanalysts, often seem to sacrifice relevance in order to achieve them.

### THE BODILY EGO

A recent study by a group at Oxford and Queen Square Institute of Neurology in London, reported in *Science* (vol. 305, issue 5685,

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Robert Michels, M.D., is *Walsh McDermott University Professor of Medicine and Psychiatry at Cornell University. He is a training and supervising psychoanalyst at the Columbia University Center for Psychoanalytic Training and Research.*

2004), provides refreshing evidence that it is possible to be both relevant and rigorous. The study addresses a question that has interested psychoanalysts since Freud: the origins of the feeling of ownership of one's own body. Analysts all know Freud's view, stated in “The Ego and the Id”—“The ego is first and foremost a bodily ego.”

H. Henrik Ehrsson and colleagues studied the neuronal counterparts of the feeling of ownership of the hand. They employed a well known perceptual illusion, hiding the subject's real hand while displaying a realistic rubber hand. They then stroked both the real and the rubber hands. In a brief time, subjects experienced the rubber hand as their own, but only if the positions of the two were visually aligned and the stroking was simultaneous.

They performed the experiment while conducting functional magnetic resonance imaging (fMRI) of the subjects' brains. This is a method for imaging the brain and studying the activity of different regions while the subject is engaged in mental activity. It is non-invasive, can be repeated multiple times without undesirable effects, and has fairly good spatial and temporal resolution (e.g., one can differentiate small parts of the brain that are relatively close together and follow changes over brief intervals of time). It has revolutionized neuropsychological research—the neuroscientist's equivalent of the telescope or microscope.



Robert Michels

It was possible to identify those brain regions that “lit up” when the illusion led to the “feeling of ownership,” but not in response to the simple visual or tactile stimuli. The critical area was the premotor cortex, as part of a circuit including the parietal cortex and the cerebellum. “When the illusion arises, there is a change in the proprioceptive and tactile representations of the hand so that the somatic information from the hand matches the visual information.” The researchers conclude, “Multisensory integration in a body-centered reference frame is the underlying mechanism of self-attribution.”

### IRREDUCIBLY SUBJECTIVE

In an editorial accompanying the paper, Matthew Botvinick at the University of Pennsylvania's Center for Cognitive Neuroscience points out that animal studies have shown that the premotor cortex contains neurons that respond to both touch and vision. They are activated not only by objects that touch or are seen touching the body, but even by objects seen approaching the body or approaching a tool that is being held by that part of the body. Thus the neurobiologists' “self,” like the psychoanalysts', includes a subjective mental representation that extends beyond the physical limits of the skin.

Botvinick closes, “Evaluating these possibilities... will require a willingness to engage phenomena that are, at least in part, irreducibly subjective. This willingness has been rare among experimentalists. [This] work... provides an encouraging indication that this attitude may be changing.”

Psychoanalysis has always been intrigued with the irreducibly subjective. The sense of self, the feeling of ownership of the body, is the kind of subjective experience, about which we theorize. Ehrsson, Botvinick, *Science*, and scientists are beginning to address these topics, attempting to “reduce” what can be reduced, and recognizing the importance of what cannot. It is vital that we remain engaged in the dialogue, learn from them, and share our insights with them.

It is an exciting time.



# Psychoanalysts Publishing in the Trade Book Market

Dorothy M. Jeffries

Members often ask how to make the public more aware of psychoanalysis. Often, the reply is reach out to media or hold public events. But one of the methods most effective and least talked about in analytic circles is that of trade books.

The publishing world, as you may well know, is basically segmented in two markets: the academic (with which many analysts are familiar); and the trade, comprising those books published for

distribution to the general public through booksellers. Many analysts, partial to publishing for their peer audience in the academic world, have overlooked the opportunity and benefits afforded by the trade book market.

ELIZABETH LLOYD MAYER

Sensitive to just that, member Elizabeth Lloyd Mayer chaired a session at the Winter 2004 Meeting entitled, "Psychoanalysis and Non-Psychoanalytic Publishing: Leaders from the Trade Publishing World Talk about the Psychoanalytic Books They'd Like to See and How to Write Them."

Mayer, whose forthcoming trade book, *Extraordinary Knowing*, will be published by Bantam Books (a division of Random House) in 2005, summarizes the values she sees in trade publishing as a way to encourage her fellow members: "Editors and agents are interested in what analysts have to say in a way that is relevant to people's lives."

Dorothy M. Jeffries is director of public affairs for the American Psychoanalytic Association.

WILLARD GAYLIN

Willard Gaylin, member and co-founder of the esteemed Hastings Center, has published more than a dozen trade books over the course of his career. You might even say, he is the parent of successful trade publishing for analysts.



"I have always felt that psychoanalysis and psychoanalytic knowledge weren't just applicable to the therapeutic realm. I was interested in the application of psychoanalytic theory to social problems...and wanted to reach more people and not just preach to the choir," he said.

Though Gaylin received harsh criticism from his peers for publishing outside the academic realm, he persevered because he wanted to reach others beyond his patients and to help the public, with essentially psychoanalytic perspectives, deal with the social problems confronting them, such as hatred, racism, and sexism.

GAIL SALTZ

For another analyst, an exceptional experience in the world of television has led to opportunities in trade publishing. After becoming a contributor to NBC's *Today Show*, it was just a natural for member Gail Saltz to write a book.

This past May, Saltz published her first book, *Becoming Real*, which has sold more than 28,000 copies. "The value in publishing came in not using any psychoanalytic jargon

and yet still being able to make clear the basic theories of psychoanalysis. That's been the most valuable. Readers have not been turned off...rather, they have been extremely receptive to the fact that there is a dynamic unconscious—one of the major points I make in the book—and that by understanding their unconscious, they can make a change."

She continued: "What I have written is obvious to analysts, but provocative for the lay public. I found that the use of disguised clinical vignettes was most helpful to readers.

A lot of readers called or wrote because they identified with x case. The vignette hit home and they realized they needed treatment. And at the same time, they realized that in this

age of medication and cognitive behavior therapy, there's another way to go."

Saltz's endeavors in publishing have taken off. She has a children's book coming out in May for parents to use to talk with their child about their child's body and sexuality; and she's at work on a book about women's sexuality.

ELIO FRATTAROLI

In 2002, member Elio Frattaroli published his first trade book, *Healing the Soul in the Age of the Brain: Why Medication Isn't Enough*. "My motivation to write a book was that of looking at a world outside of psychoanalysis—a world which was putting psychoanalysis in trouble."

Frattaroli was also concerned about the values of psychotherapy being eroded in the hospital where he works. "I saw the essence of the psychoanalytic point of view being threatened," he said.

"It would not have occurred to me to write a trade book without having had professional colleagues suggest to me that I write for a

Continued on page 19

larger audience, primarily because I was the first analyst they had heard talk whom they had understood. As perhaps other analysts have done, I had fallen asleep in so many psychoanalytic lectures that I was determined no one would fall asleep on my words."

Frattaroli further remarked, "Though my book has not had the impact I hoped for, I do want to say this: The more analysts write with this kind of agenda, the more the weight of everyone's efforts will have an impact."

#### PAUL HOLINGER

In an effort to help parents understand the pre-verbal communication of infants and babies, member Paul Holinger wrote *What Babies Say Before They Can Talk: The Nine Signals Infants Use to Express Their Feelings*. Technically, the book is about affect theory for the lay audience. Holinger's book has made the Book of the Month Club and has been translated into several languages, including Chinese and Spanish.

"Analysts do a number of things well, and some not so well. We don't focus enough on conveying our work to the public, nor do we focus enough on preventing a pathology. That's what I wanted to do by writing this book."

One of the most interesting results for Holinger has not been so much from parents as from analysts. "More and more analysts come up to me and say that they understand their patients better after having read my book—that they understand the antecedent of their patients' problems and/or pathology. They also remark that they have become more empathic and more understanding of their patients' feelings," said Holinger.

Holinger, Mayer, and others have found that their writing has resulted in opportunities for television appearances and speaking engagements.

#### ETHEL SPECTOR PERSON

Another analyst accomplished in trade publishing is Ethel Spector Person, author of *Dreams of Love and Fateful Encounters: The Power of Romantic Passion* and *Feeling Strong: The Achievement of Authentic Power*. Her trade books have prompted interviews in many media outlets, including *The New York Times* and *O, the Oprah magazine*.

\* \* \*

## Words of Wisdom for Potential Authors

### CUT JARGON

Analysts live and breathe jargon. My work with editor Jo Ann Miller from Basic Books on *The Psychology of The Sopranos* taught me that I can use six jargon-free words to say the same thing I say with 32 psychoanalytic words embedded in complex sentences. Having a ruthless editor for a trade publication positively affects all your subsequent psychoanalytic writing.

**Glen Gabbard**

Author, *The Psychology of The Sopranos*

### THE "I" WORD

Readers—and people like me who edit for them—will make a demand of you: We want you to come out from behind technical language; we want you to step forward with your beliefs and passions; we want you to throw off the academic we and say "I." I believe more and more that what readers respond to deeply in a book is the writer's own engagement. Writing teachers talk a lot about voice. My spiritual authors might call this quality "presence." And I know you talk about how that kind of resonance appears in therapy. It comes off the page, as well.

**Toni Burbank**

Vice President and Executive Editor  
BantamDell

### COMMUNICATE

If a therapist attempts to communicate with his patient, he would obviously attempt to speak in language that the patient can understand. This sensitivity is no different than an analyst who makes some accommodation to the general public's lack of sophistication in psychoanalytic thinking and ideas when writing for a trade market, acknowledging the general public's lack of sophistication in psychoanalytic thinking and ideas.

**Marly Rusoff**

President  
Marly Rusoff & Associates, Inc.

### BOOKS TO PROMOTE PSYCHOANALYSIS

It has to be done in the simplest possible terms, possibly even avoiding terms like "the unconscious" or "transference." The best self-help books are always based to some degree on Freudian or at least psychoanalytic principles, whether they know it or not. A good and brilliant psychoanalyst who could help with things like having a relationship, doing well in a job, curing bad habits, would have a very good chance of doing a good book.

**Daniel Menaker**

Editor in Chief  
Random House

Overwhelmed, but you've got the desire and passion to write and get your message to the public? Then pursue this recommended reading from Toni Burbank, vice president and executive editor for BantamDell, who

was a panelist in the session on publishing at the Winter Meeting: *Thinking Like Your Editor: How to Write Great Serious Nonfiction—and Get It Published* by Susan Rabiner and Alfred Fortunato.

APSA

# The Association Responds to the Regulations of the New York State Licensing Law

The New York State Education Department published preliminary regulations for the licensure of psychoanalysts in New York State in August 2004. The regulations were scheduled to be implemented in January of 2005. (See article, page 21.) The law will not apply to psychoanalysts in exempt professions (psychiatry, clinical psychology, and clinical social work). However, it may affect some members trained with waivers and other members who wish to practice in New York State and be licensed under the law. This law will set a regulatory precedent for defining psychoanalysis for other states. What follows are sections from a letter to the regents of the New York State Education Department on behalf of the Association by Eric Nuetzel, BOPS chair, Jon Meyer, APsA president, and K. Lynne Moritz, APsA president-elect, expressing the Association's concerns.

## LETTER TO THE REGENTS

This letter is in response to the proposed regulations to implement Article 163 of the Education Law establishing training and post training requirements for the licensure of psychoanalysts in the State of New York which were published this past August. The law establishes psychoanalysis as a Mental Health Profession in the State of New York. This development is especially important for those who train in psychoanalysis without having obtained a degree in another mental health discipline. We support your efforts to license such individuals. The care of people with mental health problems is a serious responsibility, and your attempt to regulate the provision of that care in the State of New York is laudable.

The vast majority of the American Psychoanalytic Association members are in exempt professions: psychiatrists, psychologists with doctoral degrees, and clinical social workers

who have all obtained additional training in psychoanalysis. However, some of our members are academics with a research interest in psychoanalysis and others have unusual educational backgrounds, such as non-psychiatric physicians. When we accept such individuals for training in one of our institutes, we provide pre-matriculation training to establish equivalency with a mental health background. This pre-matriculation training involves didactic coursework, direct experience conducting psychotherapy, and clinical exposure to the vast array of clinical psychopathological conditions.

## PRE-MATRICULATION TRAINING

Our major concern regarding the regulations of Article 163 of the Education Law is that there is no provision requiring that individuals with a master's degree or above outside a mental health discipline receive pre-matriculation mental health training prior to the start of formal psychoanalytic training. The education in psychoanalysis outlined in Article 163 of the Education Law is highly specialized and insufficient for a broad background in mental health. The scope of practice in Article 163 of the State Education Law appropriately requires medical/psychiatric consultation for those patients with "serious mental illness." It is essential for licensees to have familiarity with the clinical presentations of such conditions to insure they have the diagnostic ability necessary to determine if there is an indication for consultation. Students of psychoanalysis should have experience conducting psychotherapy under supervision, didactic courses in basic psychopathology and psycho-diagnostics, as well as direct clinical exposure to people suffering from serious mental illnesses prior to entering formal psychoanalytic training to insure the safety of the public.

## FREQUENCY OF SESSIONS

In regard to the New York law, we believe it is essential that frequency of sessions per week be specified for personal analyses and for cases treated under supervision. Psychoanalysis requires the careful exploration of transference and countertransference dynamics, and these phenomena are more likely to emerge when analyst and patient are meeting regularly and frequently for multiple sessions each week. If students do not gain an appreciation for these phenomena during their training experiences, their education will be inadequate for the practice of psychoanalysis. The present regulations are insufficient for the general training of psychoanalysts. To rectify this, Sections 52.35, (c) (2) & (3) should have the frequency of psychoanalytic sessions per week specified in the regulations. We also believe that the qualifications or the requirements for eligibility to serve as a personal psychoanalyst and as a supervisor of psychoanalytic cases should be specified in Section 52.35, (c) (2) & (3). Our attached document, "Principals and Standards for Education in Psychoanalysis," will provide you with our model for such requirements.

We applaud your efforts to develop standards for training in psychoanalysis for the purpose of licensing psychoanalysts who are not members of exempt professions. This is clearly in the public interest. Indeed, protecting the public is also our primary concern. We look forward to knowing more about the regulations in regard to accrediting agencies that will be recognized by the State of New York. We plan to apply for such status, and both hope and trust that the American Psychoanalytic Association will be recognized as an accrediting agency for psychoanalytic education and training in the State of New York.

# Proposed Regulations for New York State License Withdrawn for Revision

Fredric T. Perlman

The New York State Education Department (SED) has withdrawn the proposed implementing regulations for the licensing of psychoanalysts in New York State as a result of the overwhelming response of the psychoanalytic community. Article 163 of the education law, enacted in the summer of 2003 and scheduled to go into effect in January 2005, licenses four new professions: mental health counseling, creative arts therapy, marriage and family therapy, and psychoanalysis.

In a move that will delay implementation of the license for psychoanalysis, the SED has determined that it will take additional time to study the critical comments and extensive recommendations made by APsaA, the Confederation of Independent Psychoanalytic Societies (CIPS), the Psychoanalytic Consortium, and other national and local psychoanalytic groups. David Hamilton, executive director of the NY State Board of Mental Health Practitioners, the board within the SED authorized by Article 163 to regulate the four newly created professions, announced that the regulations for licensing in psychoanalysis would probably be revised before being republished for public comment in December. The revised regulations would then be subject to an additional 30-day "comment" period before being sent to the NY State Board of Regents, which has final approval authority.

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Fredric T. Perlman, Ph.D., is on the faculty of the Institute for Psychoanalytic Training and Research; board member, Confederation of Independent Psychoanalytic Societies (CIPS); co-chair, APsaA-CIPS Joint Committee on Licensing and Credentialing; chair, CIPS Public Policy Committee; member, APsaA Task Force on Access to Care.

The decision to withdraw the regulations was made by the SED and may not have reflected the wishes of the three practitioners who represent the new profession of psychoanalysis on the state board. All three representatives are members of the National Association for the Advancement of Psychoanalysis (NAAP), the organization of psychoanalytic practitioners that lobbied for enactment of the law.

## PUSH FOR STRINGENT TRAINING CRITERIA

The enactment of Article 163 has been the impetus for vigorous efforts by APsaA, CIPS, and a growing coalition of psychoanalytic groups pressing the SED to promulgate implementing regulations with stringent licensing criteria. The law creates a license in "psychoanalysis" for practitioners not otherwise licensed in "exempt" professions (social work, psychology, medicine, and nursing). The licensing criteria spelled out in the law are minimal: a master's degree in any field, completion of a program of study at a psychoanalytic institute, coursework "equivalent to a master's degree in a health or mental health field," 150 hours of supervision, 1,500 hours of "supervised

clinical experience," and an examination in psychoanalysis. Moreover, the licensing criteria include no frequency requirements for training analysis or control work, no qualifications for training and supervising analysts, and no specific requirements for clinical experience in the conduct of psychoanalysis.

Working together, APsaA and CIPS launched a vigorous joint effort to urge the State Education Department, the agency charged with administering the law, to correct these deficiencies by promulgating stringent training criteria in the implementing regulations. Although the SED cannot rewrite the law, it can institute regulations that shape the implementation of law.

APsaA and CIPS submitted a comprehensive position paper, including recommendations for

APsaA and CIPS submitted a comprehensive position paper, including recommendations for specific regulations, and mobilized a growing coalition of cooperating groups to join our effort.

specific regulations, and mobilized a growing coalition of cooperating groups to join our effort. In August 2004 the SED published proposed regulations that reflected some of our recommendations, but did not include a frequency rule for training and control analysis. APsaA and CIPS then submitted a second position paper to address this issue, which was jointly signed by the leadership of virtually every psychoanalytic group in the country (APsaA, CIPS, the North American Psychoanalytic Confederation [NAPsaC], Division of Psychoanalysis [39] of the American Psychological Association, American Academy of Psychoanalysis and Dynamic Psychiatry, and the National Membership Committee

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## The Perfect Storm

Robert Pyles

It is a tough time to be a health-care professional, and even tougher to be a patient. Managed care has taken all of our assumptions and ethical values about health care and turned them upside down. Now the primary problem in health-care delivery, according to the managed care companies and Medicare authorities, is health-care professionals.



Robert Pyles

We have been assaulted simultaneously from three directions—managed care and insurance companies, intrusion and regulation by federal and state agencies, and the phenomenal targeting of physicians in malpractice cases. These three factors constitute what AMA former board chair, Timothy Flaherty, has called “the perfect storm.”

Managed care has taken all of our assumptions and ethical values about health care and turned them upside down.

Managed care is at the heart of the problem. The only way these companies can create greater profits is to pay for less care. HMO's and managed care companies have become increasingly creative in the ways in which they discourage clinicians from delivering care, from denying claims because of “medical necessity,” to finding ways to declare records of treatment inadequate and therefore non-reimbursable.

Robert Pyles, M.D., is chair of the Committee on Government Relations and Insurance, and a former president of APsaA.

We have seen HMO's increasingly demanding refunds through the use of extrapolation methodologies. This is done by obtaining a few clinical records, without patient consent, finding the records inadequate, and then extrapolating from a few claims to the totality of claims filed by that practitioner, and ultimately demanding the practitioner return often huge sums of money.

In this situation we cannot afford to be hopeless, depressed, and passive. APsaA has been remarkably successful in a series of cases addressing some of these problems.

### DIAGNOSIS: MANAGED CARE

**Antidote—Oxford Challenge.** In response to the situation that arose in the New York and New England area where extrapolation was used by the Oxford Health Plan, APsaA, working with other groups, was able to reverse the demand for refunds. We engaged in a series of negotiations with Oxford regarding an acceptable amount of information to be included in the patient record. If this agreement

is adopted by Oxford, patient consent will also be preserved. Oxford and its medical director, Alan Muni, deserve credit for working with us on this issue. APsaA was the most focused and uncompromising of the professional groups involved.

**Antidote—RICO.** APsaA has worked closely with the attorneys involved in the RICO (Racketeer Influenced and Corrupt Organizations Act) suit. This suit, described previously in TAP, is a highly successful physician class action suit, which has resulted thus far in two settlements. Aetna and CIGNA have settled and APsaA is a signatory on

these settlements. These companies have agreed to cash relief, and, more importantly, to end many of their intrusive and egregious business practices.

### DIAGNOSIS: STATE LICENSING BOARDS

Another problem has been maverick state licensing boards operating without providing due process to health-care professionals and without accountability to any oversight body.

**Antidote—Eist Suit.** APsaA has participated in several *amici* briefs supporting Harold Eist in his efforts to resist the Maryland State Board of Medicine's attempts to access patient records without patient consent. At every point, the court found in favor of Eist. Although the State Board was forced to acknowledge that Dr. Eist acted with sound clinical judgment in the care of his patients, they continue to pursue him with repetitive litigation based on his adherence to the ethical code requiring patient consent prior to the release of records.

### DIAGNOSIS: INTRUSIONS BY STATE AND FEDERAL AUTHORITIES

**Antidote—District of Columbia Law.** APsaA has worked closely with the DC insurance commissioner to try to preserve the landmark DC law, which, nonetheless has been challenged by local insurance companies. This law continues to be a model law, which we have cited in many of our actions in other states and on Capitol Hill.

**Antidote—Resisting the Intrusiveness of the Federal Government.** With this administration, the issue of government intrusiveness has taken a particularly nasty turn. In the first Bush term, Attorney General John Ashcroft issued subpoenas to six hospitals across the nation seeking to access medical records without consent for late-term abortions. This action specifically targeted doctors who had brought suit against the federal government for attempting to prevent late-term abortions. This seems likely to be an attempt to discourage patients from receiving such abortions and doctors from performing them. This is a particularly frightening example of the use of the power of the federal government to punish individuals who stand up for patient rights. APsaA has worked with the attorneys involved in all six

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of these cases. So far the hospitals have been generally successful in resisting the surrendering of the records.


#### DIAGNOSIS: INTRUSIONS INTO PATIENT PRIVACY

**Antidote—Shrager Suit.** APsaA participated financially and by lending expertise to the suit by Dan Shrager, one of our psychotherapy associates, against insurer Magellan. Magellan had attempted to access patient records without consent and Shrager successfully resisted.

**Antidote—HIPAA Suit.** Pandering to pressure by corporate entities such as insurance companies and HMO's, the Department of Health and Human Services (HHS) issued the amended HIPAA (Health Insurance Portability and Accountability Act) regulations, which did away with patient consent, substituting government "regulatory permission" for the routine release of records. APsaA has been one of a number of plaintiffs who have sued HHS to restore consent. The initial case was decided against us and we are currently in appeal. Our appeal has been joined by six *amici* groups, including the National Association of Social Workers (NASW), the Texas Civil Rights Project, and the Harvard Medical School Center for Psychiatry and the Law.

One might wonder why we are involved in so many lawsuits. Litigation is one of our three weapons to fight back against the three elements of the perfect storm. The other two elements of our strategy are working through the media and Congress. At the moment, the legal strategy is paramount, as this Congress is not favorable to patient rights.

For example, consider the words of Judge Tjoflat in a recent ruling against the insurance companies in the RICO case. "It would be unjust to allow corporations to engage in rampant and systematic wrongdoing, and then allow them to avoid a class action suit because the consequences of being held accountable for their misdeeds would be financially ruinous. We are courts of justice, and can give the defendants only that which they deserve; if they wish special favors such as protection from high—and deserved—verdicts, they must turn to Congress."

The American Psychoanalytic Association is quite literally the mouse that roars. We are having an effect far out of proportion for our size and for our budget. We are one of the very few professional organizations that still function effectively in working for the protection of our patients and our profession. APsaA members are getting a tremendous bang for the buck. We should be proud of our efforts and continue to fight the good fight. 

## The APsaA National Woman Psychoanalytic Scholar Raffle

Win one week at a fabulous French villa overlooking the Mediterranean.

Every \$50 ticket buys one chance to win a week at a spectacular seaside home (with pool) overlooking the French Riviera. The raffle supports the National Woman Psychoanalytic Scholar program (NWPS). The drawing will take place at the next NWPS benefit, Thursday evening, January 20, 2005, at the home of Drs. Helen and Donald Meyers. The winner need not be present.

Raffle tickets may be purchased in advance by mail. Raffles will also be sold by members of the NWPS Committee at the January meeting prior to the benefit drawing. Checks should be made to The American Psychoanalytic Association, with NWPS written in the memo. Mail checks to Dr. Brenda Solomon, 150 Park Avenue, Glencoe, IL 60022.

## *The New Orleans Psychoanalytic Institute* announces the first

**\$1000.00 Edward H. Knight, M.D., Memorial Prize in Applied Psychoanalysis**  
for papers focusing on cultural and cross cultural studies and their psychoanalytic relevance.

The Prize is open to psychoanalytic candidates and psychotherapy students at Institutes accredited by the American Psychoanalytic Association as well as psychoanalytic candidates and psychotherapy students at independent Institutes accredited by the International Psychoanalytical Association located in the United States.

**Entries are due August 1, 2005.**  
**Detailed information available online, [www.nopsya.org](http://www.nopsya.org).**

Five copies of each paper and a disc file, preferable in Microsoft Word format, should be sent to:  
**Douglas S. Pool, M.D., New Orleans Psychoanalytic Institute,**  
**3624 Coliseum Street, New Orleans, LA 70115**

## APsaA's Excellent New Fellows for 2004-2005

The American Psychoanalytic Association Fellowship Program is designed to provide outstanding early-career mental health professionals and academics, the future educators and leaders in their fields, with additional knowledge of psychoanalysis. The 17 individuals who are selected as fellows each year have their expenses paid to attend the biannual national meetings of the American Psychoanalytic Association during the fellowship year and to participate in other educational activities. The biographies below introduce this year's excellent group of fellows. We enthusiastically welcome them to APsaA.

**Tanya J. Bennett, M.D.**, is a child and adolescent psychiatry fellow at the Baylor College of Medicine in Houston, Texas. She graduated from Brown University with a B.A. in English and American literature and earned her M.D. from the University of Texas Medical Branch at Galveston. She recently completed her general psychiatry residency at Baylor as well as the two-year program, Studies in Psychodynamic Psychotherapy, at the Houston-Galveston Psychoanalytic Institute. A recipient of the departmental resident research award, she studied the assessment of homicidality in the psychiatric emergency setting. With Glen O. Gabbard, she has co-authored the chapter, "Psychoanalytic/psychodynamic psychotherapy of depression/dysthymia," which will appear in the American Psychiatric Association *Textbook of Mood Disorders*. She has a special interest in the application of psychoanalytic principles to the primary prevention of violence.



Tanya J. Bennett

She has published several papers on the handling of single-subject data generated by patients over time during the course of psychotherapy. He teaches introductory psychotherapy to senior medical students in the psychiatry clerkship and gives lectures to psychiatry residents on theoretical and practical integration of psychoanalytic and cognitive/behavioral therapies. He is the principal investigator on an NIH grant, and has won university awards for his outstanding research.

**Mark Bradley, M.D.**, is a fourth-year resident in psychiatry at Columbia University. Born in Belfast, Northern Ireland, Bradley grew up in Texas, where he completed his undergraduate studies at the University of Texas in Austin. While there, he pursued research in childhood development and in the neuroendocrinology of vertebrate sexual behavior. Bradley received his M.D. at Baylor College of Medicine. In medical school he completed a four-year track of study in ethics at the Center for Medical Ethics and Health Policy. Following the 9/11 attacks, Bradley worked with the trauma study group at New York State Psychiatric Institute, and plans to continue research there over the current year. He hopes to develop his understanding of the psychodynamics of trauma through his APsaA fellowship.



Mark Bradley

**Elizabeth Dodge, M.D.**, is currently a third-year psychiatry resident at the University of Texas, Southwestern (UTSW), in Dallas. She received a B.A. in English from Yale University in 1995 and an M.D. from UTSW in 2002. Her interest in psychoanalysis stems from a lifelong

love of literature and a desire to understand psychotherapy in terms of narrative. Currently applying for child and adolescent psychiatry fellowships, she hopes to practice in an academic setting as a child psychiatrist and analyst. In medical school she acted as a national coordinator for Medical Students for Choice, lobbying the Texas legislature for equality in health care for uninsured women. By the time this is published, she hopes to be finally taking the guitar lessons she keeps putting off.



Elizabeth Dodge

**Charles F. Gillespie, Ph.D., M.D.**, is a third-year resident in the Department of Psychiatry and Behavioral Sciences at Emory University. His initial exposure to psychotherapy and research was in the clinic of Gene G. Abel, assisting in the treatment of paraphilias. A growing interest in behavioral neuroscience brought him to Georgia State University where he completed his Ph.D. in neurobiology under the guidance of H. Elliott Albers, investigating the neurochemistry of circadian rhythms. After postdoctoral training in the neurobiology of fear with Kim Huhman, he trained in medicine at the Medical College of Georgia. His present research focuses on the neurobiology of resilience and the use of object relations theory as a cognitive framework for investigating the neuroscience underlying the adaptive capacity of the mind.



Charles F. Gillespie

**Jeffrey Borckardt, Ph.D.**, is an instructor in the Department of Psychiatry at the Medical University of South Carolina. He is a licensed clinical psychologist working in the Brain Stimulation Laboratory investigating the effects of minimally invasive brain stimulation technologies on pain perception and psychiatric illness. He has an interest in the integration of research methodology into clinical practice and



Jeffrey Borckardt

she received a B.A. in English from Yale University in 1995 and an M.D. from UTSW in 2002. Her interest in psychoanalysis stems from a lifelong

love of literature and a desire to understand psychotherapy in terms of narrative. Currently applying for child and adolescent psychiatry fellowships, she hopes to practice in an academic setting as a child psychiatrist and analyst. In medical school she acted as a national coordinator for Medical Students for Choice, lobbying the Texas legislature for equality in health care for uninsured women. By the time this is published, she hopes to be finally taking the guitar lessons she keeps putting off.

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**Nathan Greenslit, Ph.D.**, is a cultural anthropologist studying the direct-to-consumer marketing of psychopharmaceuticals in the U.S. He is currently a doctoral candidate in the History and Social Study of Science & Technology Program at MIT, where he has recently developed an interest in the relationship between psychoanalysis and pharmacotherapy. Greenslit holds a B.A. in philosophy and the history of mathematics and science from St. John's College, and a M.S. in cognitive science from Johns Hopkins University. He is an affiliate scholar at the Boston Psychoanalytic Society & Institute. In addition to publishing in academic journals, he is editing a reader on the social study of pharmaceutical marketing, entitled *Pharmaceutical Cultures: Marketing Drugs and Changing Lives in the U.S.*, to be published by Rutgers University Press in 2005.



Nathan Greenslit

**Tai Katzenstein, M.A.**, is a fourth-year doctoral student in clinical psychology at the University of California, Berkeley. Prior to graduate school, she worked as the research coordinator for the Psychotherapy Research Program directed by Stuart Ablon. Her interest in psychotherapy process and outcome led her to Berkeley to work with the late Enrico Jones and the Berkeley Psychotherapy Research Group. Her master's project examined outcome and process of a brief psychodynamically oriented treatment for panic disorder. Her dissertation continues Jones's systematic line of inquiry examining interaction structures in long-term analytically oriented therapies. In addition to working on her dissertation, she is currently working in the Berkeley psychology clinic and applying for internships. She was a Fulbright scholar in Berlin in 1997.



Tai Katzenstein

**Steven Kleiner, M.D.**, is a third-year psychiatry resident in the Harvard Medical School program at Cambridge Hospital in Massachusetts. Prior to medical school at Cornell, he studied international relations and political science at the London School of Economics and Political Science. In 1993-94, he was a Raoul Wallenberg Fellow at the Hebrew University in Jerusalem, as part of an ongoing involvement in international affairs, Middle East politics, and peace studies. He has a strong interest in studying the intrapsychic forces that help determine positions within political debate. In the future, he hopes to divide his time between practicing psychoanalysis and bringing psychoanalytic principles into the policy realm. Kleiner's photography has been exhibited in Jerusalem and New York.



Steven Kleiner

**Michael S. Marcin, M.D.**, is currently in a research-focused child and adolescent psychiatry training program at Emory University School of Medicine. Additionally, he is completing a Master of Science in Clinical Research at Emory. Marcin's primary clinical and research interest is in childhood neurodevelopmental disorders and the parent-child dyad. He has just completed a fellowship in the Analytical Research Training Program headed by Linda Mayes, of Yale's Child Study Center and the Anna Freud Clinic. He has received the American Academy of Child and Adolescent Psychiatry's Presidential Scholars Award, the National Institute on Drug Abuse (NIDA) Travel Scholar Award, the Janssen Award of Excellence, 2003, and Emory University School of Medicine teaching awards. He has also published on the neurobiology of social anxiety disorder and the treatment of chemotherapy-induced mood disorders.



Michael S. Marcin

**Eve R. Maremont, M.D.**, is assistant clinical professor of psychiatry at University of California at Los Angeles's Neuropsychiatric Institute and the David Geffen School of Medicine. A native of San Francisco, she earned her undergraduate degree in English from Yale and initially pursued a career as a writer and executive in the film industry. She had several screenplays optioned and held executive positions at Warner Brothers and Disney's Radiant Productions. She left Hollywood in 1996 to attend medical school at Northwestern University. She followed with residency at Harvard's Massachusetts General Hospital/McLean Combined Psychiatry Residency Program, which she completed in 2004, earning the Mel Kayce Award for Excellence in Psychotherapy. Her research and clinical interests focus on working with medically ill patients forced to adjust their life narratives to accommodate the intrusion of chronic or life threatening disease.



Eve R. Maremont

**Joel Martell, Ph.D.**, grew up in the Pacific Northwest and completed his undergraduate degree at The Evergreen State College. Thereafter, he traveled and worked as an instructor in wilderness-based education programs until returning to Seattle to begin graduate training in clinical psychology at the University of Washington. He has stayed on as a postdoctoral fellow in addictive behaviors at the Department of Psychiatry. His main research focus is on men's perceptions of sexual assault. Specifically, he is interested in how alcohol-induced disruption of executive functioning reduces access to important environmental and internal cues to increase the likelihood of sexual assault. In the future, he would like to study how adult attachment attitudes and mentalization influence men's perceptions of sexual assault.



Joel Martell

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## 2004-2005 Fellows

*Continued from page 25*

**George Mashour, M.D., Ph.D.**, received his

M.D. and Ph.D. in neuroscience from Georgetown University and was a Fulbright Scholar at the Max Delbrück Center for Molecular Medicine in Berlin. He completed his internship in psychiatry at the Massachusetts General Hospital (MGH) and McLean Hospital, and was a post-doctoral fellow in neuroscience at Harvard and the University of Bonn, Germany. He is currently training in anesthesiology and critical care at the MGH. Mashour's scholarly interests relate to mechanisms of consciousness and anesthesia, and he has recently published a novel theory of general anesthetic action. Through the fellowship, he wishes to explore the relationship between the anesthetic and analytic manifestations of unconscious processing, in the hope of developing a more general theory.



George Mashour

**Jill McElligott, M.S.S.,**

L.S.W., earned her master's degree in clinical social work from Bryn Mawr College with distinction. She is currently in the second year of the Psychoanalytic Center of Philadelphia's psychotherapy program and maintains a private practice in psychoanalytic psychotherapy with adults. McElligott is a board and committee member at institutions throughout Philadelphia's psychoanalytic community and is concerned about the challenges facing practitioners today. She is dedicated to increasing the visibility of her institute's activities via regional media and programming events and has spearheaded alliances between her institute and other local psychoanalytic organizations via cross membership and joint programming efforts. She has presented on her experience in one of her institute's mother-infant groups. McElligott hopes to begin psychoanalytic training



Jill McElligott

following her fellowship, in order to formalize her independent research into female psychosexual dynamics.

**Abigail M. McNally, Ph.D.**, is a newly

licensed psychologist in private practice in Cambridge, Massachusetts, and the assistant clinical director of the Laurel Hill Inn Residential Eating Disorder Program. She received her B.A. in psychology from Brown University, her Ph.D. in psychology from Boston University, and has trained at the Danielsen Institute, Two Brattle Center, the Massachusetts Mental Health Center at Harvard Medical School, the Bureau of Study Counsel at Harvard University, and the Massachusetts Institute for Psychoanalysis. McNally is a member-at-large and membership chair of the Massachusetts Association for Psychoanalytic Psychology, and has also taught personality theory courses at several local colleges. She holds interests in the ego's affect-regulating role in character development and in theoretically integrative processes underlying psychoanalytically mediated personality change.



Abigail M. McNally

**Michael A. Rapp, M.D., Ph.D.**, is a third-

year resident at the Department of Psychiatry, Mount Sinai School of Medicine, New York. Born in Germany, he received his undergraduate training at the University of Würzburg, and completed medical training at Charité, Humboldt University, Berlin. During an internship in geriatric psychiatry, he developed an interest in family dynamics and started training in psychodynamic psychotherapy for children and adults. Rapp received his Ph.D. from the Max Planck Institute for Human Development and came to New York in 2002. At Mount Sinai, he conducts research on neurophysiological and behavioral changes in recurrent major depressive disorder. His main interests in relation to



Michael A. Rapp

psychoanalysis are on lifetime histories in depression, the intergenerational transmission of trauma, and process research in analytic treatment.

**Giuseppe Raviola, M.D.**, a graduate of

Dartmouth College and Harvard Medical School, is a third-year resident in psychiatry at Massachusetts General Hospital and McLean Hospital. Combining a background in research in neuroscience and social science (history) with interests in cross-cultural studies, anthropology and public health, he has done ethnographic research in sub-Saharan Africa focusing on the demoralization and burnout of physicians in public medical practice under the burden of poverty, HIV/AIDS, and tuberculosis. He plans to devote a major part of his time to clinical practice in adult and child psychiatry, and also follow his interest in the integration of a psychoanalytic perspective with clinical and research initiatives in community and international mental health.



Giuseppe Raviola

**Prakash K. Thomas, M.D.**, is a third-year

psychiatric resident at Yale University in New Haven, Connecticut. He majored in English literature at Yale College for his B.A. and taught English for two years in mainland China prior to matriculating at the University of Connecticut medical school. His interest in psychoanalysis and the humanities is reflected in his participation as an advisory board consultant for The Muriel Gardiner Program in Psychoanalysis and the Humanities. He is interested in issues of resilience and vulnerability, and is engaged in a study of resilience in primary caregivers at the Yale Child Study Center. He was co-president for the Yale Psychiatry Residents' Association during the previous academic year and is currently a GlaxoSmithKline fellow of the American Psychiatric Association.




Prakash K. Thomas



## Strategic Planning

Continued from page 3

After the polling, my reports, meeting with you, and your feedback, the Executive and Steering Committees will work to refine the priorities and strategic goals. We will also work on an implementation plan to achieve those goals. I am looking forward to reporting that more elaborated and refined plan at the June Annual Meeting in Seattle. Since we all have to put our shoulders into making this plan work, once it is considered and, hopefully, adopted by Council, and the BOPS has advised, I would favor its ratification by the membership. That is looking far ahead but is what I would hope for.

In the meanwhile, I look forward to seeing you in New York. See you soon. 



### TO THE EDITOR:

The recent proposed bylaw amendment vesting membership responsibility in the Executive Council reached my desk today and, of course, I voted for it. For the historians among us, I note with some wry

TAP welcomes letters to the editor. Letters must be less than 350 words long. Letters will be printed as space allows and at the discretion of the editorial board.

amusement that, assuming the amendment is approved, it will have been a quarter century since, as president of the American, I proposed that the membership responsibilities be moved to the Council, where they clearly belonged. In 1980, the proposal was greeted with ferocious opposition, labeled an attack on "standards."

Obviously, I welcome the prospective change, but the rate of change might give pause to the members. Caution and circumspection have regularly been used in our organization to assure that it is too little, too late.

—Arnold M. Cooper

## How to Participate in APsaA's Scientific Program

**Scientific papers** for oral presentation must be no longer than twenty-two pages, double-spaced; longer papers (forty pages maximum) are considered for pre-circulation and small group discussion. Include an abstract and submit eight copies. JAPA has first claim on any paper accepted for presentation or pre-circulation.

**Panel** proposals must be submitted in writing (two pages maximum, two copies). Each proposal should contain a description of the format, the objective of the panel, and names of possible participants (chair, panelists, discussant if any). The Program Committee usually chooses panels one year in advance.

**Discussion group** proposals must be submitted in writing (two pages maximum, two copies). The Program Committee chair selects new discussion groups based upon their subject matter vis-à-vis material covered by existing groups.

**Symposia** explore the interface between psychoanalysis, society and related disciplines, attempting to demonstrate how psychoanalytic thinking can be applied to non-psychoanalytic settings. Symposia must be in talking points format, ten to fifteen minutes per presentation (no papers read), with a minimum of fifteen minutes for audience participation with emphasis on audience interaction. Submit a brief (two pages maximum) proposal outlining rationale, program format, and suggested speakers.

The deadline for submission of panel proposals is October 1 for the Winter Meeting and March 1 for the Annual Meeting. The deadline for all other submissions is May 1 for the Winter Meeting and December 1 for the Annual Meeting.

Address correspondence to Glen Gabbard, Chair, Program Committee, c/o The American Psychoanalytic Association, 309 East 49th Street, New York, New York, 10017.

## Jacob A. Arlow, M.D., 1912-2004

Jacob A. Arlow, who died on May 21 at the age of 91, had an exceptionally distinguished career. Among his posts and honors, he was president of the APsaA in 1960-61, and chair of its Board on Professional Standards from 1967-69. In addition, he was an honorary member of both the Michigan Psychoanalytic Society and of the Long Island Psychoanalytic Society, Turner Professor of the Columbia Center for Psychoanalytic Training and Research, and treasurer of the International Psychoanalytical Association from 1963-69.

These and other honors were not Arlow's most important achievements in his chosen profession, however. What made him one of the most eminent analysts of his time were his outstanding contributions to psychoanalytic theory, practice, and education. He was the author of more than 100 papers in the psychoanalytic literature and co-author of the influential book, *Psychoanalytic Concepts and the Structural Theory*, which remained in print for more than 30 years. As editor-in-chief of the *Psychoanalytic Quarterly* from 1972-79, he helped develop and mold the thinking of a whole generation of analysts.

Over the past year, his colleagues, Sheldon Goodman and Arnold Richards, have set up a Web site ([psychoanalysis.net/IPPsa/arlow](http://psychoanalysis.net/IPPsa/arlow)) that contains a number of Arlow's previously unpublished papers.

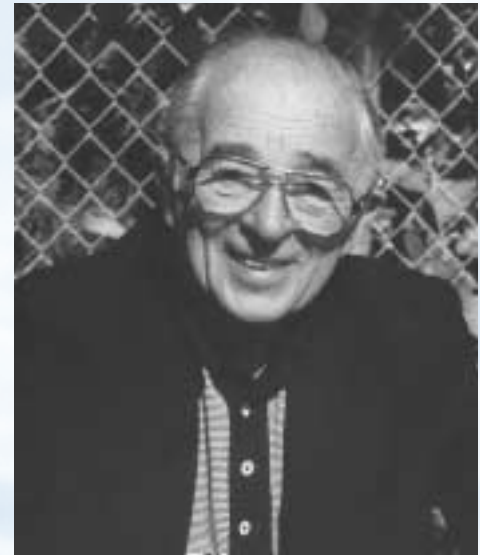
He lectured widely and participated in countless meetings of local societies of both APsaA and the IPA. His style of presentation, both written and oral, was brilliant and forceful. To paraphrase, he meant what he said and he said what he meant. Ambiguity and obfuscation were totally foreign to his nature.

Arlow was a brilliant clinician. His ability to cut to the heart of a patient's conflicts held many an audience spellbound. To hear him discuss a case presentation was an experience that was treasured by many. Particularly impressive was his ability to detect the unconscious fantasies that epitomize a patient's conflicts and that rule both thought and behavior. Unconscious fantasy and Jacob Arlow are inseparably coupled in the minds of his colleagues and students.

In the field of applied psychoanalysis, Arlow made many significant contributions. Perhaps the most notable is his paper on the unconscious significance of the rite of bar mitzvah in the Jewish religion. Although he was not in any way a religious believer, he was fluent in Hebrew, as indeed he was in several other languages, and he had an extensive knowledge of the history and religious practices of the Jews.

In his personal life, Arlow was a delightful and steadfast companion. He had a charming wit and a gift for light verse. He was a devoted husband, the father of four sons, and an avid tennis player and swimmer.

Arlow was a man of unusual intellect and of great professional achievement in every branch of psychoanalysis. He will be missed and deeply mourned by his host of friends, colleagues, and students.



Jacob A. Arlow

Charles Brenner

# Bird's-Eye View of Psychotherapy Training Reveals Broad Differences

Mae E. Kastor

As part of the long-standing relationship between American psychoanalysts and psychotherapists, member institutes of the American Psychoanalytic Association have welcomed psychotherapists into psychoanalytic psychotherapy training programs. Of the 32 psychoanalytic institutes (including the three new training facilities), at least 27 now offer some form of training in psychoanalytic psychotherapy, and others plan to start programs within the next year or two. The format for the training, the eligibility requirements for students, and the relationship graduates will have with the institutes and societies after they complete their training vary considerably.

well as the general public in looking at various aspects of psychoanalytic thinking.

Under the leadership of Richard Fox, the American Psychoanalytic Association convened, in 2003, the Psychotherapy Task Force, a new initiative to raise the profile of psychotherapy within the Association and to understand more about the relationship of psychotherapists to institutes and societies, the Committee on Psychotherapist Associates undertook an informal review in April 2004.

The most common training program takes two years, focuses on either child or adult psychotherapy, and includes theoretical and clinical seminars and supervision. Occasionally,

about analysis," says Richard Gottlieb, chairman of the Education Committee of the Berkshire Institute for Psychoanalysis. The Berkshire Institute admitted its first class of analytic candidates in July 2004 and does not yet offer psychotherapy training. But Gottlieb expects they will have training for psychotherapists. "The sooner, the better," he says.

The Boston Psychoanalytic Society and Institute offers associate membership in the society to graduates of its three-year Advanced Training Program in psychotherapy. Two representatives of the Graduate Student Organization—a trainee alumni group organized by graduates of the training program and encouraged by the society—are voting members of the society's Executive Council. The Advanced Training Program Graduate Student Organization presents at least two large conferences with outside speakers each year.

At the Baltimore Washington Center for Psychoanalysis, where the APT group requires its members to be psychotherapists, the APT president represents the group as a non-voting member on the society board, replacing the society board member who formerly served as liaison between APT and the society. APT members also serve on society committees, some of which are joint society and APT enterprises.

The format for the training, the eligibility requirements for students, and the relationship graduates will have with the institutes and societies after they complete their training vary considerably.

In 1997, to expand its engagement with psychotherapists, the American Psychoanalytic Association established the affiliation category of psychotherapist associate. By the summer of 2004, there were 368 associates. The Committee on Psychotherapist Associates is charged with recruiting psychotherapist members, organizing a discussion group at each of the national meetings of APsA, and helping to establish and support Associations for Psychoanalytic Thought (APT). These associations function to involve psychotherapists as

institutes have less formal or involved arrangements, providing, for example, continuing education courses in an extension program or six-week modules two or more times a year. Several programs do not offer supervision. Most institutes train master and doctoral level psychotherapists. Columbia, for example, admits only doctoral level students.

## MOVING TOWARD INCLUSION

Looking at how institutes and societies integrate (or fail to integrate) their students and graduates into the activities and structure of their organizations, the committee's study found a wide variety of practices. Some societies see the inclusion of psychotherapists as a strengthening factor for their organizations and for psychoanalysis in general. "In my view, psychoanalytic psychotherapy is the future of psychoanalysis, the way to spread knowledge

## REMOVING OBSTACLES

The Minnesota Psychoanalytic Society and Institute invites graduates of its two-year psychotherapy certificate program to become voting members of the society and to hold any office except that of president. Peter Grant, president of the society, states that his group is "trying to abolish the hindrances to participation in the activities of the society. We have really opened the society to the interested professional world."

In San Diego, graduates may apply for membership in the society/institute, although those admitted have no voting rights. There are, however, two positions on the board for psychotherapists, who can vote on some issues. Psychotherapy members can also be involved in committees and can request to teach in the psychotherapy or extension program.

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Mae E. Kastor, M.S.W., is co-chair of the Committee on Psychotherapist Associates of the American Psychoanalytic Association and president of The Association for Psychoanalytic Thought, an affiliate of the Baltimore Washington Center for Psychoanalysis.

# Welcome to the New World of Psychoanalysis

Steven J. Wein

(A commencement address this fall to the new graduates of the New York Psychoanalytic Institute.)

When I entered the New York Psychoanalytic Institute in 1981, I would meet people at parties who would look at me quizzically when I told them what I was doing: "Are people still doing that?" It was as if I had announced that I was becoming a telegraph operator or silent film actor.

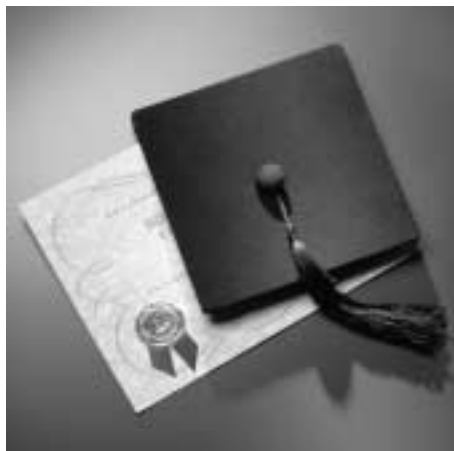
At times, we all wish that we lived in the Golden Age of psychoanalysis—when the institute was packed with students, senior analysts had two-year waiting lists, and Tuesday night speakers wore black tie because they were so very important. We must also remember, however, that in the legendary days of yore, analysts believed that the bedrock of feminine experience was the feeling of inferiority; that asthma, ulcerative colitis, and arthritis were caused by unconscious fantasy; that dyslexia was caused by the flight from taboo knowledge; that pregnant women, religious people, and homosexuals could not be analyzed, let alone become analysts; and that schizophrenia and autism were caused by special family dynamics or profound regression in the face of inner conflicts.

How did our predecessors hold onto the revolutionary discoveries of Sigmund Freud while helping us to discard the limitations, errors, and prejudices of their generation?

The answer is clear. The psychoanalytic method and the psychoanalytic attitude—which are open-minded, intellectually rigorous, and honest—are our best instruments for making sense of the bewildering and overwhelming variety of human experience, thought, and behavior.

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Steven J. Wein, M.D., chairs the Progression Committee at the New York Psychoanalytic Institute, where he is a training and supervising analyst and supervisor for child and adolescent analysis.



As analysts in the new century, we will face the challenge of being engaged with explosions of information in the neural sciences, psychopharmacology, the developmental sciences, as well as the changing attitudes within psychotherapy, psychoanalysis, and the philosophy of knowledge. If we doubt our own skills and experience, we become fearful. We, then, either isolate ourselves and become dogmatic and reverent, or we accept every new fad or enthusiasm uncritically.

## Psychotherapy Training

*Continued from page 29*

The Seattle Institute, finding that they lost track of those graduates of psychotherapy training who did not go on to become candidates, changed its bylaws. Now psychotherapy graduates can become members of the society and institute (although not on the "teaching side of the Institute"), and some of the psychotherapist members have accepted the society's invitation to serve on its board.

Some societies and institutes have not yet woven psychotherapy graduates into their programs. Each has its own reasons, including fear of liability. One spokesperson from an institute that does offer some training for psychotherapists noted that "for liability purposes, the institute and society don't even want to say

The best alternative is to engage the challenging new knowledge and ideas with creative dialogue and integrate them into our own discipline and practice.

Since my own graduation from this institute, our organization has established the Neuro-psychoanalysis Center; the Parent-Child Center; the psychology internship, the affiliation with Mount Sinai Medical Center; the scholars program, the *Journal of Clinical Psychoanalysis*, the fellowship program, and two psychotherapy programs. These are all designed to further psychoanalytic participation in the advances being made in the basic sciences, clinical disciplines, and the intellectual and cultural communities in the world at large.

There is no more exciting time to become a psychoanalyst than today, and there are no better qualified people to develop and advance the field than you. You have had the most careful and rigorous clinical education available. With that foundation of knowledge, experience, and judgment, you can lead the way to expanding and refining the psychoanalysis of the future.

Congratulations on your graduation. Your carefree student days are over. Now comes the hard part: You have to take charge of your own growth and development. Welcome to a vibrant and alive community, and to a profession which offers endless possibilities. [APSA](#)

that they train psychotherapists." For some, there are not sufficient personnel to carry out the responsibilities that accompany training and then involving psychotherapists. However, at least one institute felt psychotherapist training was sufficient: "We train them, and they go about their business."

Perhaps the movement towards more training and inclusion of psychotherapists, however it progresses within psychoanalytic circles, can help lead us back to the days when psychoanalytic thought was such a crucial and creative part of training for all mental health practitioners. And, for the analysts, interaction with these other professionals can lead to more active, varied and stimulating practices and professional lives within their societies and institutes, and within the American Psychoanalytic Association as well. [APSA](#)

# APsaA Members Weigh in on Time and Place of National Meetings

Dean K. Stein

In 2000, after more than 50 years of meeting every December at the Waldorf-Astoria in New York City, the Waldorf "requested" that the Association move its meeting dates to January. New York City had rebounded from years of a decline in tourism and it became standard for almost every hotel in the City to be sold out from Thanksgiving through New Year's. It was simply no longer in the Waldorf's economic interest to hold APsaA's meeting in December; they could charge room rates of at least 100% more than the room rates members were paying. It should also be noted that, during the same time, almost every membership association that traditionally held December conferences in New York was moved to January as well.

When the request was made by the Waldorf, APsaA conducted a survey of its members to ascertain how important it was to continue meeting in New York, at the Waldorf, and to hold the Annual Meeting (in May) in conjunction with the American Psychiatric Association. Respondents overwhelmingly supported the Winter Meeting being held in New York in January and at the Waldorf.

Clearly, the membership has spoken with its presence and its registration fees.

Historically, the Annual Meeting had been held just prior to the meeting of the American Psychiatric Association (APA), in the same city. Increasingly, finding sufficient hotel space for APsaA members became difficult as the APA began holding peripheral sessions during the final days of the APsaA meeting. Only 25 percent of the survey respondents felt that it was important to hold the Annual Meeting in conjunction with the American Psychiatric Association. The survey also indicated that members were interested in APsaA

Dean K. Stein is executive director of APsaA.

scheduling the Annual Meeting in cities that would be too small for APA meetings as well as in major metropolitan cities.

## TWO-YEAR EXPERIMENT

So in 2003, APsaA embarked on a two-year trial. Instead of a December 2002 meeting, the Fall Meeting was shifted to January (and renamed the Winter Meeting) for 2003 and 2004. In order to allow sufficient time to plan a second scientific meeting, the Annual Meeting was moved to June. At the time, it was noted how important it was for APsaA to earn a profit from its meetings and for attendance at the meetings to remain high. And during the same two years, APsaA has worked diligently to maintain a presence at the American Psychiatric Association meetings.

We have now completed the experiment. During the two years, a small number of members have voiced concerns and complaints about the shift in dates. The comments have ranged from disappointment at not being in New York during the holiday season to having to travel only a few weeks after the winter holiday break to the fact that the June meeting

conflicted with graduations and Father's Day. By way of historical note, APsaA regularly received some complaints about the May meeting dates due to Mother's Day; clearly there is no perfect date for the entire membership.

If one looks at attendance and finances, the experiment has been a success. Attendance of those paying full or near full registration fees at the Annual Meetings has not dropped off since the move from May to June. Not including students and others who attended the meeting at reduced registration rates, the June 2003 meeting in Boston was the largest Annual Meeting in a decade both in terms of total

attendance as well as in terms of registration fees paid. The recent San Francisco meeting in June 2004 had an attendance that equaled or surpassed those of May meetings during the past several years and took in more registration income than any other Annual Meeting during the last five years. The two January meetings also have shown no decline in paid attendance over the December meetings. Clearly, the membership has spoken with its presence and its registration fees.

## BEST RATES

However, in an effort to accommodate some members' concerns, APsaA explored the possibility of switching the Winter Meeting back to December but in cities around the country and then holding the Annual Meeting in New York in May at the Waldorf. The Waldorf was approached with the idea and their response was "January is one of our 'shoulder' months while December and May are peak seasons for our industry. Sleeping room rates in May would be at least \$150-\$200 more per night than those in January. In addition, it is one of our busiest months for annual catering events [the many non-profit galas that take place almost every night in New York City every May], so securing all of the function space that your program requires would be extremely difficult—almost next to impossible. One of the reasons we're able to offer such attractive rates and so much of our function space is the placement of the program in January."

The Waldorf could not have been more clear that, for the meeting space APsaA requires and the number of people who attend, January was the month in which the meeting could be accommodated.

In order to acknowledge the cost and travel time required of West Coast members to attend the Winter Meeting in New York, a concerted effort is being made to plan the Annual Meetings either on the West Coast or at least more toward the center of the country.

While we wish we could accommodate every member, attendance and economics have compelled the Executive Committee to vote in favor of continuing to hold the meetings in January and June, with the January meeting taking place at the Waldorf-Astoria. We believe it to be the best decision.





## Send Us Your E-mail Address and Sign on to the Benefits

Debra Steinke

Have you ever made or received a telephone call that began "Hi, this is Dr. \_\_\_\_\_ and I have about one minute before my next patient arrives," or possibly, "My patient is late and I have a few seconds to speak with you"?

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For membership assistance, please contact Debra Steinke, manager, Education & Membership Services, 212-752-0450 x 26 or e-mail: [dsteinke@apsa.org](mailto:dsteinke@apsa.org).

Often, phone calls between two busy psychoanalysts (or the National Office and a psychoanalyst) can turn into a never-ending game of phone tag. In 2004, having an e-mail address is an invaluable tool for communicating professionally and personally, easing frustration and saving time. As more Americans have e-mail addresses and use e-mail daily, APSaA is on a campaign to make sure we have an e-mail address for all of our members.

One important reason to share your e-mail address with the National Office is to participate in our listservs. Some members may

not be aware that APSaA maintains a number of different listservs for different purposes. Members can subscribe to just one, several, or none at all; our members can control which lists they want information from. One of APSaA's listservs provides a forum for psychoanalytic discussion and debate. Another allows for the sharing of professional information, networking, and opportunities for referrals. And yet another provides communication for members of the Executive Council, Board on Professional Standards, and the Affiliate Council. An outline of the many APSaA listservs can be found on the Members-Only section of [www.apsa.org](http://www.apsa.org) under "Electronic Communication Facilities."

An even more valuable advantage of sharing your e-mail address with the National Office is that you will receive the latest APSaA information as quickly and efficiently as possible. One of our lists—the Association List—enables the National Office and Executive Committee to share official communications

*Continued on page 33*

## T E C H n o t e s

### PDF—Portable Document Format

Paul W. Mosher

Everyone seems to be using pdf files these days. pdf or "portable document format" is a file type designed by Adobe Corporation so that documents can be distributed electronically in such a way that printed versions of the document will appear similar when printed on virtually any kind of computer.

To make this possible, Adobe has created, and makes available for free, a program called the "Acrobat Reader." The program, which you can download from the Adobe WWW

site, works as both a free-standing program and as a WWW browser plugin. When you click on a link to a pdf file on a WWW page, the file will open in the Acrobat Reader inside your browser.

Unfortunately, the Acrobat Reader, now in version 6.0, has gotten more and more complicated as Adobe has added features to the pdf format. The latest version seems to take forever to start because it loads all the add-on features, most of which are rarely needed. You can get around this problem by installing a free program called "Adobe Reader Speed-Up." Once installed, this program will keep the extra features of the Reader from loading unless you need them. The improvement in start time is remarkable.

If you occasionally need to create simple pdf files, but don't want to spend hundreds of dollars for the very capable "Adobe Acrobat" program, try the free program, "pdf995." Once you install this program, it will show up as an extra "printer" in all of your programs' printer dialog boxes. When you print to this printer instead of your usual printer, pdf995 will save the output as a pdf file under any name that you want.

#### LINKS

##### Free Adobe Reader

<http://www.adobe.com/products/acrobat/readermain.html>

##### Adobe Reader Speed-Up v1.30

<http://www.tnk-bootblock.co.uk/>

##### pdf995

<http://www.pdf995.com/>





with you in a timely manner. Over the past year for example, postings to the Association List have included:

- Early registration information and updated session information for the Annual and Winter Meetings
- Updates on the proposed bylaw amendments
- Election nominations and results
- Information on APsaA's reorganization
- The latest on APsaA's privacy lawsuit against the U.S. Department of Health and Human Services

Through the Association List, APsaA can disseminate psychoanalytic news in the most timely and cost-effective way, controlling expenses by not spending member dollars on increasingly costly postage and printing. Rather, we can focus our limited financial resources on projects important to your professional practice. But we can't do it if we don't have your e-mail address.

Some members have voiced concern about being inundated with e-mail from APsaA. Members will receive, on average, no more than one e-mail a week from the Association List. And that e-mail will contain the most current information from APsaA.

We hope you will provide us with your e-mail address, inform us of any e-mail changes, and consider joining one of our many listservs. Your e-mail address will be safe with APsaA and you always have the option of choosing whether you want it to appear on the APsaA Web site's online members' roster. Be assured, APsaA will never share or sell members' e-mail addresses for marketing purposes.

If you have already provided us with your e-mail address, you might want to verify that we have your current one. To do this, go to the APsaA Web site—[www.apsa.org](http://www.apsa.org). On the left side of the page, click on "Find an APsaA Member." Enter your last name and see if your correct e-mail address is listed. If we have an incorrect address or if you would like to send us your e-mail address for the first time, simply e-mail the information to Brian Canty at the National Office ([bcanty@apsa.org](mailto:bcanty@apsa.org)).

If you still need to be persuaded, I will be happy to talk with you.



## Proposed Regulations

*Continued from page 21*

on Psychoanalysis in Clinical Social Work. It was also signed by many institutes and societies in New York—the Institute for Psychoanalytic Training and Research, the New York Freudian Society, the William Alanson White Institute, the NYU Postdoctoral Program, the American Institute for Psychoanalysis, and others. The signatories to this letter represent approximately 10,000 mental health professionals in the U.S., about a third of whom live and work in New York State.

### OUR VOICES HEARD

The withdrawal of the proposed regulations clearly demonstrates the impact of our efforts, as well as the important efforts of the New York State Psychological Association and the New York State Psychiatric Association, upon the SED. All call for more stringent training criteria in the licensing regulations.

In a private comment to this author during a recess in the meeting of the State Board of Mental Health Practitioners on October 29, Hamilton acknowledged that APsaA and allied groups represent a vastly larger population of practitioners than NAAP, and that our comments were "definitely" being heard at the SED. He also expressed openness to meeting with our representatives to further discuss our recommendations.

However, this matter is far from settled. The three practitioners representing psychoanalysis on the state board can be expected to oppose any regulations that exceed NAAP training criteria which, like the law, include no frequency standards for training analysis or control work. If the new set of proposed regulations to be published in December is unsatisfactory, we will have to act energetically and efficiently. We will have only 30 days to mount a meaningful opposition before the proposed regulations are sent to the Board of Regents for final approval and implementation.

Readers who wish to read Article 163 and the proposed regulations published on August 25 can refer to the Web site of the New York State Education Department, Office of the Professions: <http://www.op.nysed.gov>.



# Calendar Upcoming Meetings

### WINTER 2005 MEETING AMERICAN PSYCHOANALYTIC ASSOCIATION

New York, New York  
January 19-23, 2005

For Information:

Phone 212-752-0450

Web site <http://www.apsa.org>

### THE BODY IMAGE IN PSYCHOANALYSIS AND ART

The Third International Symposium  
Psychoanalysis and Art

Florence, Italy  
May 6-8, 2005

For information:

E-mail [os@mediahouse.it](mailto:os@mediahouse.it)

or [haroldpblum@cs.com](mailto:haroldpblum@cs.com)

### 94TH ANNUAL MEETING AMERICAN PSYCHOANALYTIC ASSOCIATION

Seattle, Washington  
June 8-12, 2005

For information:

Phone 212-752-0450

Web site <http://www.apsa.org>

### BIANNUAL CONGRESS TRAUMA: NEW DEVELOPMENTS IN PSYCHOANALYSIS

International Psychoanalytical Association

Rio de Janeiro, Brazil  
July 28-31, 2005

Web site <http://www.ipa.org.uk/site/cms/>

### FERENCZI AND GRODDECK: MIND, BODY AND THE BRIDGE BETWEEN

The Clinical Sándor Ferenczi Conference

Baden-Baden, Germany  
August 31-September 4, 2005

For information:

Web site [www.clinicalferenczi.info](http://www.clinicalferenczi.info)

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Upcoming Online Symposium

**Conflict about Conflict**

**Muriel Dimen, Jay Greenberg and Donnel Stern**

Dates: February 14 - March 12, 2005

Contemporary analysts are recasting every tenet of classical theory, and the question of conflict is no exception. In this seminar two noted theorists offer a fascinating contrast in how, even within the relational rubric, conflict may be looked at from very different perspectives. Greenberg draws upon his own relational re-conceptualization of drive theory to present a view of conflict as embedded in personal striving. Stern rests his understanding of conflict upon his expansion of the interpersonal psychoanalytic tradition and contemporary revisions of views of mind, self and consciousness, stressing that material that is dissociated remains outside the arena of conflict. Finally, Dimen, a seminal thinker in her own right, contextualizes these differing perspectives and provides her own vision of their implications and applications.

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Upcoming Online Conferences

**Living with Terror, Working with Trauma**

**Discussions with Israeli Experts Ofra Ayalon,  
Moredechai Benyakar, Rony Berger, and Danielle Knafo**

Dates: March 14 - April 1, 2005

Terrorism has created a special set of people with distinctive and uniquely contemporary therapeutic needs. "Living with Terror, Working with Trauma" will address the ways mental health practitioners can assist survivors of terrorism to deal with their trauma. It will do so by discussing three papers, taken from an edited book by the same title, written by leading Israeli experts in the field of terror-related trauma. Topics will include: early interventions with terror victims; individual, group, and school-based interventions with children; and AbD (anxiety by disruption), a new diagnostic entity that addresses the ways affected populations – patients and non-patients – struggle with life under the threat of terrorism.

Authors of the papers (Ofra Ayalon, Moredechai Benyakar, Rony Berger, and Danielle Knafo) will discuss them with other experts (Israeli and American) with an eye on the practicalities of community and office based work with individuals.

**Recent Developments in Relational Psychoanalysis**

**Jessica Benjamin and Michael Eigen**

Dates: May 2 - May 27, 2005

Jessica Benjamin and Michael Eigen will present and discuss recent work with a panel of distinguished clinicians and researchers. Michael Moskowitz will moderate. Two weeks on each section.

I. Revisiting The Riddle of Sex: An Intersubjective View of Masculinity and Femininity (Jessica Benjamin). This paper summarizes her groundbreaking work on sexuality and gender theory.

II. Faith and Destructiveness (Michael Eigen)

"A Basic Rhythm" from *The Sensitive Self* "Killers in Dreams" from *Emotional Storm*

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**For more information,**

**see Conference and Symposia sections on our website,  
[www.PsyBC.com](http://www.PsyBC.com)**

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# a guide

## for the PERPLEXED READER

*As TAP's circulation grows, an increasing number of our readers are not members of the APsaA but rather individuals who have significant interests in psychoanalysis. TAP's editorial board decided that it would be helpful to include a glossary of acronyms and abbreviations of the many groups frequently mentioned in TAP's pages. We hope the following is useful.*

**Affiliate Council.** A part of the APsaA that represents candidates [students] from the institutes and new training facilities. Its officers are president, president-elect, secretary and treasurer.

**APsaA, the American Psychoanalytic Association.** A national psychoanalytic organization of more than 3,400 analyst members, founded in 1911. Its component organizations are forty-two psychoanalytic societies, six study groups, and twenty-nine psychoanalytic training institutes.

**BOPS, the Board, the Board on Professional Standards.** The part of the APsaA that establishes and monitors its educational functions, including accrediting institutes and certifying members. It consists of two fellows of the Board representing each of the twenty-nine institutes, and the chair and secretary of BOPS. The president, the president-elect, the secretary, and the treasurer of APsaA are non-voting ex-officio members of BOPS. The Board meets twice yearly at the national meetings.

**CGRI, the Committee on Government Relations and Insurance.** A committee of the Council which deals with political issues on both national and local levels.

**Committees.** Council committees are created by and report to the Executive Council. Board committees are created by and report to the Board. In addition, there are joint committees of Board and Council. These committees are created by and report to both Board and Council to deal with overlapping responsibilities of the two bodies. Ad Hoc committees serve at the pleasure of the president, chair of the Board, or both.

**COPE, the Committee on Psychoanalytic Education.** A committee of BOPS that serves as a think tank on issues of psychoanalytic education.

**CORST, the Committee on Research and Special Training.** A committee of the Board whose major function is to evaluate requests from APsaA institutes to train candidates with non-mental-health, academic degrees.

**Divisions.** The approximately 55 Council and Joint Council-Board Committees have been organized into eight divisions: governance, psychoanalytic science, societal issues, communications, professional outreach, psychoanalytic practice, corporate outreach and liaison, and associates. Each Division is headed by a Division coordinator who assists chairs of committees with budgeting, program planning, manpower needs, and communication. Division chairs report to the president and meet with the Executive Committee as part of the Steering Committee.

**Executive Committee.** The leadership of the APsaA that oversees the many activities of the organization as specified by the bylaws. The committee comprises the president, the president-elect, the secretary, the treasurer, the chair of the Board, and the secretary of the Board. The Science Advisor to the Council serves as consultant.

**The Council, the Executive Council.** The governing body of the APsaA and its legal Board of Directors. It consists of a councilor and an alternate councilor representing each of the societies and study groups, eight nationally elected councilors-at-large, the current officers, the last three past-presidents, and the past secretary. It meets twice yearly at the national meetings. The chair of BOPS and the secretary of BOPS are non-voting ex-officio members.

**JAPA, the Journal, Journal of the American Psychoanalytic Association.** The official scientific journal of the APsaA, published quarterly.

**Members' List, Openline.** Two internet listservs that members use to share views and information.

**National Office.** The APsaA national headquarters in New York City whose staff conducts the administrative work of the organization.

**Winter Meeting, January Meeting, Annual Meeting, Spring Meeting, June Meeting.** The APsaA holds national meetings twice a year. In addition to the extensive scientific program, the Council, the Board, and the Affiliate Council meet. The Winter Meeting, also sometimes called the January meeting, is usually held in New York City. The Annual Meeting, also called the spring meeting or the June meeting, is held in various locations. An official meeting of members occurs at each of the two meetings.

**www.apsa.org.** url for the Webpage of the American Psychoanalytic Association.

### OTHER ORGANIZATIONS AND TERMS

**ACPE, the Accreditation Council for Psychoanalytic Education.** The corporation formed by the Consortium, which is working toward accreditation of institutes.

**APA, either the American Psychiatric Association or the American Psychological Association.** These are major national organizations of psychiatrists and psychologists, respectively.

**CIPS, the Confederation of Independent Psychoanalytic Societies.** An organization of three U.S. psychoanalytic institutes that are component societies of the IPA: the Institute for Psychoanalytic Training and Research (IPTAR), the Los Angeles Institute and Society for Psychoanalytic Studies (LAISPS), and the Psychoanalytic Center of California.

**Credentialing, accrediting, certifying.** The two types of credentialing are accreditation of psychoanalytic institutes and certification of graduates of psychoanalytic institutes.

**Division 39, Section I.** The Division of Psychoanalysis (39) is a component of the American Psychological Association. It consists of more than 3,000 members who have an interest in psychoanalysis. Section I is a component of Division 39 whose members have had training in psychoanalysis.

**IPA, International Psychoanalytical Association, the International.** A worldwide psychoanalytic organization founded by Freud in 1910. The APsaA is a member society of the IPA.

**NAPsaC, the North American Psychoanalytic Confederation.** One of the three regional groups of IPA. Includes APsaA, IPS, New York Freudian Society, Canadian Psychoanalytic Society, Japanese Psychoanalytic Society.

**NMCOP, The National Membership Committee on Psychoanalysis in Clinical Social Work.** A national organization representing 500 clinical social workers who are psychoanalysts or psychoanalytic psychotherapists.

**The Consortium, the Psychoanalytic Consortium.** An organization comprising the American Psychoanalytic Association, the Division of Psychoanalysis (39) of the American Psychological Association, the National Membership Committee on Psychoanalysis in Clinical Social Work, and the American Academy of Psychoanalysis. The Consortium was formed in 1991 and works on political and ethical issues and creating an external accrediting body.

# Associating with APsaA

## AFFILIATION CATEGORIES FOR EDUCATORS, STUDENTS, PSYCHOTHERAPISTS, RESEARCHERS

Over the last several years, APsaA has developed a number of categories of affiliation to allow colleagues and friends interested in psychoanalysis to establish a tie to our organization. Associates of APsaA get more out of the national meetings, can start to network nationally with like-minded professionals, and contribute to the richness and vibrancy of the psychoanalytic community. Each associate category is sponsored and supported by a committee of the American Psychoanalytic Association.

**EDUCATOR ASSOCIATE**—available for teachers and administrators at all levels of education, pre-school through college, who are interested in the application of psychoanalytic principles in classrooms. Any educator who is sponsored by a member of the American Psychoanalytic Association is eligible. *Yearly enrollment fee: \$25.00*

**PSYCHOTHERAPIST ASSOCIATE**—available for psychoanalytic psychotherapists with a minimum of a master's level degree and licensed and/or certified by the state in which they practice. Individual Psychotherapist Associates are listed in a National Directory of Psychotherapist Associates, prepared annually. *Yearly enrollment fee: \$50.00*

**RESEARCH ASSOCIATE**—available for research scientists, research oriented clinicians and others with an interest in psychoanalytically oriented research. The sponsoring committee will facilitate presentations of research at psychoanalytic meetings. *Yearly enrollment fee: \$40.00*

**STUDENT ASSOCIATE**—available to medical students, psychiatric residents, psychology, social work, and graduate students of all academic disciplines. *Yearly enrollment fee: \$25.00*

Standard benefits provided to associates in all the above categories include reduced APsaA meeting registration fees, advance notification of meetings, and subscriptions to this newsletter. Reduced subscription rates to the *Journal of the American Psychoanalytic Association (JAPA)* are also available.

Please note: Individuals who qualify for full APsaA membership are not eligible to join as associates.

Contact APsaA's national office for more information: 212-752-0450 ext. 26. E-mail: [membership@apsa.org](mailto:membership@apsa.org). Or go to the APsaA Website, [apsa.org](http://apsa.org), to download the latest brochures.



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